

GOOD HEALTH AND WELL-BEING REPORT 2025

ISTANBUL GELISIM UNIVERSITY

GOOD HEALTH AND WELL-BEING (SDG 3) REPORT

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-centred educational programmes 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: 152
- Total Number of Students (2025): 39,081
- Total FTE (Full Time Equivalent) Number of Students (2025): 22,135
- Campus Location: Avcılar, Istanbul, 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.

SDG 3 is particularly vital for 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 realisation 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 prioritises 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 programmes 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.

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

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3.1. RESEARCH ON HEALTH AND WELL-BEING

3.1.1. Publications

Academic publications indexed in the Scopus database in 2025 were evaluated within the scope of SDG 3. A total of **35** publications associated with this goal were recorded in 2025. Over the period 2021–2025, the cumulative number of SDG 3-related Scopus publications reached 193. This accumulation demonstrates the continuity of IGU's academic contribution to health and well-being research and its development over the years. The annual distribution of SDG 3-related publications over the last five years is presented in Figure 1.

According to the institutional Research Information System, which records the scientific outputs of IGU researchers, a total of **1,912** academic publications were produced at IGU in 2025, **81** of which were within the scope of SDG 3. These comprise **39** full-text articles, **30** conference papers, **9** book chapters and **3** books. Indexed in national and international databases such as Scopus, ESCI and TR Dizin (Türkiye's national citation index), these publications strengthen IGU's local and global scientific visibility and impact in the field of health.

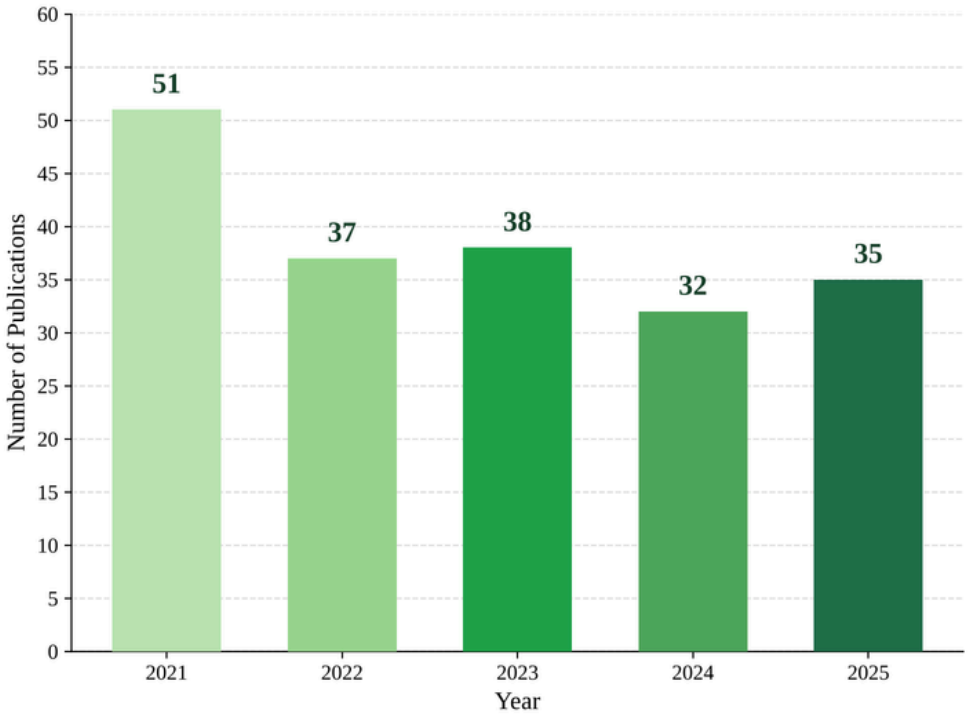


Figure 1. Number of SDG 3-Related Publications in Scopus by Year (2021–2025)

HEALTH-RELATED PROGRAMMES AT IGU

The list of health-related programmes 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 in 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
- Healthcare 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 SPORT SCIENCES

- Coaching Training
- Coaching Training (English)
- Exercise and Sport Sciences
- Exercise and Sport for the Disabled

IGU VOCATIONAL SCHOOL

- Occupational Health and Safety

3.2. NUMBER GRADUATING IN HEALTH PROFESSIONS

In 2025, a total of 3,239 students graduated from health-related programmes at IGU across associate, undergraduate, master's and doctoral levels.

Of these graduates, 1,802 completed health-related associate degree programmes. Figure 2 shows the number of students who graduated with an associate degree in the field of health by year.

