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GOOD HEALTH
AND WELL-BEING



GOOD HEALTH AND WELL-BEING REPORT 2024



ISTANBUL
GELISIM
UNIVERSITY

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GOOD HEALTH AND WELL-BEING (SDG 3) REPORT



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





IGU'S INSTITUTIONAL PROFILE

VISION OF IGU

Istanbul Gelisim University (IGU) is a foundation university based in Istanbul, established in 2008 and granted university status in 2011. Since its foundation, IGU has operated with the mission of enhancing quality, accessibility, and diversity in higher education. The university considers education, research, and community service as its core areas of activity. IGU aims to educate students as internationally competent individuals who adhere to scientific ethical values, think creatively, and are conscious of sustainability. To this end, it continuously updates its student-centered educational programs and focuses on graduating qualified individuals who meet the needs of the modern era.

The university's core values include respect for individual differences, openness and transparency, an interdisciplinary approach, the principle of sustainability, collaboration with the real sector, and a commitment to continuous improvement. IGU contributes to knowledge production by conducting research activities both nationally and internationally and strengthens its societal impact through social responsibility projects and public-private partnerships. Within the framework of its 2024–2028 Strategic Plan, IGU envisions generating a global impact in the field of higher education and contributing to societal development through qualified knowledge.

IGU'S INSTITUTIONAL CAPACITY

Year of Establishment: 2008 (Vocational School), 2011 (University status)

Number of Faculties: 7

Number of Institutes: 1

Number of Schools: 1

Number of Vocational Schools: 2

Number of Research Centers: 22

Number of Laboratories and Workshops: 145

Total Number of Students (2024): 37,918

Campus Location: Avcılar, İstanbul, Türkiye

Library Facilities: 1 main library and 4 branch libraries

Strategic Plan Period: [2024–2028](#)





SDG 3: GOOD HEALTH AND WELL-BEING

Among the Sustainable Development Goals (SDGs) established by the United Nations, Goal 3: Good Health and Well-Being aims to ensure lifelong health and improve the well-being of individuals. This goal plays a critical role in guaranteeing healthy lives at all ages and ensuring equal access to healthcare services through universal health coverage systems.

Under SDG 3, there are multidimensional targets including the reduction of maternal and child mortality, combating communicable and non-communicable diseases, strengthening mental health, addressing substance abuse, reducing traffic accidents and environmental risk factors, and enhancing the capacity of healthcare systems.

Health and well-being are fundamental prerequisites for individuals to access education, be economically productive, and actively participate in social life. SDG 3 aims not only to treat diseases but also to improve overall individual and societal well-being by promoting preventive health services, healthy lifestyles, and equal access to healthcare.

In particular, it plays a vital role in addressing global health challenges such as reducing health inequalities in low- and middle-income countries, preventing maternal and child deaths, tackling non-communicable diseases, and increasing the resilience of healthcare systems. In this context, SDG 3 also forms the foundation for the realization of all other sustainable development goals, as healthy individuals are the cornerstone of sustainable societies.





ABOUT THE REPORT

IGU carries out various initiatives aimed at contributing to the health and well-being of its students, academic and administrative staff, as well as the wider community. These initiatives include the development of innovative educational opportunities and the design of socially impactful projects.

IGU prioritizes the establishment of a healthy and safe campus environment that enables every member of the university to thrive. In addition, the university is committed to providing health-promoting educational programs and opportunities that serve the broader society.

This report presents a summary of all activities carried out to promote health and well-being, encompassing contributions from academic and administrative staff, students, and external stakeholders.



GOOD HEALTH AND WELL-BEING

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ACKNOWLEDGEMENTS

We would like to extend our sincere gratitude to the esteemed academics, administrative unit coordinators, staff members, dear students, alumni, and internal and external stakeholders of Istanbul Gelisim University for their valuable contributions to the development of this report.

We also wish to express our special thanks to all university members and stakeholders who have embraced the existing sustainability goals and actively contributed to related initiatives. Our deepest appreciation goes to the University Board of Trustees and the Rectorate for their unwavering support of these efforts.

ISTANBUL GELISIM UNIVERSITY



GOOD HEALTH AND WELL-BEING

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1. RESEARCH

1.1. Publications

Academic publications published in the [Scopus](#) database in 2024 were evaluated within the scope of SDG 3. A total of **31** publications associated with this goal were recorded in the relevant year. During the period covering 2018–2024, the total number of publications associated with SDG 3 reached **251**. This accumulation reveals the sustainability of the institution’s academic contribution in the relevant field and its trend over the years.

In 2024, the total number of academic publications produced at IGU was recorded as **1.729**. Among these publications, **56** were carried out within the scope of SDG 3. These data were obtained from [AVESIS](#), the institutional Research Information System that collects the scientific outputs of researchers within the university.

Among the publications, 33 are full-text articles, 13 are papers, 6 are book chapters, 3 are reviews, and 1 is a book. These publications include studies indexed in national and international databases such as Scopus, TR Dizin (Turkey’s national indexing service), ESCI, and similar, and they increase both local and global scientific visibility and impact in the field of health.

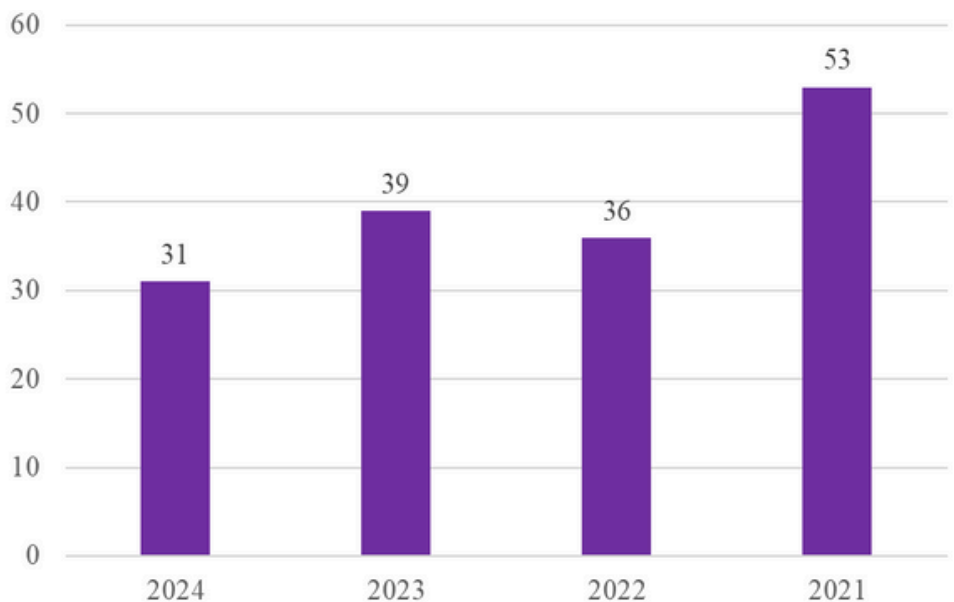


Figure 1. Change in the Number of Scopus Publications by Year





1.2. Courses

At IGU, a variety of elective courses are offered to students enrolled in health-related professional programs in order to raise awareness about sustainability. These courses are directly or indirectly related to the sustainability of individual and public health. In this context, sustainability-focused courses have been integrated into the curricula of both programs directly within the field of health and those considered as supportive health-related professions.

These courses cover multidimensional topics such as the sustainability of health systems, the impact of environmental sustainability on public health, sustainable communication strategies, and urban and environmental planning. They enable students to integrate their professional knowledge with social, environmental, and economic dimensions. These courses also enhance students' interdisciplinary thinking skills and equip them with the competence to develop sustainable solutions in the field of health. Sustainability-themed electives in health programs are shown in Table 1.

Table 1. Courses within the Scope of SDG 3

KOD	DERSİN ADI
SY349	SUSTAINABILITY IN HEALTHCARE
BSY365	SUSTAINABILITY IN SPORTS AND EDUCATION
EKF218	INTRODUCTION TO SUSTAINABILITY
EKF356	ENVIRONMENTAL ECONOMY AND SUSTAINABILITY
HIT356	SUSTAINABILITY AND COMMUNICATION
SKY326	SUSTAINABLE ENVIRONMENTAL MANAGEMENT
SKY426	SUSTAINABLE URBAN SERVICES
TUR422	SUSTAINABLE TOURISM
UTI430	ENERGY ECONOMICS AND SUSTAINABILITY
YEN402	PATHWAYS TO ECONOMIC SUCCESS: EXPERTISE IN SUSTAINABLE INNOVATION
EKF450	SUSTAINABILITY





2. HEALTH-RELATED PROGRAMS AT IGU

The list of health-related programs at IGU is as follows:

INSTITUTE OF GRADUATE STUDIES

- [Addiction Psychology \(Master's – Thesis\)](#)
- [Nutrition and Dietetics \(Master's – Thesis/Non-Thesis\)](#)
- [Child Development \(Master's – Thesis/Non-Thesis\)](#)
- [Physical Therapy and Rehabilitation \(Master's – Thesis/Non-Thesis\)](#)
- [Exercise and Training Sciences \(Master's – Thesis/Non-Thesis\)](#)
- [Exercise and Training Sciences \(Doctoral Program\)](#)
- [Occupational Health and Safety \(Master's – Thesis/Non-Thesis\)](#)
- [Clinical Psychology \(Master's – Thesis/Non-Thesis\)](#)
- [Audiology \(Master's – Thesis\)](#)
- [Psychology \(Master's – Thesis/Non-Thesis\)](#)
- [Healthcare Management \(Master's – Thesis/Non-Thesis\)](#)
- [Sociology \(Master's – Thesis/Non-Thesis\)](#)
- [Psychosocial Fields of Sports \(Master's – Thesis/Non-Thesis\)](#)

FACULTY OF DENTISTRY

- [Dentistry](#)
- [Dentistry \(English\)](#)

FACULTY OF ECONOMICS, ADMINISTRATIVE AND SOCIAL SCIENCES

- [Psychology](#)
- [Psychology \(English\)](#)
- [Sociology](#)

FACULTY OF HEALTH SCIENCES

- [Nutrition and Dietetics](#)
- [Nutrition and Dietetics \(English\)](#)
- [Child Development](#)
- [Child Development \(English\)](#)
- [Speech and Language Therapy](#)
- [Occupational Therapy](#)
- [Physical Therapy and Rehabilitation](#)