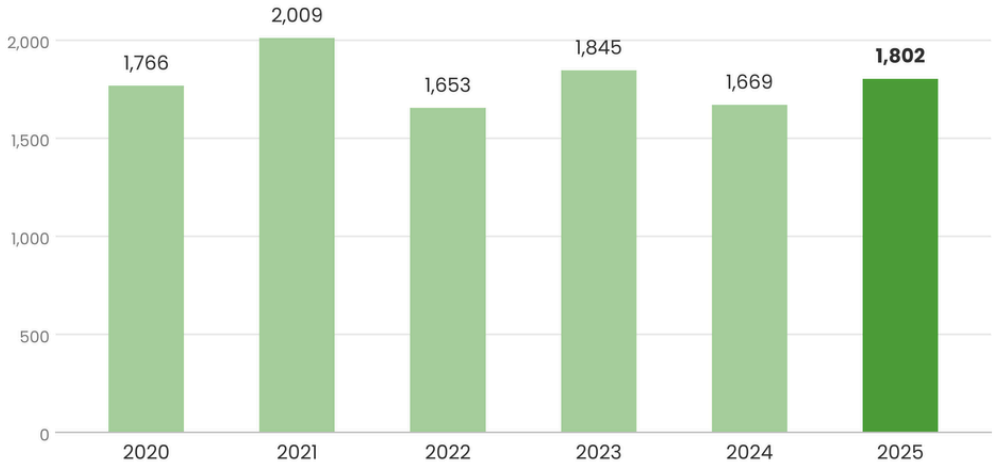


Figure 2. Number of Associate Degree Graduates in the Field of Health by Year

At the undergraduate level, 1,114 students graduated from health-related programmes. Figure 3 shows the number of students who graduated with a bachelor's degree in the field of health by year.

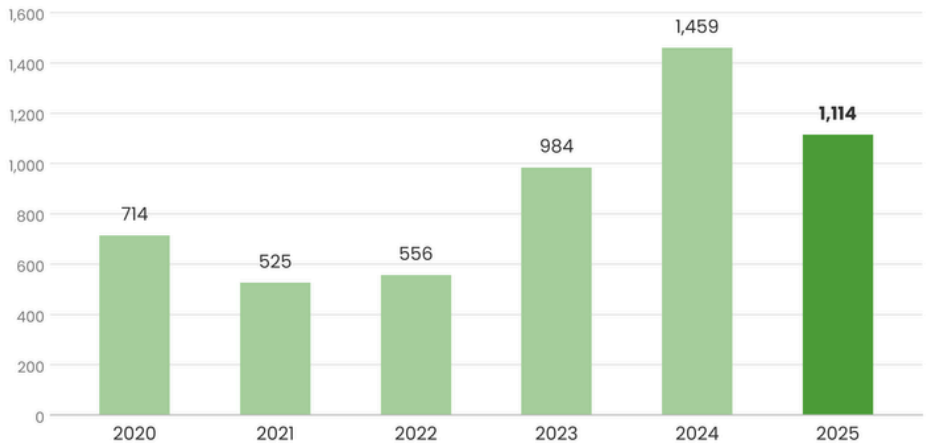


Figure 3. Number of Bachelor's Degree Graduates in the Field of Health by Year

In health-related master's programmes, 318 students completed their degrees. The number of master's degree graduates in the field of health by year is presented in Figure 4.

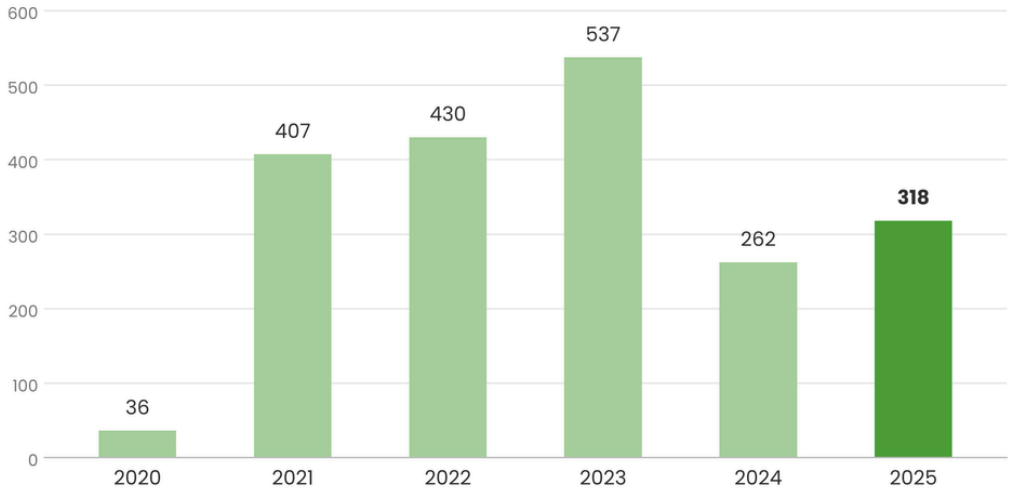


Figure 4. Number of Master's Degree Graduates in the Field of Health by Year

At the doctoral level, **5** students graduated from health-related programmes. After the first doctoral graduate in 2023 and none in 2024, this reflects IGU's growing contribution to health-related education at the doctoral level.

3.2.1. Proportion of Graduates in Health Professions

Taken together, health-related programmes account for a significant share of all IGU graduates. In 2025, out of a total of 7,545 graduates, 3,239 graduated from health-related programmes, corresponding to a proportion of **42.93%**. Compared with 2024 (3,390 graduates; 43.38%), the proportion remained largely stable, with a slight decrease of 0.45 percentage points. Over the last three years, health-related programmes have consistently accounted for more than two-fifths of all IGU graduates (45.50% in 2023, 43.38% in 2024 and 42.93% in 2025), demonstrating the university's sustained capacity to train qualified professionals for the health sector.

3.3. COLLABORATIONS AND HEALTH SERVICES

3.3.1. Collaborations with Health Institutions

IGU considers collaboration with health institutions an integral part of its contribution to health and well-being. Through internship and field training collaborations, the university builds lasting partnerships with health institutions, enabling students to gain supervised practical experience while contributing to the delivery of health services. In 2025, these collaborations continued to strengthen the link between health education and practice, supporting both the training of qualified health professionals and the improvement of health outcomes in the community.

3.3.1.1. Collaborations with Local Health Institutions

Internships in programmes that train future health professionals are conducted in hospitals affiliated with the Istanbul Provincial Health Directorate and in private health institutions with which the university has signed protocols. In 2025, the Faculty of Health Sciences and the Vocational School of Health Services maintained collaborations with 49 health institutions in Istanbul. Through the protocol with the Istanbul Provincial Health Directorate, students received field training in public training and research hospitals, city hospitals and state hospitals across the city, while further collaborations covered private hospitals and medical centers, rehabilitation centers, dialysis units, laboratories and emergency medical services. Table 1 lists these institutions by institution type, together with the type of each collaboration.

Table 1. Collaborations with Local Health Institutions in 2025

Institution	Type of Collaboration
Public health institutions	
Istanbul Provincial Health Directorate and affiliated public hospitals*	Field training and internship
Istanbul Faculty of Medicine (Istanbul University)	Internship
Bakırköy Municipality Medical Center	Internship

* Under the protocol with the Istanbul Provincial Health Directorate, field training in 2025 was carried out in affiliated public hospitals, including University of Health Sciences (SBÜ) Bağcılar, Dr. Sadi Konuk, Haseki, Istanbul, Mehmet Akif Ersoy Thoracic and Cardiovascular Surgery, Sultan 2. Abdülhamid Han, Kanuni Sultan Süleyman, Şişli Hamidiye Etfal and Haydarpaşa Numune Training and Research Hospitals; Sancaktepe Şehit Prof. Dr. İlhan Varank Training and Research Hospital; Başakşehir Çam and Sakura City Hospital; Prof. Dr. Cemil Taşcıoğlu City Hospital; and Bahçelievler, Başakşehir, Beylikdüzü, Çatalca İlyas Çokay and Esenyurt Necmi Kadıoğlu State Hospitals.

Table 1. Collaborations with Local Health Institutions in 2025 (continued)

Institution	Type of Collaboration
Private hospitals and medical centers	
Anadolu Hospitals	Field training
BHT Clinic Istanbul Tema Hospital	Field training and internship
Türkiye Hospital	Field training and internship
Gaziosmanpaşa Avrasya Hospital	Internship
Beykent Medical Center	Field training
Beykent Surgical Medical Center	Internship
Elitium Medical Center (Esenkent)	Internship
Elit Klinik Medical Center	Internship
Yunus Emre Medical Center	Internship
Abat Medical Center	Internship
Zeytinburnu Medical Center	Internship
Silivri Yaşam Medical Center	Field training
Ornöram Medical Center	Field training
Dr. Humam Baki Medical Practice	Field training
Sehhate Medical Center	Field training
Oral and dental health	
Turadent Oral and Dental Health Center	Internship
Dialysis centers	
Rentek Dialysis Center	Internship

Table 1. Collaborations with Local Health Institutions in 2025 (continued)

Institution	Type of Collaboration
Sultangazi Dialysis Center	Internship
Istanbul Dialysis Centers	Internship
Laboratories and imaging centers	
Patomed Pathology and Cytology Laboratory	Internship
Marmara Pathology Laboratory	Internship
Polat Pathology Laboratory	Internship
Medilab Laboratory and Imaging Center	Internship
Emergency medical services	
Ritim Ambulance	Internship
Net Ambulance	Internship
Rota Ambulance	Internship
Physiotherapy clinics	
FED Physiotherapy Clinic	Field training
FizyoKa Healthy Living Center	Field training
CLAM Physiotherapy and Pilates Center	Field training
Special education and rehabilitation centers	
Florya Special Education and Rehabilitation Center	Field training
Dilgem Bakırköy Special Education and Rehabilitation Center	Field training
Küçükçekmece İnsan Special Education and Rehabilitation Center	Field training
Halkalı Special Education and Rehabilitation Center	Field training
Armoni Special Education and Rehabilitation Center	Field training

Table 1. Collaborations with Local Health Institutions in 2025 (continued)

Institution	Type of Collaboration
Kelebek Special Education and Rehabilitation Center	Field training
Avcılar Başak Special Education and Rehabilitation Center	Field training
Gelişim Otizm Akademi Special Education and Rehabilitation Center	Field training
Umut Işıkları Special Education and Rehabilitation Center	Field training
Büyükçekmece İnsan Special Education and Rehabilitation Center	Field training
Kayaşehir Şifa Special Education and Rehabilitation Center	Field training
Renkli Bahçe Special Education and Rehabilitation Center	Field training
Sempati Special Education and Rehabilitation Center	Field training
Bera Special Education and Rehabilitation Center	Field training
Sen Değilim Special Education and Rehabilitation Center	Field training
Mavi Umutlar Special Education and Rehabilitation Center	Field training
Zeytinburnu Emineller Special Education and Rehabilitation Center	Field training

3.3.1.2. Collaborations with National Health Institutions

Beyond Istanbul, IGU also maintains collaborations with health institutions that operate nationwide. The Council of Forensic Medicine, Türkiye's national forensic medicine authority, and the Turkish Kidney Foundation, which operates dialysis and transplantation centers across the country, provide supervised practice opportunities for students of the Vocational School of Health Services. The Turkish Green Crescent Society (Yeşilay), Türkiye's leading public health organisation in the prevention of addiction, offers field training to Faculty of Health Sciences students in addiction prevention and psychosocial support. Table 2 presents these collaborations.