- [Physical Therapy and Rehabilitation \(English\)](#)
- [Nursing](#)
- [Nursing \(English\)](#)
- [Audiology](#)
- [Perfusion](#)
- [Health Management](#)
- [Social Work](#)

VOCATIONAL SCHOOL OF HEALTH SERVICES

- [Oral and Dental Health](#)
- [Operating Room Services](#)
- [Anesthesia](#)
- [Biomedical Device Technology](#)
- [Child Development](#)
- [Digital Health Systems Technician](#)
- [Dental Prosthetics Technology](#)
- [Dialysis](#)
- [Electroneurophysiology](#)
- [Physiotherapy](#)
- [Physiotherapy \(English\)](#)
- [Food Quality Control and Analysis](#)
- [First and Emergency Aid](#)
- [Laboratory Technology](#)
- [Audiometry](#)
- [Opticianry](#)
- [Orthopedic Prosthetics and Orthotics](#)
- [Autopsy Assistant Training](#)
- [Pathology Laboratory Techniques](#)
- [Podiatry](#)
- [Radiotherapy](#)
- [Hair Care and Beauty Services](#)





- [Tele-Health Technician Program](#)
- [Medical Documentation and Secretarial](#)
- [Medical Imaging Techniques](#)
- [Medical Laboratory Techniques](#)
- [Medical Data Processing Technician](#)

FACULTY OF SPORTS SCIENCES

- [Coaching Training](#)
- [Coaching Training_\(English\)](#)
- [Exercise and Sport Sciences](#)
- [Exercise and Sport for the Disabled](#)

IGU VOCATIONAL SCHOOL

- [Occupational Health and Safety](#)



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3. NUMBER OF GRADUATES IN HEALTH-RELATED PROFESSIONS

Figure 2 shows the total number of students who graduated with an associate degree in the field of health in 2024.

Number of Associate Degree Graduates in the Field of Health (ISCED 5)

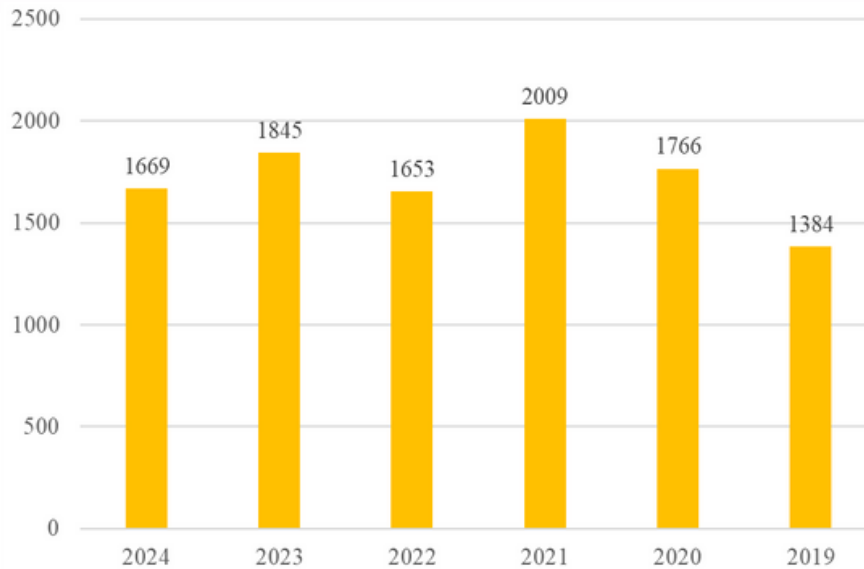


Figure 2. Distribution of Associate Degree Graduates in the Field of Health (ISCED 5)

Figure 3 shows the number of students who graduated with a bachelor's degree in the field of health by year.

Number of Bachelor's Degree Graduates in the Field of Health (ISCED 6)

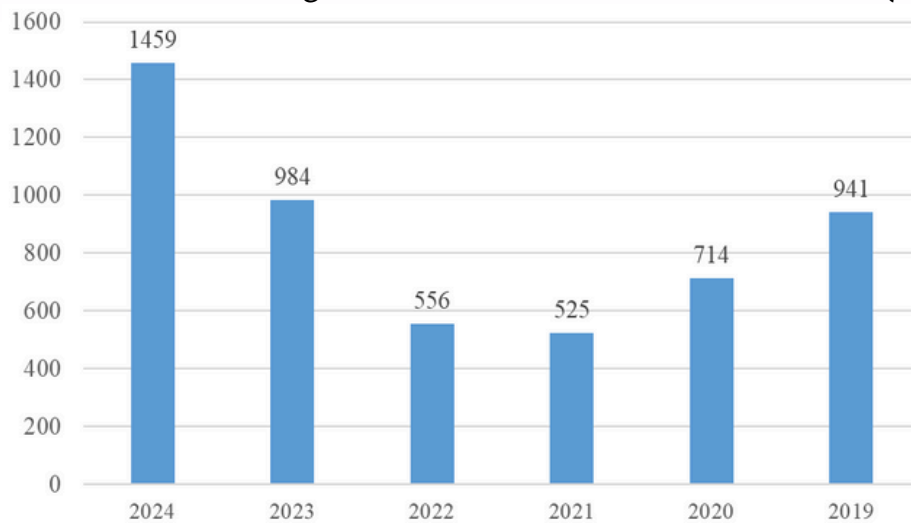


Figure 3. Distribution of Bachelor's Degree Graduates in the Field of Health (ISCED 6)





The number of students who graduated with a master's degree in health-related fields in 2024 is presented in Figure 4.

Number of Master's Degree Graduates in the Field of Health (ISCED 7)

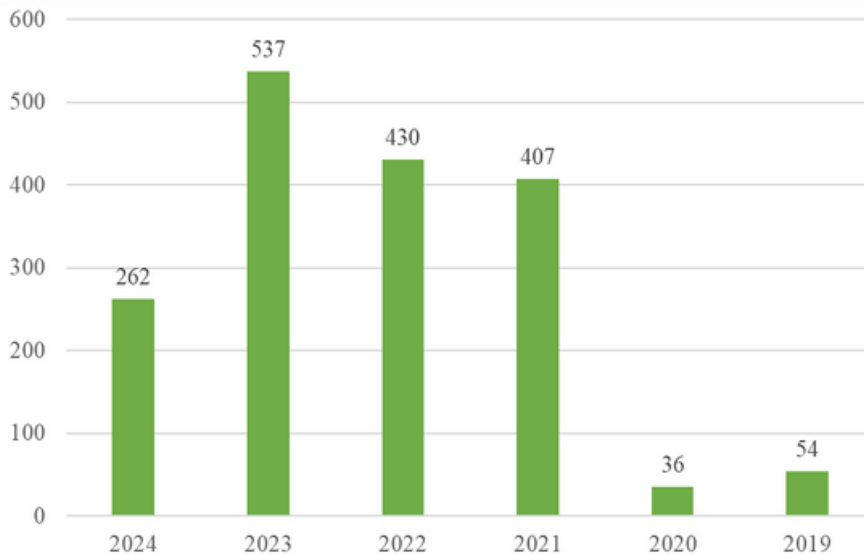


Figure 4. Number of Master's Degree Graduates in the Field of Health (ISCED 7)

IGU's doctoral programs in the field of health (ISCED 8) had their first graduate in 2023. In 2024, there were no graduates from the doctoral programs.

3.1. Proportion of Graduates in Health-Related Professions

In 2024, the percentage of graduates from IGU's health-related programmes is **22,2%**. Additionally, an increase was observed in the absolute number of health graduates, rising from **1.521** in 2023 to **1.721**(ISCED 6-7-8) in 2024. This indicates the sustainability of IGU's educational capacity in the field of health and its continued success in producing qualified graduates for the sector. Thanks to the university's strong academic infrastructure and interdisciplinary educational approach in the field of health, both quantitative and qualitative continuity in graduation outcomes is ensured.





4. COLLABORATIONS AND HEALTH SERVICES

4.1. Collaborations With Health Institutions

As of 2024, IGU has established various types of collaborations with different institutions to support educational activities in the field of health. Within this scope, meetings and seminars were held with certain institutions to enable students to closely follow sectoral developments and gain professional awareness. One-year internship protocols were signed with many institutions, while service protocols with several healthcare organizations and educational protocols with the Provincial Health Directorate were also implemented. In addition, technical visits for students were planned. These collaborations demonstrate the university’s strong ties with the healthcare sector and its emphasis on practice-oriented education. Table 2 presents the local healthcare institutions with which collaborations were established [in the fields of health sciences and health professions](#), along with the type and duration of each collaboration.

Table 2. Current Collaborations with Local Health Institutions

INSTITUTION NAME	TYPE OF COLLABORATION	AGREEMENT DURATION
Diomed Medical	MEETING	NONE
Feride Ağır Beauty Center	MEETING	NONE
Estaworld	MEETING	NONE
Acibadem Health Group, Nursing Services Directorate	SEMINAR	NONE
Medicana Health Group, Nursing Services Directorate	SEMINAR	NONE
Private Elit Clinic Medical Center	INTERNSHIP AGREEMENT	1 YEAR
Yunus Emre Medical Center	INTERNSHIP AGREEMENT	1 YEAR
Private Sultangazi Dialysis Center	INTERNSHIP AGREEMENT	1 YEAR
Patomed Pathology and Cytology Laboratory	INTERNSHIP AGREEMENT	1 YEAR
Zeytinburnu Medical Center	INTERNSHIP AGREEMENT	1 YEAR





INSTITUTION NAME	TYPE OF COLLABORATION	AGREEMENT DURATION
Rentek Dialysis Center (2 Branches)	INTERNSHIP AGREEMENT	1 YEAR
Marmara Pathology Laboratory	INTERNSHIP AGREEMENT	1 YEAR
Avrasya Hospital	INTERNSHIP AGREEMENT	1 YEAR
Türkiye Hospital	INTERNSHIP AGREEMENT	1 YEAR
Istanbul Dialysis Centers (4 Branches)	INTERNSHIP AGREEMENT	1 YEAR
BHT Clinic Istanbul Tema Hospital	INTERNSHIP AGREEMENT	1 YEAR
Elitium Medical Center	INTERNSHIP AGREEMENT	1 YEAR
Polat Pathology Laboratory	INTERNSHIP AGREEMENT	1 YEAR
Avrasya Foot Health Center	INTERNSHIP AGREEMENT	1 YEAR
Abat Medical Center	INTERNSHIP AGREEMENT	1 YEAR
Medilab Laboratory and Imaging Center	INTERNSHIP AGREEMENT	1 YEAR
Newlife Ambulance	INTERNSHIP AGREEMENT	1 YEAR
Net Ambulance	INTERNSHIP AGREEMENT	1 YEAR
Esendent Oral and Dental Health	INTERNSHIP AGREEMENT	1 YEAR
Ritim Ambulance	INTERNSHIP AGREEMENT	1 YEAR
Istanbul Faculty of Medicine	INTERNSHIP AGREEMENT	1 YEAR
Beykent Surgical Medical Center	INTERNSHIP AGREEMENT	1 YEAR





INSTITUTION NAME	TYPE OF COLLABORATION	AGREEMENT DURATION
Istanbul Physical Therapy and Rehabilitation Training and Research Hospital	INTERNSHIP AGREEMENT	1 YEAR
Basaksehir Cam and Sakura City Hospital	INTERNSHIP AGREEMENT	1 YEAR
Dunyagoz	SERVICE AGREEMENT	1 YEAR
Yakaza Psychology	SERVICE AGREEMENT	1 YEAR
Medipol	SERVICE AGREEMENT	1 YEAR
BHT Clinic	SERVICE AGREEMENT	1 YEAR
Medipol Hospital	SERVICE AGREEMENT	1 YEAR
Istanbul Provincial Health Directorate	EDUCATION	1 YEAR
Istanbul Provincial Health Directorate	EDUCATION	1 YEAR
Istanbul Provincial Health Directorate	EDUCATION	1 YEAR
Istanbul Provincial Health Directorate	EDUCATION	1 YEAR
Eartechnic	FIELD TRIP	NONE





4.2. HEALTH OUTREACH PROGRAMS

4.2.1. Outreach Activities Conducted with Local Communities

Throughout 2024, IGU's [Public Relations and Promotion Department](#), the [Continuing Education Application and Research Center](#), and the relevant academic units at Istanbul Gelisim University organize various seminars and training sessions aimed at improving health literacy and enhancing psychosocial awareness among different segments of society. In 2024, training programs were organized for the community, mainly for high school students and guidance counselors, on topics like motivation, exam stress, cyberbullying, solution-focused therapy, and sexual abuse awareness. These health-oriented collaborations are planned and implemented in line with the goals of "to increase the level of cooperation with local and regional institutions and organizations" and "to increase activities aimed at serving the society" stated in [IGU's 2024-2028 Strategic Plan](#). Table 3 presents the details of the implemented programs.

Table 3. Trainings and Seminars Organized by IGU

Training/Seminar Name	Date	Name of Partner Institution
Child Abuse and Neglect	22.02.2024	Kağıthane Guidance and Research Center
Coping with Stress	17.03.2024	Private Güneşli Exam Course Center
Art Therapy-Child Picture Analysis	18.03.2024	Ankara Gökkuşığı College
Motivation	05.04.2024	Hadımköy TOKİ Anatolian Imam Hatip High School for Girls
Managing Exam Stress	18.04.2024	Bahçeşehir Gökkuşığı College
Cyberbullying	18.04.2024	Kağıthane Guidance and Research Center
Solution Focused Therapy	18.04.2024	Mudanya Guidance and Research Center
Managing Exam Stress	20.04.2024	Bahçeşehir Gökkuşığı College
My Health, My Rights and the Global Crisis Panel	22.04.2024	IGU (External Participant)





Training/Seminar Name	Date	Name of Partner Institution
Child, Trauma and Grief	26.04.2024	Avcılar District Directorate of National Education
Cyber Security	29.04.2024	Yenimahalle Guidance and Research Center
Short Term Solution Focused Therapy	30.04.2024	Sultangazi Guidance and Research Center
Short Term Solution Focused Therapy	07.05.2024	Şişli Guidance and Research Center
World Disability Week Panel	08.05.2024	IGU (External Participant)
Sexual Abuse	09.05.2024	Düzce Guidance and Research Center
Seminar on Problems Encountered between Parents and Students	09.05.2024	Bahçeşehir Gökkuşığı College
Exam Anxiety-Career Planning Seminar	10.05.2024	Bahçelievler Pirreis Anatolian High School
DIR Floortime Training	17.05.2024	IGU (External Participant)
Cyberbullying	23.05.2024	Van Guidance and Research Center
Child Image Analysis	25.05.2024	IGU (External Participant)
Play Therapy Practitioner Training	25.05.2024	IGU (External Participant)
Exam Anxiety	04.06.2024	Şehit Batuhan Ergin Anatolian High School
Art Therapy	06.11.2024	50.Yıl Middle School
Child Sexual Abuse Cases and Interview Techniques	07.11.2024	International Kaptan Ahmet Erdoğan Imam Hatip High School
Screen Addiction	14.11.2024	Private Sancaktepe Final Course Center





Training/Seminar Name	Date	Name of Partner Institution
Peer Bullying	19.11.2024	Avcılar Oğuz Kaan College
Art Therapy	22.11.2024	Bursa Özlüce Gökkuşığı College
Tackling Anxiety with Art Therapy	25.11.2024	Eskisehir EKET University Fair
Strategies to Increase Motivation	27.11.2024	Ankara EKET University Fair
Strategies to Increase Motivation	28.11.2024	Ankara University Fair
DIR Floortime Training	29.11.2024	IGU (External Participant)
Cognitive Behavioral Therapy Based Stress Reduction Methods	29.11.2024	Konya EKET University Fair
Cognitive Behavioral Therapy Based Stress Reduction Methods	02.12.2024	Avlu Congress and Culture Center
Tackling Anxiety with Art Therapy	04.12.2024	İzmir EKET University Fair
Cyberbullying	04.12.2024	Kağıthane Guidance and Research Center
Tackling Anxiety with Art Therapy	05.12.2024	İzmir EKET University Fair
Intervention, Interview and Legal Notification Processes in School-Based Sexual Abuse Cases	06.12.2024	Akçakale Teacher's House
Tackling Anxiety with Art Therapy	09.12.2024	Antalya EKET University Fair
Tackling Anxiety with Art Therapy	11.12.2024	Mersin EKET University Fair
Abuse	12.12.2024	Giresun Guidance and Research Center





Training/Seminar Name	Date	Name of Partner Institution
Parent Academies: Success	12.12.2024	Şehit Ahmet Yıldız Anatolian High School
Art Therapy	12.12.2024	Beyoğlu Guidance and Research Center
Cyberbullying	12.12.2024	Giresun Merkez Anatolian Imam Hatip High School for Girls
Acceptance and Commitment Based Art Therapy	12.12.2024	Private Saint Benoit French High School
Tackling Anxiety with Art Therapy	13.12.2024	Hatay University Fair
Response, Interview, and Legal Reporting Processes for School-Based Sexual Abuse Cases	13.12.2024	Şehit Erhan Dural Anatolian Imam Hatip High School for Girls
Child Art Analysis	14.12.2024	IGU (External Participant)
Tackling Anxiety with Art Therapy	23.12.2024	Samsun EKET University Fair
Cyber Security	26.12.2024	İstanbul EKET University Fair





4.2.2. Early Career Awareness in Health Sciences: High School Academy Programs High School Winter Academy

Organized IGU, the “[IGU High School Winter Academy](#)” was successfully held between January 23–26, 2024. With the slogan “I develop with Gelisim, I decide on my profession”, the program offered participants the opportunity to experience university life, gain knowledge in their areas of interest, and engage in practical learning activities. The program also supported the development of information literacy and increased awareness of health-related issues.



The workshops offered under the scope of Good Health and Well-being included:

- **Nursing Workshop:** Students received training on basic nursing practices, principles of patient care, and fundamental interventions for health protection, gaining the ability to evaluate human health from a multidimensional perspective.
- **3D Jaw Model Workshop in Dentistry:** Participants gained hands-on experience regarding the impact of oral and dental health on overall health, developing both technical skills and a preventive health approach.
- **Discover and Make Meaning of Yourself through Art Therapy Workshop:** This session provided insights into emotional regulation, stress management, and self-expression, supporting participants’ psychological well-being.
- **Creative Drama Workshop:** Focused on enhancing emotional intelligence, self-awareness, empathy, and social skills, this workshop contributed to strengthening the psychosocial resilience of young individuals.
- **Applied Cyber Security Workshop:** Topics such as personal data protection and awareness of online risks were addressed, helping participants develop digital literacy and a conscious approach to cyber safety.





High School Summer Academy

Organized by IGU, the “[2024 High School Summer Academy](#)” was successfully [held](#) on July 8–9, 2024. Designed to offer high school students a hands-on university experience and introduce them to different academic disciplines, the event featured workshops from eight academic departments and attracted significant interest from participants. A total of 127 high school students took part in this year’s program, including 25 guest students from Bosnia and Herzegovina, hosted in collaboration with the Avclar District Directorate of National Education. Through both theoretical and practical workshop content aligned with their prospective academic interests, participants enhanced their career awareness and gained valuable insights into their future educational paths.

Workshops delivered under the scope of Good Health and Well-being included the following:

- **Nursing Workshop:** Participants had the opportunity to observe and experience basic nursing practices, gaining awareness on patient care, hygiene, communication, and care planning.
- **3D Jaw Model Workshop in Dentistry:** Students explored the link between oral health and general health, acquiring applied knowledge through hands-on modeling activities.
- **Creative Drama Workshop:** Designed to support psychological well-being, this session enabled students to express emotions, develop self-awareness, and engage in group communication, contributing to their psychosocial development.





Well-Being Academy: Psychosocial Support Program for Youth and Educators

[The Well-Being Academy](#) is a psychosocial support initiative implemented by IGU to raise awareness among young individuals and guidance counselors on topics such as psychological resilience, exam anxiety, motivation, and emotional balance.