Table 2. Collaborations with National Health Institutions in 2025

Institution	Type of Collaboration
Council of Forensic Medicine (Adli Tıp Kurumu)	Internship
Turkish Kidney Foundation (Türk Böbrek Vakfı)	Internship
Turkish Green Crescent Society (Yeşilay) – Maltepe and Beylikdüzü Branches	Field training

In addition to the collaborations listed in Table 2, IGU's dental hospital provides discounted and prioritised oral and dental care to members of the Turkish Association of the Disabled and other contracted organisations. IGU's cooperation with nationwide health organisations also extends beyond formal protocols. Students were also introduced to volunteering and counselling services through an introduction and volunteering event organised with the Hope Foundation for Children with Cancer (KAÇUV) on 27 March 2025, and through a joint event introducing Yeşilay's addiction counselling centers (YEDAM). In the wider field of public health, nursing students visited the Türkan Saylan Leprosy Memorial House in collaboration with the Turkish Leprosy Relief Association, and a faculty member from IGU's Department of Occupational Therapy was invited to represent the field at a multidisciplinary workshop on muscle diseases held with the Turkish Muscle Diseases Association.

3.3.1.3. Collaborations with Global Health Institutions

IGU's collaborations also extend to organisations with global operations in the field of health. The most long-standing example is its blood donation partnership with the Turkish Red Crescent (Türk Kızılay), a member of the International Federation of Red Cross and Red Crescent Societies that delivers health and humanitarian services in many countries. After receiving the Bronze Plaque for 500 units and the Silver Plaque for 1,300 units collected in 2024, the university held its 2025 campus-wide blood donation campaign on 11–13 November 2025 with the goal of 1,500 units and the Gold Medal. At the research level, IGU academics also joined European research networks supported by the European Cooperation in Science and Technology (COST) in 2025, working with partners across Europe on global health issues such as maternal perinatal stress and infant development, the impact of climate change on mental health, gut microbiota and inflammation-related ageing.



Campus-wide blood donation campaign organised in partnership with the Turkish Red Crescent, 11–13 November 2025

3.3.2. Health Outreach Programmes

IGU delivers health outreach programmes in the local community in cooperation with municipalities, schools, public institutions and civil society. Faculty members and students take part in these programmes on a voluntary basis, bringing preventive health services, health education and psychosocial support to the public and to disadvantaged groups.

3.3.2.1. Outreach Programmes for the Local Community

The Faculty of Dentistry carries out oral and dental health screenings for children in local schools, combined with health literacy education. In 2025, a total of 471 students in five schools in Istanbul were screened. The screenings were conducted in coordination with school administrations, findings were recorded on standard forms, and children requiring treatment were referred for care. Table 3 presents the schools and the number of students screened.

Table 3. Oral and Dental Health Screenings in Local Schools in 2025

School	Number of Students Screened
Avcılar Final Schools	79
Mektebim Schools, Avcılar Firüzköy Campus	156
Gökkuşağı College, Beylikdüzü	18
Oğuzkaan College	63
Gökkuşağı College, Bahçeşehir	155
Total	**471**



Oral and dental health screening in a local school

Beyond schools, IGU's outreach in 2025 also reached mothers, families and the wider public through partnerships with local municipalities. In partnership with Bakırköy Municipality, the Vocational School of Health Services launched the Mother Support Project ("I Became a Mother"), a one-year programme (March 2025 – March 2026) supporting mothers in the postpartum period. Within the project, IGU academics prepared a Mother's Handbook distributed with mother-baby care packages and delivered face-to-face and online seminars for mothers.

The same partnership continued in October 2025, when students and academic staff joined the Breast Cancer Awareness Walk organised with Bakırköy Municipality to highlight the importance of early diagnosis. Preventive health services were also delivered directly to the public. On World Hypertension Day in May 2025, nursing students, under the supervision of faculty members, measured visitors' blood pressure and provided information on the prevention of hypertension at a public stand on Büyükada, with the support of Adalar Municipality.



Blood pressure measurement by IGU nursing students at the public awareness stand on Büyükada, World Hypertension Day, May 2025

Addiction prevention was another focus of IGU's work with families. IGU's Coordination of The Fight Against Addiction delivered seminars for parents and children, namely "Healthy Living and Protection from Addictions" at Esenyurt Public Education Center (February 2025), and "Healthy Living and Mother–Child Attachment" (November 2025) and "Technology Addiction and Online Gambling in Children" (December 2025), both at Esenyurt District Governorship Family Support Center.



"Technology Addiction and Online Gambling in Children" seminar for middle school students, Esenyurt District Governorship Family Support Center, December 2025



"Healthy Living and Protection from Addictions" seminar for parents, Esenyurt Public Education Center, February 2025

Mental health and well-being in schools formed the final strand of IGU's local outreach. IGU academics delivered mental health and well-being trainings for students, teachers and school counsellors in schools and Guidance and Research Centers across Istanbul. Table 4 lists these trainings.