Throughout 2024, the program reached over 60 high schools and institutions, delivering seminars and training sessions. For guidance counselors, the program included educational content on sexual abuse awareness, solution-focused therapy, and therapeutic card techniques. For prospective university students, seminars covered key topics such as exam anxiety, stress management, effective communication, and productive study strategies. This initiative represents one of the university's community engagement efforts aimed at promoting mental health and well-being. Table 4 presents a summary of the trainings and seminars.

Table 4. Well-Being Academy Trainings and Seminars

Training /Seminar Name	Date	Institution
The Key to Success: Exam Anxiety and Motivation Management	02.01.2024	TOKİ Ali Duran Mesleki ve Teknik Anatolian High School
Taking Exam Anxiety Under Control: Strategies for Productive Study and Success	03.01.2024	Çekmeköy Edukent Education Institutions
Discover Your Inner Strength: Motivation and Pathways to Success	04.01.2024	Nükhet Ercan Vocational And Technical Anatolian High School
Exam Anxiety: Tips for Stress Management and Success	11.01.2024	Kadriye Moroğlu Anatolian High School
Success in Studying: Efficient Methods and Motivation Techniques	12.01.2024	Şehit İlhan Sonkaya Anatolian Imam Hatip High School for Girls
Exam Anxiety: Tips for Stress Management and Success	12.01.2024	Gaziosmanpaşa Süleyman Şah Anatolian High School
Technology and Mental Health: Conscious Use Methods	16.01.2024	MEV College Private Guzelbahce Schools
Success in Studying: Efficient Methods and Guide to Success	17.01.2024	Bakırköy Final Akademi Anatolian High School





Training /Seminar Name	Date	Institution
Managing Exam Stress and Effective Time Management Strategies	18.01.2024	Edukent Tuzla Course Center
Discover Your Inner Strength: Motivation and Pathways to Success	06.02.2024	Küçükçekmece Jewelry Technology Vocational And Technical Anatolian High School
Discover Your Inner Strength: Motivation and Pathways to Success	09.02.2024	Bolluca Vocational and Technical Anatolian High School
Efficient Study and High Motivation: Tips for Exam Success	15.02.2024	Silivri Final Academy
Efficient Study and High Motivation: Tips for Exam Success	15.02.2024	Kocasinan Multiprogrammed Anatolian High School
Time Management and Efficient Study: Strategies for Success	15.02.2024	Silivri Final Academy
Exam Anxiety: Tips for Stress Management and Success	20.02.2024	Erenköy Girls High School
Coping with Test Anxiety and Motivational Strategies for Success	21.02.2024	Galata Anatolian Imam Hatip High School for Girls
Methods to Control Test Anxiety and Increase Motivation	21.02.2024	Galata Anatolian Imam Hatip High School for Girls
Sexual Abuse: Awareness, Prevention and Intervention Strategies	22.02.2024	Kağıthane Guidance and Research Center
Psychological Resilience Seminar	28.02.2024	Üsküdar Cumhuriyet Multiprogrammed Anatolian High School
Discover Your Inner Strength: Motivation and Pathways to Success	01.03.2024	Şile Anatolian Imam Hatip High School
Exam Anxiety: Tips for Stress Management and Success	01.03.2024	Kartal Hürriyet Anatolian Imam Hatip High School for Girls





Training /Seminar Name	Date	Institution
Sexual Abuse: Awareness, Prevention and Intervention Strategies	07.03.2024	Beylikdüzü Guidance and Research Center
Psychological Resilience and Peer Bullying	11.03.2024	Fatih Atatürk Çağdaş Yaşam Multi-Program Anatolian High School
Transforming Anger: Methods of Emotional Balance and Control	14.03.2024	Sarıyer Anatolian Imam Hatip High School for Girls
Discover Your Inner Strength: Motivation and Pathways to Success	19.03.2024	Selime Vocational Technical Anatolian High School
Discover Your Inner Strength: Motivation and Pathways to Success	27.03.2024	Bahçelievler Gökkuşluğu College
Discover Your Inner Strength: Motivation and Pathways to Success	05.04.2024	Hadımköy TOKİ Anatolian Imam Hatip High School for Girls
Short Term Solution Focused Therapy	18.04.2024	Esenyurt Guidance and Research Center
Coping with Exam Stress: Effective Management Strategies	18.04.2024	Bahçeşehir Gökkuşluğu College
Short Term Solution Focused Therapy	18.04.2024	Sultangazi Guidance and Research Center
Sexual Abuse: Awareness, Prevention and Intervention Strategies	10.05.2024	Ordu Guidance and Research Center
Sexual Abuse: Awareness, Prevention and Intervention Strategies	16.05.2024	Bağcılar Guidance and Research Center
Terapötik Kartlar	16.05.2024	Beyoğlu Guidance and Research Center
Short Term Solution Focused Therapy	21.05.2024	Darıca Guidance and Research Center
Sexual Abuse: Awareness, Prevention and Intervention Strategies	16.08.2024	Eyyübiye Guidance and Research Center





Training /Seminar Name	Date	Institution
Sexual Abuse: Awareness, Prevention and Intervention Strategies	17.08.2024	Viranşehir Guidance and Research Center
Sexual Abuse: Awareness, Prevention and Intervention Strategies	18.08.2024	Ceylanpınar Guidance and Research Center
Child Sexual Abuse Cases and Interview Techniques	07.11.2024	Bayrampaşa Guidance and Research Center
Child Sexual Abuse Cases and Interview Techniques	08.11.2024	Bayrampaşa Guidance and Research Center
Awareness Against Screen Addiction	14.11.2024	Özel Sancaktepe Final Kurs
Psychological Resilience and Peer Bullying	19.11.2024	Avcılar Oğuzkaan Koleji
Creative Solutions for Combating Peer Bullying	22.11.2024	Bursa Mustafa Kemalpaşa Şehit Hikmet Aktaş Middle School
Response, Interview, and Legal Reporting Processes for School-Based Sexual Abuse Cases	05.12.2024	Urfa Harran Guidance and Research Center
Response, Interview, and Legal Reporting Processes for School-Based Sexual Abuse Cases	06.12.2024	Akçakale Guidance and Research Center
Time Management and Efficient Study: Strategies for Success	06.12.2024	Sancaktepe Final Anatolian High School
Sexual Abuse: Awareness, Prevention and Intervention Strategies	12.12.2024	Giresun Guidance and Research Center
Parent Academies: The Road to Success	12.12.2024	Şehit Ahmet Yıldız Anatolian High School





Training /Seminar Name	Date	Institution
Strategies to Increase Motivation	16.12.2024	Gaziantep EKET University Fair
The Formula for Winning the Exam: Efficient Study and the Right Strategies	17.12.2024	Küçükçekmece Marmara Anatolian Imam Hatip High School for Girls
Time Management and Efficient Study: Strategies for Success	17.12.2024	Arnavutköy Vocational And Technical Anatolian High School
Discover Your Inner Strength: Motivation and Pathways to Success	18.12.2024	Nursen Fuat Özdayı Anatolian High School
The Formula for Winning the Exam: Efficient Study and the Right Strategies	18.12.2024	Adana EKET University Fair
Psychological Meaning-Making Seminar	20.12.2024	Silivri Guidance and Research Center
Secrets of Exam Success: Tactical Study Methods	20.12.2024	Samsun EKET University Fair
Exam Anxiety and Motivation: Mental Strategies and Pathways to Success	20.12.2024	Kayseri EKET University Fair





4.3. Shared Sports Facilities

The [sports infrastructure](#) located on the IGU campus includes a wide range of facilities such as basketball, volleyball, and football fields, a tennis court, an indoor sports hall, a fitness center, and multi-purpose training areas. In line with its “[Public Campus](#)” policy, the university offers these facilities free of charge to athletes. Athletes can use these spaces individually or in groups for various sports activities. This initiative aims to support public health and encourage active lifestyles.

These same facilities are also open throughout the week to IGU students and staff. University sports teams regularly train in these areas, while other students have the opportunity to participate in instructor-led courses such as basketball, volleyball, folk dance, and modern dance, helping them develop physical competence and healthy lifestyle habits.

The coordination of this process is provided by [Educational Support Coordinatorship](#), which carries out open access activities for external stakeholders throughout the university; the relevant application and referral processes are carried out in cooperation with [Faculty of Sports Sciences](#).





4.4. Sexual and Reproductive Healthcare Services and Education

IGU offers free educational programmes throughout the academic year to raise students' awareness of sexual and reproductive health rights.

The university has published a [Reproductive and Sexual Health Education Booklet](#), which introduces students to fundamental rights such as privacy, equality, protection from discrimination, access to accurate information, and availability of safe reproductive health services. This booklet provides basic scientific and legal information regarding a healthy sexual life. Bu kapsamda bilgilendirici ve farkındalık yaratıcı bazı etkinlikler düzenlenmiştir:

In addition, a number of informative and awareness-raising events were organized in this context:

- The university organised the event titled "[Protection First](#)" on 28 November 2024, aiming to enhance students' awareness of infectious diseases, sexual health, hygiene, and preventive methods. The event focused on improving health literacy and emphasised the importance of preventive health services both at the individual and societal levels, encouraging participants to adopt healthy lifestyle behaviours.
- On 2 December 2024, the university held an event entitled "[Sexually Transmitted Diseases and HIV/AIDS](#)", addressing the modes of transmission, prevention strategies, early diagnosis, and anti-stigmatisation approaches. This event aimed to raise awareness of public health protection.

Furthermore, through the university's [Medico-Social Center](#), students have access to consultation services with an on-campus physician and nurse on general health matters, including those related to sexual and reproductive health. This unit provides an easily accessible referral point for health-related concerns.

To further promote awareness, IGU has integrated a course titled "[Sexual Health](#)" into its undergraduate elective curriculum. This course covers key concepts in sexual health, individual rights, privacy, safe living skills, and access to healthcare services, aiming to improve students' knowledge and understanding in this field.



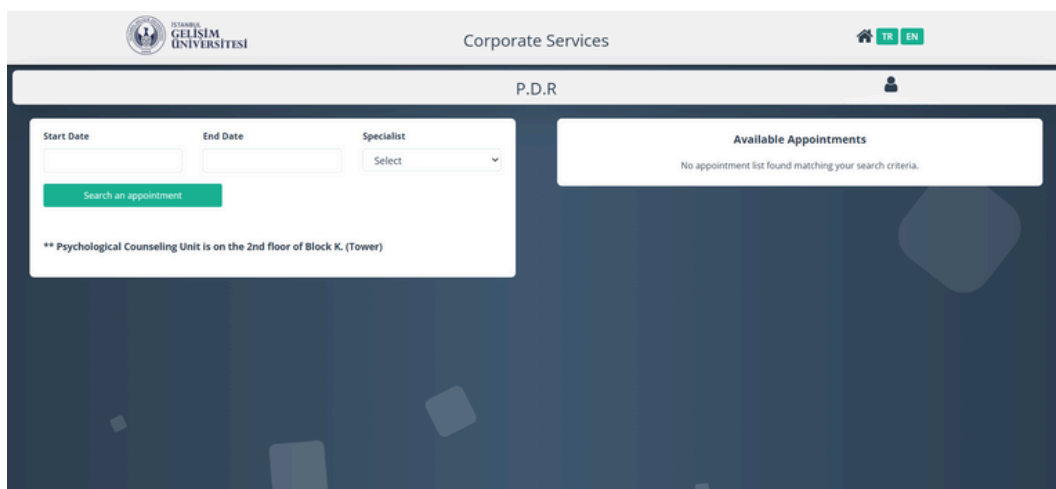


4.5. Mental Health Support Services for Students and Staff

IGU provides [Psychological Counselling Services](#) to support the psychological well-being of its students as well as academic and administrative staff. The service is delivered by two professionals: one clinical psychologist and one psychological counsellor.



An [online appointment system](#) was, integrated with the [Student Information System \(OBIS\)](#) and the [Personnel Information System \(PERSIS\)](#), has been in place since 2022. Users can easily schedule appointments by selecting a date and a professional through the system. A detailed user guide has also been developed and made publicly accessible to facilitate the use of the online system. A comprehensive [user guide](#) document has been developed and made accessible, providing detailed information on the system’s functioning, usage steps, interface design, and technical features.





In addition to counselling and guidance services, informational materials on mental health topics are regularly provided to support students' psychological resilience. One example is the "[Mental Health Support Program for Students](#)," which offers awareness and coping strategies on common psychological issues such as exam anxiety and anger management. A similar program is also offered for academic and administrative staff through the "[Mental Health Support Program for Academic and Administrative Staff](#)," which includes sessions on stress management, healthy lifestyle habits, and effective workplace communication.



In 2024, IGU established the [Psychology Practice and Research Center \(PSIKOMER\)](#) to enhance the university's scientific and social contributions in the field of mental health. PSIKOMER focuses on implementing applied and research-based activities across various subfields of psychology, supporting undergraduate and graduate students' practical training, and fostering scientific productivity in psychology.

The centre's scope of work includes the integration of technology into psychotherapy processes, the development of mobile applications and software tools, and the design of virtual reality-assisted therapy models. Moreover, PSIKOMER explores opportunities to enrich diverse therapeutic approaches through digital platforms. The centre also aims to collaborate with national and international organisations to produce innovative and impact-oriented projects in the field of psychology.



Occupational Health Services

At IGU, the [Medico-Social Center](#) under the [Directorate of Health, Culture And Sports](#) provides occupational health services with a certified workplace physician and an occupational nurse, in accordance with Türkiye's Occupational Health and Safety Law (Law No. 6331). These health professionals are responsible for protecting and promoting the health of university students and staff, as well as delivering primary healthcare services when needed. The planning and follow-up of secondary and tertiary healthcare services are also included within this scope.

IGU employees and students can consult health professionals for support or guidance regarding any health-related issue. To ensure more efficient delivery of these services, the [Infirmary and Health Information System \(REVSIS\)](#) has been implemented. Through REVSIS, students and staff can make online appointments, access their medical records, and view their health history.

The provision of comprehensive healthcare services aims to offer timely and effective solutions to health problems, enhance productivity in work and academic life, and ultimately improve the quality of life for the university community by prioritizing their well-being.





4.6. Smoke-Free Policy

IGU has implemented comprehensive environmental and institutional regulations to protect individual and environmental health. In this context, the “[Smoke-Free Campus](#)” initiative, which has been in place since 2020, encourages students and staff to enjoy a healthier campus environment.

In line with the University’s official “[Policy of Healthy and Hygienic Campus Without Smoke, Alcohol or Drugs](#),” dated October 10, 2024, the use of cigarettes, electronic cigarettes, and similar tobacco products is strictly prohibited in all indoor areas, semi-open spaces, cafeterias, and common areas on campus. Smoking is only permitted in a limited number of designated “yellow zones” located in the campus gardens.

This policy aims to protect individuals from secondhand tobacco smoke, reduce the use of addictive substances, and promote healthy lifestyle behaviors. It also seeks to maintain university campuses as healthy, safe, and hygienic living environments.





5. RELATED POLICIES

1. [Occupational Health and Safety Policy](#)

IGU adopts a proactive approach that prioritizes the health and safety of its employees, students, and visitors, aiming for zero occupational accidents and zero occupational diseases across all departments. Core commitments include identifying risks in advance, implementing preventive measures, fostering a culture of safe working practices, and ensuring the continuity of the occupational health and safety management system.

2. [Community Service Policy](#)

The Community Service Policy considers serving humanity and improving quality of life to be fundamental responsibilities, in addition to the university's scientific knowledge production. It aims to produce solutions to social, ecological, and economic problems and, in this way, to create a sustainable, livable society. In this process, it is based on sensitivity to ethical values, human rights, and local needs.

3. [Policy of Healthy and Hygienic Campus Without Smoke, Alcohol or Drugs](#)

IGU considers maintaining a safe and healthy campus environment a core institutional responsibility. The "Smoke-Free, Alcohol-Free, Drug-Free, Healthy and Hygienic Campus" approach represents an inclusive campus-wide lifestyle policy for all university stakeholders.

4. [Sustainability Training Policy](#)

this policy supports the development of educational programs across the university focused on healthy living, gender equality, climate change awareness, inclusive urban life, and responsible production and consumption. It aims to enhance the quality of life for students and staff while promoting sustainability awareness at the societal level.

5. [Policy of Sustainability Research](#)

IGU encourages research aligned with the principles of social, economic, and environmental sustainability. The university supports interdisciplinary and ethically grounded research activities that aim to transform scientific knowledge into technology, enhance societal well-being, and contribute to sustainable development goals.





6. [Environment Policy](#)

This policy aims to ensure the integration of environmental sustainability principles across all IGU activities, emphasizing efficient use of natural resources and waste reduction at the source. It promotes the adoption of eco-friendly products and services and the incorporation of environmental awareness into institutional culture.

7. [Policy For Waste Management and Reducing Enviromentally Hazardous Products](#)

IGU adopts a sustainable waste management approach based on waste prevention, source reduction, reuse, and recycling. Aiming to minimize environmental harm and preserve natural resources, this approach is supported by environmental awareness trainings for students and staff, recycling-focused activities, and the continuous monitoring and improvement of practices.

8. [Internationalization Policy](#)

IGU implements a multifaceted internationalization strategy that facilitates the production and dissemination of universal knowledge. The strategy centers on enhancing student and faculty mobility, fostering a multicultural campus environment, and strengthening value creation through international partnerships. Collaborative efforts across educational, research, social, and cultural domains not only enhance the university's global visibility but also contribute to the advancement of its human, intellectual, and organizational capital.

9. [Water Management Policy](#)

IGU promotes a sustainable approach to water management, supporting practices related to water conservation, wastewater and stormwater management, water efficiency, and the sustainability of aquatic ecosystems. The university engages in awareness-raising, research, and consultancy activities in collaboration with stakeholders on and off campus, contributing to the protection of natural resources through applied projects.





6. EVENTS

The events carried out within the scope of SDG 3 Health and Quality Life at IGU are given below.

Event Name: [Development of Quality in Health in the 100th Year of the Republic](#)

Event Date: 04.01.2024

Event Content: This event aimed to provide participants with information about the place, importance and applications of the concept of quality in the health sector. Participants were informed about the basic concepts and application examples of quality management in health.



Event Name: [Symposium on Cancer Awareness in the 100th Anniversary of the Republic](#)

Event Date: 29.02.2024

Event Content: In this symposium organized within the scope of Cancer Awareness Week, topics such as the National Cancer Program, early diagnosis and treatment methods, malignant blood diseases and cancer-nutrition relationship were discussed on cancer, which is one of the major health problems worldwide. The event aimed to raise social awareness.





Event Name: [Health and Creative Drama Workshop](#)

Event Date: 29.02.2024

Event Content: This activity aims to address health-related issues through creative drama techniques, increase participants' physical and mental health awareness and contribute to their emotional intelligence development. It is planned to develop the ability to develop creative solutions to health problems through body language, role-playing and dramatic expression.



Event Name: [Hearing Screening Event](#)

Event Date: 01.03.2024

Event Content: This event, which was organized for university students, aimed to draw attention to hearing health and raise awareness. Hearing screenings were performed with audiometer and tympanometer devices by the faculty members and students of the Department of Audiology. The aim was both to provide health screening and to increase the level of knowledge about hearing health.





Event Name: [Hygiene in terms of Public Health](#)

Event Date: 07.03.2024

Event Content: This activity aimed to emphasize the importance of hygiene in the protection and promotion of public health. Participants were provided with information on personal hygiene, environmental hygiene and prevention of infectious diseases.



Event Name: [Turkey Physiotherapists Association Introduction Meeting](#)

Event Date: 19.03.2024

Event Content: The history, structure, functioning of the youth commission and national/international activities of the Turkish Physiotherapists Association were introduced. The event was organized for physiotherapist and physiotherapist candidate students and aimed to convey information about the association's membership process, fields of activity and professional union to the participants. A question and answer session was held at the end of the seminar.





Event Name: [Coffee Talks: The Importance of Teeth, Preventing Diseases and Improving Mental Health through Chewing](#)

Event Date: 20.03.2024

Event Content: This activity addressed the impact of oral and dental health on overall health, mental balance and emotional well-being. Participants were informed about the role of proper oral hygiene and chewing function on disease prevention, digestion and brain health. The event highlighted the holistic impact of oral care habits on quality of life.

Activity Name: [Coping with Screen Addiction](#)

Event Date: 21.03.2024

Event Content: This activity provided participants with various methods to combat screen addiction and develop healthy digital habits. Participants developed self-regulation skills for technology use and learned strategies for maintaining digital well-being.