Table 4. Mental Health and Well-Being Trainings Delivered in Local Schools and Guidance and Research Centers in 2025

Date	Training	Partner Institution
06.11.2025	Art Therapy for Exam Anxiety	Sainte Pulcherie French High School
20.11.2025	Intervention in School-Based Sexual Abuse Cases	Esenler Guidance and Research Center
09.12.2025	Peer Bullying and Peer Kindness	Zeytinburnu İDMİB Vocational and Technical High School
16.12.2025	Art Therapy	Bahçelievler Guidance and Research Center
18.12.2025	Art Therapy for School Counsellors	Zeytinburnu Guidance and Research Center
23.12.2025	Positive Psychology Practices in Schools	Arnavutköy Guidance and Research Center
26.12.2025	Intervention in School-Based Sexual Abuse Cases	Kağıthane Guidance and Research Center
26.12.2025	Positive Behaviours in Adolescents	Bahçeşehir Gökkuşağı College
26.12.2025	Sport Psychology	Naim Süleymanoğlu Sports High School
30.12.2025	Art Therapy Training for School Counsellors	Avcılar Guidance and Research Center

Beyond time-limited activities, IGU also opens its health practice facilities to the community on an ongoing basis. The university's Oral and Dental Health Application and Research Center (ADSUAM), also known as the IGU Dental Hospital, provides examination and treatment services to local residents throughout the year, combining the expertise of specialist dentists with a student clinic and offering patient education and preventive oral health practices at an accessible cost. Under a protocol signed with the Social Security Institution (SSI), patients covered by public health insurance can also receive care at the centre.

3.3.2.2. Outreach Programmes for Disadvantaged Groups

IGU's outreach activities also focus on groups facing barriers to health and social participation, with people with disabilities, children living with serious illness and older adults at the centre of these efforts.

IGU carries out regular activities for children with special needs. Within the TÜBİTAK 4008 Science and Society Programme, the Department of Occupational Therapy, in cooperation with the Esenyurt District Directorate of National Education, runs science, art, sports and daily-living skills workshops for children aged 8–13 diagnosed with autism spectrum disorder. In May 2025, students and staff of the Vocational School of Health Services also visited a special education and rehabilitation centre, where they donated toys, stationery and clothing and took part in games and activities with children with special needs. The IGU Dental Hospital also offers discounted and prioritised oral and dental care to members of partner associations such as the Turkish Association of the Disabled, reducing cost barriers for people with disabilities.

Disabled Persons Week in May brought these efforts together. On 23 May 2025, IGU's Continuing Education Application and Research Center, Department of Social Work and Social Responsibility Application and Research Center held the panel "Our Differences are Our Strength, Let's Overcome Social Barriers Together!" with the participation of the Istanbul Provincial Directorate of Family and Social Services, accompanied by the exhibition "See the Unseen: The Power of Representation with Artificial Intelligence". A few days later, on 27 May, Social Work students visited Beylikdüzü Municipality's Gürpınar Barrier-Free Living Center to observe rehabilitation and independent living services first-hand.






In October 2025, IGU took part in the opening of Bakırköy Municipality's Barrier-Free Life House and committed to a dedicated training programme, delivered by its academics, to develop the physical, artistic, social and professional skills of people with disabilities and their capacity for independent living.



The partnership continued on 3 December 2025, International Day of Persons with Disabilities, when IGU took part in an awareness programme at the centre featuring an exhibition prepared by students with special needs, an empathy track, sensory awareness activities and a joint concert by the IGU Music Student Club and students with special needs.









Children living with serious illness are another group that IGU's outreach seeks to reach. In February 2025, Child Development students organised the "Touch to Little Hearts" play and morale activity for children hospitalised at Başakşehir Çam and Sakura City Hospital. This was followed in March by a gift campaign, organised by the IGU LÖSEV and Benefit Student Club and the Child Development Program of the Vocational School of Health Services, in which hygienic and safe gifts were collected according to the children's medical needs.



Gift campaign for children undergoing cancer treatment, March 2025

IGU's outreach also extends to older adults, a growing population with specific health and social care needs. In February 2025, Social Work students visited older adults in need of care at Darülaceze to provide psychosocial support. At the policy level, IGU contributed to the Elderly Workshop on active ageing and social participation, organised by the Istanbul Provincial Directorate of Family and Social Services at Darülaceze, emphasising the role of preventive health care and primary care services in the well-being of older adults.

Through these activities, IGU combines the professional knowledge of its health and social sciences programmes with the volunteering of its students to improve the well-being of disadvantaged groups in the local community.

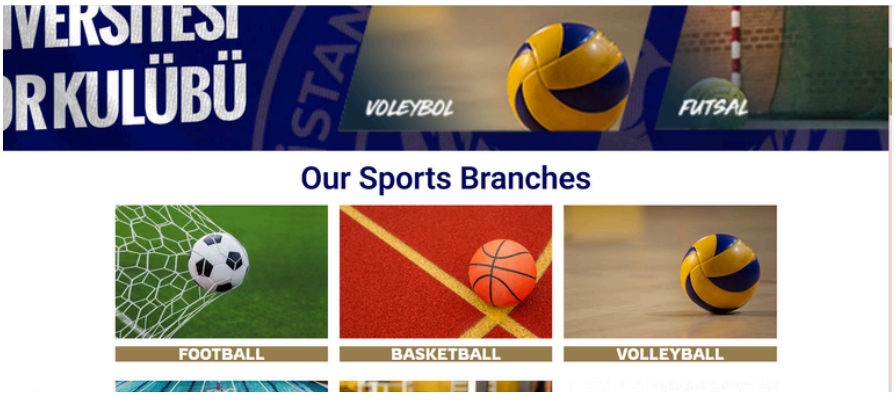
3.3.3. Shared Sports Facilities

Regular physical activity is one of the most effective ways to protect health, and IGU shares its sports infrastructure to support healthy living both on campus and in the wider community. The campus offers comprehensive sports infrastructure consisting of basketball, volleyball and football fields, a tennis court, an indoor sports hall, fitness centers and multi-purpose training areas. These facilities are managed and supervised by academic staff assigned by the Faculty of Sport Sciences. They are inspected monthly through a facility inspection form, and any deficiencies identified are addressed, ensuring that users always have access to safe and well-maintained spaces.

In line with its Community Service Policies, IGU shares its sports facilities with the wider community on a regular basis. As stated on the university's sports facilities page, the basketball and volleyball courts, tennis courts and indoor gymnasium are open free of charge to the community as well as to students and staff.

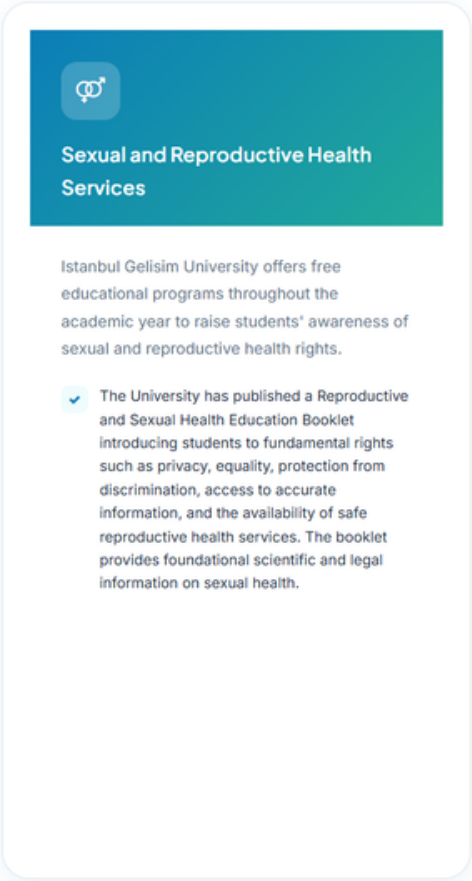


IGU's sports activities are further complemented by the IGU Sports Club, which offers sports schools for children and young people in branches such as basketball, volleyball, football, swimming, gymnastics, yoga and pilates. This approach transforms the campus from an enclosed educational space into a shared space that is open to and engaged with its surrounding community. The same facilities are open to IGU students and staff throughout the week, where university teams train regularly and students join instructor-led courses such as basketball, volleyball and dance.

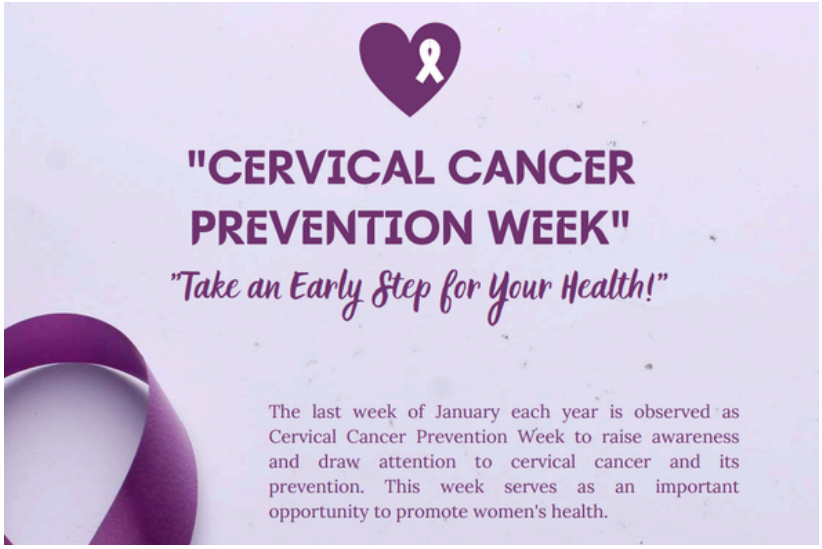


3.3.4. Sexual and Reproductive Health Care Services for Students

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. The booklet also provides basic scientific and legal information on a healthy sexual life.



These awareness efforts continued in 2025. During Cervical Cancer Prevention Week in the last week of January, the Faculty of Health Sciences used its monthly bulletin to share information on the role of HPV in the disease, the importance of HPV vaccination, regular Pap smear and HPV tests, and the free screening programmes offered by the Ministry of Health. During National Cancer Week on 1–7 April, the April issue of the bulletin introduced the free HPV-DNA test offered every five years to women aged 30–65 and the health institutions where these screenings can be accessed.



The protection of sexual health rights from violence was also on the agenda. On 14 May 2025, the Departments of Child Development and Social Work jointly organised the seminar "Prevention of Intimate Partner Violence (KADES)". The seminar informed students about the physical, psychological and sexual forms of partner violence, how to recognise abuse, and how to use the KADES application.



Furthermore, the university's Department of Campus Health Services provides free basic health services to all members of the university, including initial examinations, consultations and referral services, and offers students an easily accessible point of contact for health-related concerns, including those related to sexual and reproductive health.