Event Name: [Food Quality Control and Food Safety](#)

Event Date: 22.04.2024

Event Content: Information was given about current legislation on Food Quality Control and Safety, new food communiqués, HACCP-VACCP quality processes. In the seminar, sub-product groups within the framework of the Turkish Food Codex, regulations made in the last 10 years, current inspection forms and system changes were also conveyed to the students. The event was completed with a question and answer session.



Event Name: [My Health, My Rights, Global Crisis](#)

Event Date: 22.04.2024

Event Content: This event, held within the scope of the World Health Organization's 2024 theme "My health, my right", addressed the inequalities in access to health services despite the universal recognition of the right to health. The event emphasized the importance of fundamental rights such as access to clean water, air quality, healthy housing and nutrition, and drew attention to global problems in access to health services.





Event Name: [Sustainability Meetings with Child Development Professionals III](#)

Event Date: 30.04.2024

Event Content: This event, which brought together graduates working in the field of child development and students of the child development department, focused on the process of becoming a child development teacher in high school, practical professional experiences and sustainable professional development. The event aimed to guide the students on their career journey and help them connect with their future colleague.

ISTANBUL GELİŞİM ÜNİVERSİTESİ
Seminer
ÇOCUK GELİŞİMİ VE SAĞLIKTA FARKINDALIK KULÜBÜ
ÇOCUK GELİŞİMCİLER İLE SÜRDÜRÜLEBİLİRLİK BULUŞMALARI III
30 Nisan, 2024
Salı
15:30 - 17:00
E Blok Tusi Konferans Salonu
KATILIMCI
Elif Berber
Zeytinburnu 100. Yıl Mesleki ve Teknik Anadolu Lisesi Çocuk Gelişimi Bölümü Öğretmeni
gelisim.edu.tr | @gelisimedu | @igugelisim
İGÜ SKS Sağlık Kültür ve Spor Daire Başkanlığı Sağlık Bilimleri Fakültesi

Event Name: Psychology Talk

Event Dates: 30.04.2024, 14.05.2024, 28.05.2024

Event Content: In this activity aimed at developing students' psychological awareness, students were encouraged to express their feelings and thoughts freely through therapy group-like sessions. The activity, organized every two weeks around a different theme, provided a supportive environment for students to better understand the difficulties they were experiencing and to develop coping skills.





Event Name: [The Art of Keeping Alive](#)

Event Date: 02.05.2024

Event Content: This event, organized on the importance of the surgical technician profession and the difficulty and responsibility of operating room services, was held as part of the April 20 Surgical Technicians Day. The event emphasized operating room practices, teamwork, the meaning of survival and team dynamics in surgical interventions. The interview was enriched with activities such as music, theater and cake cutting, contributing to the professional motivation of the students.



Event Name: [1st Masticatory Symposium - Faculty of Dentistry 3rd Symposium](#)

Event Date: 06.05.2024

Event Content: An update on the physiology of mastication in dentistry, the muscles involved, occlusion, neural control and the effects of mastication on general health was presented. Six presentations and discussion sessions were organized with the participation of expert academicians as speakers.





Event Name: [Anti-Cyber Harassment and Digital Security](#)

Event Date: 07.05.2024

Event Content: Students were informed about the concept of cyber harassment, its prevalence, ways of protection and legal rights within the scope of KVKK. The event aimed to raise awareness against harassment situations that may be encountered in the digital environment through interactive presentations, scenario-based simulations and applications.



Event Name: [Pressure Injuries in Intensive Care](#)

Event Date: 08.05.2024

Event Content: Nursing students were informed about the causes, stages, prevention and treatment approaches of pressure injuries. The event emphasized evidence-based practices through interactive presentations and case studies.





Event Name: [World Disability Week Panel](#)

Event Date: 08.05.2024

Event Content: In this panel organized to draw attention to the difficulties faced by people with disabilities in society and to raise awareness, the issues of disability rights, equality and social inclusion were discussed. Participants learned about policies on disability.



Event Name: [Past, Present, Future of Labor: Psychological Capital](#)

Event Date: 08.05.2024

Event Content: This activity aimed to examine the transformation of labor and the impact of psychological capital such as self-efficacy, hope, resilience and optimism on individuals in the workplace. Participants learned strategies to strengthen psychological capital and discussed how to apply these skills in their personal and professional lives. The event also addressed how labor has been shaped from the past to the present and how it may transform in the future.





Event Name: [Istanbul Gelisim University Child Development Days](#)

Event Date: 13.05.2024-14.05.2024

Event Content: The two-day event included presentations by NGOs working in the fields of interdisciplinary approach to children, alternative approaches in pre-school education, child protection, and graduate experiences.



Event Name: [Rethinking the Role of Social Work in Addressing Social Problems in Local and Global Context](#)

Event Date: 13.05.2024

Event Content: In the symposium organized in cooperation with Istanbul Gelisim University, Liverpool Hope and West Attica Universities, different dimensions of social problems were discussed from a social work perspective, and new approaches were presented to students and academicians with bilingual (TR-EN) sessions.





Event Name: International Sports Festival 2024

Event Date: 16.05.2024 - 19.05.2024

Event Content: Bringing together university students from different cultures, this sports festival emphasized the unifying power of sports and promoted cultural exchange. Teams representing their universities participated in competitions in different branches, and participants experienced how sports can be a tool for friendship and cooperation. The event, which contributed to the development of international perspectives, included cultural programs as well as sports competitions; participants had the opportunity to meet and interact with athletes from different cultures.

Activity Name: [Increase the Number of Steps, Not Your Weight](#)

Event Date: 17.05.2024

Event Content: This event, organized by the Faculty of Applied Sciences, Department of Public Relations and Advertising, aimed to raise awareness of active living among young people by drawing attention to the negative effects of sedentary life on health. Active lifestyles were encouraged through opening speeches, expert presentations and participant interactions. After the seminar, social interaction and survey applications were carried out with healthy treats.



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





Event Name: [Food Security as a New Field of Struggle](#)

Event Date: 17.05.2024

Event Content: The increasing importance of food safety on a global scale was discussed and the main problems and solution approaches in this field were shared by the expert speaker. The event was organized with presentations and question-answer sessions, raising the awareness of the participants on the subject.



Event Name: [Social Work Experiences with People with Disabilities Event](#)

Event Date: 20.05.2024

Event Content: In this event, a senior figure who has been involved in social work interventions for people with disabilities for 25 years was hosted and students were guided on their career journey and case examples were processed. The guest speaker explained the role of the social worker in social work practices for people with disabilities by sharing case examples. Important contributions were made in terms of an egalitarian society, increasing knowledge in the field of accessibility, improving the participation of people with disabilities in social life and increasing their quality of life.





Event Name: [Beylikdüzü Municipality Accessible Life Center Visit and Workshop](#)

Event Date: 20.05.2024

Event Content: During this visit, which was organized within the scope of social work practices, students learned about the psychosocial services provided by the municipality to individuals with disabilities and conducted art workshops with individuals receiving services. The event aimed to raise individuals sensitive to differences and to support quality, inclusive education.



Event Name: [Career in Audiology: We Asked Our Alumni](#)

Event Date: 21.05.2024

Event Content: In this event for career development in the field of audiology, our audiologist graduates and undergraduate students were brought together. Our students were provided with more information in this field and the professional experiences of our graduates were shared. Students had the opportunity to learn about the challenges faced by graduates in the business world, current developments in the sector and job opportunities. Panel discussions, question-answer sessions and one-to-one interviews were organized as part of the event. Through these sessions, students interacted directly with alumni and received support in career counseling and job applications.





Event Name: [Yoga](#)

Event Date: 22.05.2024

Event Content: This event aimed to introduce participants to yoga techniques and practices to improve both physical and mental health. Participants practiced yoga postures, breathing exercises and meditation techniques to reduce stress, increase flexibility and achieve inner balance. Guidance was also provided on how yoga practice can contribute to spiritual and physical healing processes.



Event Name: [IGU Model United Nations Simulation](#)

Event Date: 24.05.2024 - 26.05.2024

Event Content: In the Model United Nations simulation, participating students presented solution proposals representing countries in line with the determined topics and participated in discussions on international problems. At the end of the event, the proposed solutions were compiled by the secretariat and submitted to the United Nations as a letter of recommendation. In this process, students had the opportunity to develop skills such as public speaking, discussion, decision-making and group work.





Event Name: [Step](#)

Event Date: 26.05.2024

Event Content: This activity enabled participants to perform step aerobic exercises to improve their physical health and endurance. Stepping was introduced as a fun group sport that improves coordination, balance and cardiovascular health. Participants strengthened both their physical and mental well-being by moving in an energetic and motivating environment.

Event Name: [Food Design and Sensory Analysis](#)

Event Date: 28.05.2024

Event Content: The event, where students' food design projects and sensory analysis studies were exhibited, included innovative products, poster presentations and tasting analyzes. Participants had the opportunity to see the academic and creative work of the students and to gain awareness on healthy nutrition and sensory analysis.



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





Event Name: [A New Application in Rehabilitation, Perturbation](#)

Event Date: 30.05.2024

Event Content: In the event, the basic principles of perturbation-based balance training and its use in rehabilitation were discussed. Examples of how this method is applied in elderly people, people with neurological disorders and elite athletes were given; theoretical knowledge and practical solutions to increase balance were shared with the participants.

Seminer
Rehabilitasyonda Yeni Bir Uygulama: Pertürbasyon

Konuşmacı
Bülent Abut ÖZSEZKİ

Moderatör
Muhammed Hüseyin PEKEREN
gelisim.edu.tr @gelisimedu @igugelisim

30.05.2024
14.00 - 16.00
E Blok TUSİ Konferans Salonu

Etkinlik dili İngilizcedir.

İGÜ SBF
Fizyoterapi ve Rehabilitasyon Bölüm Başkanı

Event Name: [Healthy Nutrition and Addiction](#)

Event Date: 30.05.2024

Event Content: This activity aimed to explore the role and impact of healthy eating in the fight against addictions. Participants learned about the effects of eating habits on addiction risks and discovered how a healthy diet contributes to psychological and physical recovery processes. They were also provided with information on how nutrition can be used as a therapeutic tool in addiction treatment.