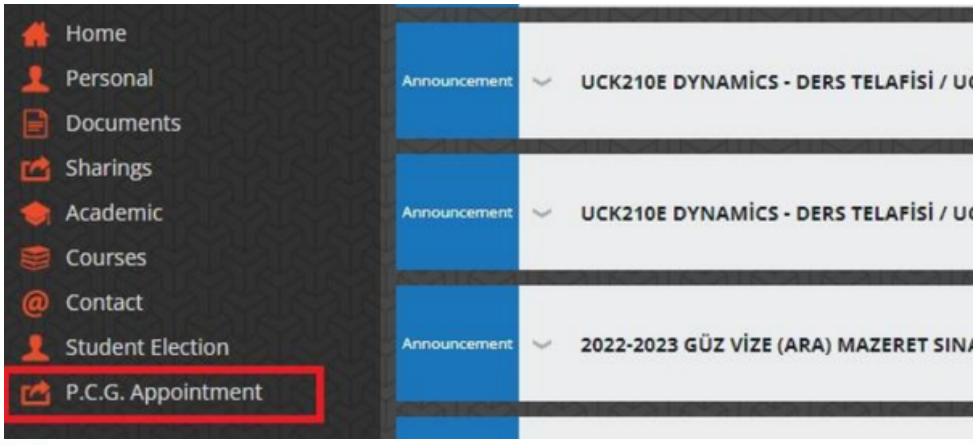
Through the Infirmary and Health Information System (REVSIS), students can make online appointments, access their medical records and view their health history.
To further promote awareness, IGU has integrated a course titled "Sexual Health" into its undergraduate elective curriculum. This course covers 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.

3.3.5. Mental Health Support for Students

IGU provides free Psychological Counselling Services to support the psychological well-being of its students through the Psychological Counseling and Guidance Office. The service is delivered by two professionals, namely a clinical psychologist and a psychological counsellor.



Access to this support is designed to be simple from the moment students join the university. An online appointment system, integrated with the Student Information System (OBIS), allows students to schedule appointments easily by selecting a date and a professional. A comprehensive user guide has been made publicly accessible to facilitate its use, providing detailed information on the system's functioning, usage steps, interface design and technical features. These services are also introduced to students at the beginning of each academic year. During the orientation programme organised by the Dean of Students on 15–18 September 2025, the unit presented its counselling services, and the Coordination of The Fight Against Addiction provided information on how to apply for individual counselling.



In addition to individual counselling, the Psychological Counseling and Guidance Office regularly provides informational materials on mental health to support students' psychological resilience, offering awareness and coping strategies for common issues such as exam anxiety and anger management, as also set out in the university's Mental Health Support Program for Students. This support was reinforced through events held throughout 2025.



The Dean of Students and the Coordination of The Fight Against Addiction also run "Healthy Development", a regular workshop series held at the Gelişim Tower Student Center that brings students together around current psychosocial risks. In the fall semester, the series included the workshops "Cyberbullying and Its Factors in Adolescents", which addressed the forms and consequences of online bullying, and "Technology Addiction", which focused on the psychological effects of excessive technology use.





The Dean of Students organises weekly Coffee Talks open to all students, where topics related to personal development and well-being are discussed in an informal setting. One of these sessions, "Breathing Techniques in Stress Management", held on 12 November 2025 at the Gelişim Tower Student Center, introduced students to practical breathing exercises they can use to cope with stress in daily and academic life.

Beyond its own services, the university also directs students to external sources of support. At the "Getting to Know YEDAM" event, organised by the Department of Child Development and the Coordination of The Fight Against Addiction, students were introduced to the free and confidential counselling services of the Yeşilay Counselling Center and the 115 Counselling Hotline.



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.

3.3.6. Smoke-Free Policy

Protecting the campus community from the harms of tobacco is an essential part of creating a healthy university environment. IGU has pursued this goal through its "Smoke-Free Campus" initiative since 2020, encouraging students and staff to enjoy a healthier campus.

This commitment is formalised in the university's official "Policy of Healthy and Hygienic Campus Without Smoke, Alcohol or Drugs", first published on 12 September 2018 and revised on 10 October 2024. Under the policy, 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, and smoking is only permitted in a limited number of designated "yellow zones" in the campus gardens. The policy aims to protect individuals from secondhand smoke, reduce the use of addictive substances, promote healthy lifestyle behaviours and maintain the campus as a healthy, safe and hygienic living environment.



The policy is reinforced by continuous efforts to prevent tobacco use and support quitting. The Coordination of The Fight Against Addiction leads these efforts across the university. In 2025, it organised 8 workshops and 8 seminars, and its "Prevention of Addictions" course reached 2,035 students in 91 associate degree programmes and 358 students in 19 undergraduate programmes.

Smoking was also addressed directly within the Healthy Development workshop series. The "Smoking Addiction" workshop held on 16 October 2025 informed students about the health hazards of smoking and effective quitting techniques.



Students are also taking an active role in this effort. The IGU Young Yesilay Student Club held its first meeting on 12 October 2025 and planned activities to be carried out with the Green Crescent, public institutions and local governments within the framework of the Council of Higher Education's Addiction Prevention Action Plan. In addition, on National Quit Smoking Day, the Faculty of Health Sciences used its e-bulletin to share the effects of smoking on health, the environment and the economy, together with methods for quitting.