HEALTHY DEVELOPMENT
Healthy Nutrition and Addictions

Wednesday
May 30, 2024
14:00 - 16:00

Gelisim Tower,
Student Center - 17th Floor

Asst. Prof.
NURİTEN ELKİN
Lect. Minever
Başak ONAT





Event Name: [Global Aging, Sport and Physical Activity The Role of Public Health in the 21st Century](#)

Event Date: 16.09.2024

Event Content: In the event, the importance of public health and physical activity in human life was discussed and the impact of mobility on healthy life in the global aging process was discussed. Prof. Hafiz Khan from the University of West LONDON shared his knowledge and experience on the subject with the participants.



Event Name: [Coffee Talks: Sustainability in Health Sector Enterprises](#)

Event Date: 16.10.2024

Event Content: The event aimed to inform participants about the sustainability practices of businesses in the healthcare sector. Topics such as measures to be taken to increase the environmental, economic and social sustainability of healthcare services, innovative green practices and energy efficiency were discussed. Hospitals, clinics and other healthcare businesses were informed about ways to develop environmentally friendly solutions and fulfill their social responsibilities.





Event Name: [Children and Screen Exposure](#)

Event Date: 17.10.2024

Event Content: This activity addressed children's interactions with screens and its impact on their development. Participants were informed about the negative effects of excessive screen use on children's physical, psychological and social development. The workshop also focused on strategies for setting healthy limits on screen use, encouraging balanced technology habits and guiding children towards a healthier relationship with technology.

Event Name: [October 29th Republic Day Football Tournament](#)

Event Date: 22.10.2024 - 29.10.2024

Event Content: Organized on October 29th Republic Day, the tournament supported socialization and healthy living awareness among students through the unifying power of sports and reinforced the feelings of national unity and solidarity.





Event Name: [Posterior Direct and Indirect Composite Restorations Symposium](#)

Event Date: 22.10.2024

Event Content: This symposium provided up-to-date information on direct and indirect approaches for posterior teeth in need of restorative treatment due to caries, loss of material or trauma. Participants were informed about CAD/CAM technologies, matrix systems, restorative approaches and composite materials; participation was supported with presentations and question-answer sessions.



Event Name: [TÜBİTAK 2209-A Introduction III](#)

Event Date: 22.10.2024

Event Content: An interview was held to provide information about the TÜBİTAK 2209-A University Students Research Projects Support Program and to guide students on project application processes and research development. During the event, the program's application requirements, project writing and development strategies were explained in detail, and participants were inspired to develop project ideas by sharing their academic fields of study. The event aimed to increase students' knowledge of scientific research processes and encourage a research culture.





Event Name: [Breast Cancer Awareness for a Healthy Tomorrow](#)

Event Date: 25.10.2024

Event Content: In the event, Assoc. Prof. Dr. Selman Emiroğlu explained the importance of early detection of breast cancer, screening methods, preventive strategies and support mechanisms. The awareness levels of the participants were raised with the topics of women's self-examination methods, psychosocial support and social awareness.



Event Name: [What Do You Do to Stay Healthy?](#)

Event Date: 25.10.2024

Event Content: This activity aimed to remind and encourage participants to develop simple but effective habits for a healthy lifestyle. Topics such as balanced nutrition, regular exercise, stress management and quality sleep were addressed to increase the participants' level of awareness. As a result, students became more aware of protecting their health and improving their quality of life.





Event Name: [You Are Not Alone](#)

Event Date: 31.10.2024

Event Content: The "You Are Not Alone" event aimed to increase students' psychological resilience, promote emotional awareness and strengthen social bonds. Within the scope of the event, awareness raising activities were carried out on feelings of loneliness, strategies for coping with stress and support mechanisms. It was emphasized that psychological well-being is a fundamental component of sustainable living.



Event Name: [Addictions and Procrastination Psychology](#)

Event Date: 04.11.2024

Event Content: The event examined the psychological basis of addictions and procrastination behaviors and discussed the negative effects of these behaviors on individuals' lives. Participants were provided with information based on coping strategies, psychological mechanisms and awareness-raising. The relationship between addiction and procrastination and modern living conditions, ways to develop healthy habits and social support mechanisms were also discussed comprehensively.



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





Event Name: [Initial Assessment and Case Presentation in Auditory Rehabilitation](#)

Event Date: 06.11.2024

Event Content: In the event, the first evaluation practices and case examples regarding the rehabilitation process in the field of audiology were shared. The ways followed in hearing impaired individuals were conveyed by the speaker and a guiding presentation was made to audiology students.



Event Name: Psychology Seminar

Event Date: 07.11.2024

Event Content: In this seminar, Dr. Aman Sado Elemo shared with the students about life, relationships and personal development. The event raised participants' awareness on psychological resilience, stress management and healthy relationships. Participants actively participated in the podcast and live interactive parts of the seminar.





Event Name: [Health Sociology Seminar](#)

Event Date: 08.11.2024

Event Content: This seminar aimed to raise awareness on the sociology of health among SBF students; sociological approaches on the relationship between health, society and the individual were presented. Participants learned about health inequalities, social health dynamics and health policies.



Event Name: Disaster Preparedness Day

Event Date: 12.11.2024

Event Content: Within the scope of this activity, a social responsibility activity called "I am preparing my earthquake bag myself" was organized. In the activity organized to raise awareness of earthquake preparedness and to raise awareness of individuals against disasters, the materials that should be included in an earthquake bag were introduced, informative brochures were distributed to students and awareness was raised by asking questions about earthquakes. Empty bags were presented to the students who answered correctly.





Event Name: [Peer Bullying](#)

Event Date: 14.11.2024

Event Content: This activity aimed to draw attention to the increasingly common problem of peer bullying among students and to address the physical, emotional and digital dimensions of this problem. Participants were trained on developing empathy, healthy communication and responding effectively to bullying. The importance of a safe and inclusive educational environment to support social solidarity was emphasized.



Event Name: Istanbul Gelisim University Health Management Graduate Meeting Day

Event Date: 14.11.2024

Event Content: The event brought together graduates of the Department of Health Management to share sectoral experiences, discuss current developments, and establish career connections. It also served to celebrate academic achievements and inspire newly graduated students.





Event Name: [World Diabetes Day Exhibition](#)

Event Date: 14.11.2024

Event Content: The exhibition was organized with the aim of raising public awareness about diabetes as part of World Diabetes Day. Students from the department actively participated in the event, providing visitors with information on the prevention and management of diabetes as well as healthy lifestyle practices. Informative brochures were distributed, and up-to-date knowledge on diabetes was shared with the community to promote public awareness.



Event Name: [Protection First](#)

Event Date: 28.11.2024

Event Content: The "Prevention First" activity aimed to raise students' awareness of infectious diseases, sexual health, hygiene, and prevention methods. Focusing on raising health literacy, this activity emphasized the importance of preventive health services for both individual and societal well-being. Participants learned to develop healthy living habits to protect their own health and contribute to public health.





Event Name: [Sexually Transmitted Diseases and HIV/AIDS](#)

Event Date: 02.12.2024

Event Content: The event, organized to protect public health, focused on providing information about STDs and HIV/AIDS, raising awareness on prevention and early diagnosis, and promoting social sensitivity to combat stigmatization.

Event Name: [Hearing Screening Event at Special Education Vocational School](#)

Event Date: 02.12.2024

Event Content: As part of the event, students at the Special Education Vocational School underwent hearing screenings to identify individuals at risk of hearing loss. The event aimed to promote healthy living through early diagnosis, with necessary guidance provided to those in need.





Activity Name: [The Art of Food Recognition: Label Reading](#)

Event Date: 05.12.2024

Event Content: The activity explained how to read the labels of food products and helped participants develop conscious consumer behaviors. Awareness was raised on the evaluation of information such as nutritional value, additives and expiration date.



Event Name: [Creating Change through Social Responsibility](#)

Event Date: 05.12.2024

Event Content: The event focused on how individuals can contribute to social responsibility projects for social benefit. Case studies on environment, education, health and equality were examined and the concept of social responsibility was supported by literary and visual sources.





Event Name: [Current Technologies in Hearing Aids: Innovation for Better Hearing](#)

Event Date: 10.12.2024

Event Content: This event introduces modern technologies used in hearing aids, explains how these technologies improve the quality of life for people with hearing loss, and discusses potential future developments. The contributions of technologies such as artificial intelligence, Bluetooth, noise reduction, and directional microphones to the user experience are discussed.



Event Name: [Adolescent and Family](#)

Event Date: 12.12.2024

Event Content: This activity aimed to strengthen communication between families and adolescents through understanding the psychological, physical and social changes that occur during adolescence. Various strategies were developed to help families better understand the needs of adolescents and provide them with a healthy environment. During the event, adolescents were encouraged to explore their roles and responsibilities within the family, and the challenges they face and solutions to these challenges were discussed.





Etkinlik Adı: [Creating Balance](#)

Etkinlik Tarihi: 13.12.2024

Etkinlik İçeriği: This event aimed to help individuals achieve physical, mental, and emotional balance in their lives. Participants learned practical methods for maintaining balance by working on stress management, time management, healthy habits, and mental well-being. The event represented an important step toward improving quality of life and developing a sustainable approach to psychological health.



Etkinlik Adı: [Multidisciplinary Approach in Individuals with Hearing Loss](#)

Event Date: 18.12.2024

Event Content: The event addressed how individuals with hearing loss should be supported through a multidisciplinary approach, taking into account any additional disabilities they may have during the education process. The importance of collaboration between educators and healthcare professionals was emphasized.





Etkinlik Adı: [Future of Health Technologies and Innovation Journey: Strategic Roadmap from Idea to Product](#)

Event Date: 18.12.2024

Event Content: The event provided information on the development process of health technologies, detailing the transition of innovative products from the idea stage to implementation and the strategies employed throughout this process. It aimed to equip participants with innovation-oriented thinking skills.



Event Name: II. Sociology Department Student Panel: Discover Your Love Language

Event Date: 20.12.2024

Activity Content: How love languages work in relationships between individuals and how they affect family communication and marital relationships were discussed. Participants gained awareness on recognizing their own love languages and establishing healthier communication in their relationships.





Event Name: Pickleball Tournament

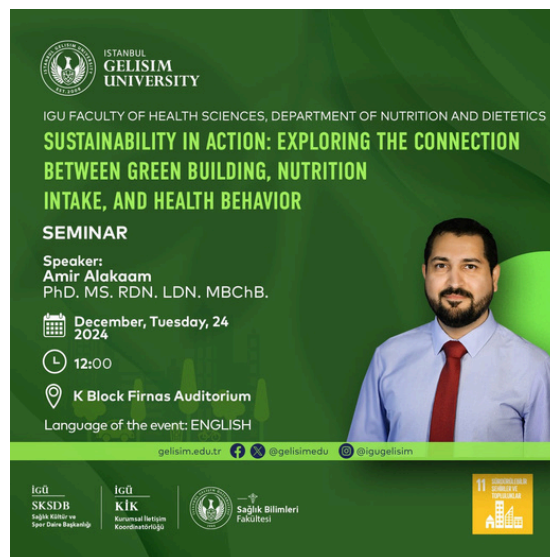
Event Date: 24.12.2024

Event Content: The Pickleball Tournament, organized with the participation of international students, enabled students to experience the excitement of competition and develop friendship and team spirit. Within the scope of the event, students were encouraged to participate in sports, strengthened their social bonds and were supported to have different cultural experiences. In addition, the tournament contributed to both physical and emotional relaxation of the students by relieving stress.

Event Name: [Sustainability In Action: Exploring the Connection Between Green Buildings, Nutrition Intake, and Health Behavior](#)

Event Date: 24.12.2024

Event Description: Aiming to raise holistic awareness of the multidimensional relationship between sustainable lifestyles, the built environment, and individual health behaviors, the seminar addressed green building practices, nutrition habits, and healthy living behaviors. The speaker shared professional experiences, provided participants with up-to-date information, and conveyed insights into the multifaceted nature of sustainability. The event concluded with a question-and-answer session in which participants' questions were addressed.



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Event Name: [Health Tourism and Its Impact on Turkish Economy](#)

Event Date: 26.12.2024

Event Content: This event assessed the contribution of health tourism to Turkey's economic growth, current situation and future potential. Strategies to strengthen Turkey's position as a health tourism destination were discussed; experts, policy makers and industry representatives exchanged ideas and held discussions on cooperation and solutions to the challenges faced.



Event Name: [Frequently Asked Questions About Addictions](#)

Event Date: 26.12.2024

Event Content: The event, titled "Frequently Asked Questions about Addiction", aimed to raise awareness about addiction and disseminate accurate information. Participants were able to find answers to frequently asked questions about types of addiction, treatment methods and the recovery process. Experts explained strategies to combat addiction and sources of support, and discussed common misconceptions and prejudices in society. The event aimed to raise participants' awareness on addiction and facilitate their access to resources that can support individuals seeking help.





7. PROJECTS

As of 2024, a total of **27** projects have been carried out at IGU in the field of health and well-being, within the scope of SDG 3. These projects aim to support individuals' physical and mental health, improve quality of life, and enhance health literacy in society. The projects have been implemented not only within the university but also in cooperation with external stakeholders. In total, **23** projects have been conducted in collaboration with external institutions.

Among these, 18 projects were supported under the TÜBİTAK 2209-A program, and 9 were funded by the university's Scientific Research Projects Coordination Unit (IGU BAP-K). Additionally, 2 projects were supported by other higher education institutions. Five of the conducted projects have a social responsibility component. These include topics such as the impact of post-earthquake stress on nutrition, awareness of sedentary lifestyle, and the level of knowledge regarding vocal hygiene among special education teachers. In this way, not only academic output but also socially impactful applied studies have been carried out.

Collaborating with institutions such as Istanbul University, Ankara University, Kırıkkale University, Ege University, Avcılar Municipality, and various research centers, the projects reflect a multi-stakeholder and interdisciplinary approach.

Table 5. Projects Conducted Within the Scope of SDG 3

Project Title	Budget	Stakeholder	Project Type	Social Responsibility
Sağlık Bilimleri Fakültesi Öğrencilerinin Sağlık Sistemine Güvensizlik Düzeylerinin Belirlenmesine Yönelik Bir Araştırma	₺21,485.00	None	IGU BAP-K (Rapid Support Project)	No
Atık Kitaplar Geri Dönüşüm Projesi Geleceğe Yeşil Bir Adım	₺6,013.95	Student (IGU)	IGU BAP-K (Undergraduate Student Research Project)	Yes
Beyin ve Merkezi Sinir Sistemi Tümörünezisinde Türk populasyonunda kromozomal anomallların Keşfi ve Klinik Uygulamaları	₺112,500.00	Istanbul University	IGU BAP-K (Regular Research Project)	No
Sağlıklı Genç Yetişkin Bireylere Egzersiz Sonrasında Uygulanan Vagus Sinir Stimülasyonunun Otonom Sinir Sistemi ve Toparlanmaya Akut Etkisi	₺77,055.60	None	IGU BAP-K (Regular Research Project)	No





Project Title	Budget	Stakeholder	Project Type	Social Responsibility
Karsinoma Hücre Hatlarında Ornithogalum Smilax ve Aegopodium Ekstraktlarının Apoptotik ve Detoksifikasyon Gen Ekspresyonuna Katkılarının Araştırılması	₺90,000.00	Ankara University, Kırıkkale University	IGU BAP-K (Regular Research Project)	No
Hareketsiz Yaşam Farkındalık Projesi Kilo Sayını Değil Basamak Sayını Arttır	₺51,400	Avcılar Municipality Innovation Center	IGU BAP-K (Regular Research Project)	Yes
Nar Kabuğu Punica Granatum Ekstraktının Fibroblast Ve Hacat Hücreleri Üzerine Yara İyileştirici Özelliklerinin Belirlenmesi	₺89,978.40	None	IGU BAP-K (Regular Research Project)	No
Dar Alan Oyunlarında Uygulanan Manipülasyonların Kadın Futbolcularda Nöromusküler Yorgunluk Fizyolojik Fiziksel Ve Teknik Parametrelere Etkisi	₺35,634.77	None	IGU BAP-K (Thesis Project - PhD)	No
Farklı Antioksidan Kapasitesine Sahip Baharat İlaveli Kurut Üretimi ve Üretilen Bu Kurutların Fizikokimyasal Mikrobiyolojik Duyusal ve Tekstürel Özelliklerinin Belirlenmesi	₺29,016.00	Graduate Student (IGU)	IGU BAP-K (Thesis Project - Master's)	No
Görme Engelli Bireyler İçin Yapay Zeka Ve Siber Güvenlik Özelliklerine Sahip Akıllı Gözlük	₺6,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Daha Sağlıklı, Kaliteli ve Sürdürülebilir Bir Yaşam Planı için Tıbbi Bitkilerin Günlük Hayatta Doğru Biçimde Kullanımının Yaygınlaştırılması Amaçlı Reçetelerin Hazırlanması	₺5,500.00	Student (Ege University)	TÜBİTAK 2209-A	Yes





Project Title	Budget	Stakeholder	Project Type	Social Responsibility
Deprem Sonrası Algılanan Stresin, Endişenin ve Anksiyetenin Beslenme Üzerine Etkisinin İncelenmesi: Deprem Bölgesi Örneği	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	Yes
Egzersiz ve Spor Bilimleri Öğrencilerinin Besin Takviyelerine Olan İnancı ve Takviye Kullanımının Egzersiz ve Beslenme Davranışları Üzerine Etkisi	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Fonksiyonel Sağlıklı Bir Ürün Geliştirme: Besin Değeri Zenginleştirilmiş Bebek Krakeri Üretimi	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Hemşirelik Öğrencilerinde Siberkondria Düzeyleri Ve İlişkili Faktörler	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Üniversite Öğrencilerinde Negatif Kalori Yanılsamasının Beden Memnuniyeti ve Diyet Örüntüsü İle İlişkisi	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Görme Engelli Bireyler İçin Yapay Zeka Ve Siber Güvenlik Özelliklerine Sahip Akıllı Gözlük	₺6,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Farklı Bitki, Meyve Ve Yaprakları İle Mayalanarak Üretilen Yoğurtların Duyusal Özelliklerinin Belirlenmesi	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Filizlendirilmiş Brokoli (Brassicaoleracea) Bitkisi ile Üretilen Ekmeklerin Antioksidan Kapasitelerinin Belirlenmesi	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Glutensiz Krakerlerin Protein Miktarının Spirulina ile Zenginleştirilmesi	₺6,000.00	Student (IGU)	TÜBİTAK 2209-A	No





Project Title	Budget	Stakeholder	Project Type	Social Responsibility
Jelatin Alternatifi Keten Tohumu Tozu Ve Vitaminlerle Zenginleştirilmiş Fonksiyonel Sağlıklı Vegan Jelibon Formülasyonu Geliştirilmesi Ve Karakterizasyonu	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Yerli ve Fonksiyonel Afet Gıdası Üretimi	₺6,000.00	Student (IGU)	TÜBİTAK 2209-A	No
6-12 Aylık Bebeği Olan Annelerin Diyet Triptofan Miktarlarının Bebek Ve Anne Uyku Kalitesine Etkisi	₺6,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Özel Eğitim Ve Rehabilitasyon Merkezlerinde Görev Yapan Öğretmenler Arasında Ses Yorgunluğu Ve Ses Hijyeni Bilgi Düzeyinin İncelenmesi	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	Yes
Probiyotiklerle Fonksiyonelleştirilmiş Vejetaryen Su Kefirli Dondurma Formülasyonu Geliştirilmesi	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Sağlık Bilimleri Fakültesi Üniversite Öğrencilerinin Depresyon, Anksiyete, Stres Düzeyleri ile Sağlıklı Beslenme Tutumları ve İyilik Durumu Arasındaki İlişki	₺9,000.00	Student (IGU)	TÜBİTAK 2209-A	No
Klinik örneklerden izole edilen çoğul dirençli Klebsiella pneumoniae izolatlarında CRISPR-CAS sistemi ile gen düzenlemesinin yapılması	₺547,094.82	Istanbul University	University-Supported Project - Istanbul University	No
Mikroorganizma Ve Kültür Araştırma Uygulama Merkezi'nde (Kükens)Te Bulunan Mikroorganizmaların Moleküler Analizi	₺80,455.92	Istanbul University	University-Supported Project - Istanbul University	No





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