3.3.7. Mental Health Support for Staff

The well-being of academic and administrative staff is regarded as an integral component of a healthy university environment. In line with the support provided to students, IGU offers free Psychological Counselling Services to promote the psychological well-being of its staff. The service is delivered by two professionals, one clinical psychologist and one psychological counsellor, and in 2025 counselling sessions were held with 10 staff members. Beyond individual counselling, the university actively promotes good mental health among its staff through the Mental Health Support Program for Academic and Administrative Staff, which offers free trainings throughout the year on topics such as healthy nutrition, exercise to reduce the effects of daily stress, awareness of harmful habits, nonviolent communication, time management, meditation and the quality of the psychological work environment.

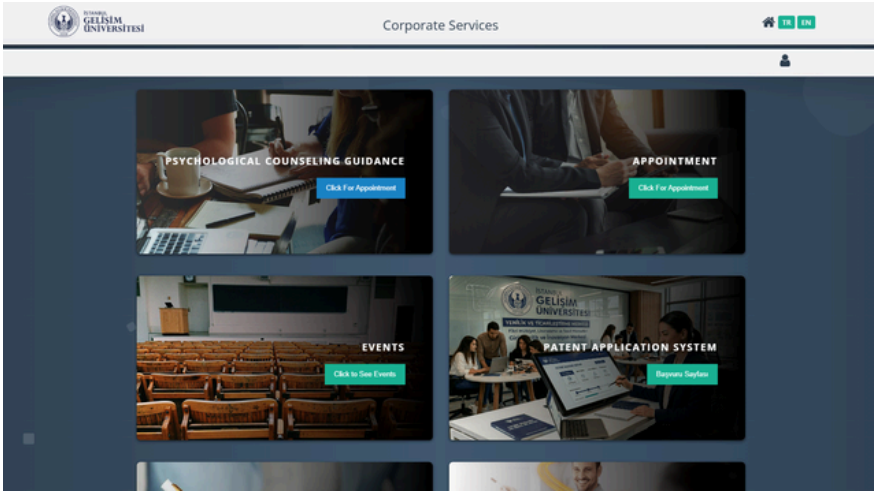
To facilitate access to this service, an online appointment system integrated with the Personnel Information System (PERSIS) enables staff to schedule appointments by selecting a suitable date and professional. In addition to individual counselling, the Psychological Counseling and Guidance Office provides informational materials on mental health, including content addressing mental health in the workplace, stress management and the role of a supportive organisational culture in employee well-being. The university's institutional capacity in the field of mental health is further strengthened by the Psychology Practice and Research Center (PSIKOMER).



Appointment System in the PERSIS

Staff health is also supported on site by the Department of Campus Health Services, which provides basic health services to all university members, including initial examinations, consultations and referral services, and organises programmes for the protection of employees' physical and mental health. In addition, in accordance with the Occupational Health and Safety Law of Türkiye (Law No. 6331), staff have access to a workplace physician, and appointments can be scheduled online through PERSIS.

Staff can also make online appointments with the Department of Campus Health Services, access their medical records and view their health history through the REVSIS. These services are carried out within the framework of the university's Occupational Health and Safety Policy, which commits IGU to protecting the health of its employees and preventing occupational diseases.



IGU further aims to establish a supportive working environment from the commencement of employment. All newly appointed administrative staff participate in the institutional orientation programme on their first day, and digital feedback surveys administered after one week, two months and six months are used to monitor their adaptation and to improve the process continuously. In 2025, the Human Resources Department also delivered training programmes within the "Academy of Development and Change", including the "From Manager to Leader Development Programme" and "The Art of Being a Team", which contributed to strengthening communication and teamwork among staff.

On 20 March 2025, the event "Mental Health and Balance in the Context of Future Skills: Healthy Methods for Coping with Stress", attended by both students and academic staff, addressed the effects of stress on mental and physical health and introduced healthy coping methods such as mindfulness and relaxation techniques. The Coffee Talks session "Mobbing in Working Life", held on 22 October 2025, addressed psychological harassment in the workplace, its effects on the mental and physical health of employees, coping strategies and the preventive measures that institutions can adopt.

RELATED POLICIES

1. 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.

2. Occupational Health and Safety Policy

IGU adopts a proactive approach that prioritises 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.

3. Maternity Policy

IGU supports the health and well-being of employees during pregnancy and early parenthood. The policy ensures that working conditions are assessed by occupational health and safety professionals, and provides paid leave for prenatal check-ups, maternity leave, daily breastfeeding time, and protection from night work and long working hours, helping employees balance career development with family responsibilities.

4. Community Service Policies

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.

5. Sustainability Training Policy

This policy supports educational programmes on healthy living, gender equality, climate change awareness and responsible consumption, enhancing quality of life on campus and sustainability awareness in society.

6. 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.

7. Environment Policy

This policy aims to ensure the integration of environmental sustainability principles across all IGU activities, emphasising 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.

8. Water Management Policy

IGU promotes a sustainable approach to water management, covering water conservation, wastewater and stormwater management, water efficiency and the protection of aquatic ecosystems. Through awareness-raising, research and collaboration with stakeholders, the university contributes to the protection of natural resources.

9. Policy for Waste Management and Reducing Environmentally Hazardous Products

IGU adopts a sustainable waste management approach based on waste prevention, source reduction, reuse, and recycling. Aiming to minimise 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.

10. Internationalization Policy

IGU's internationalization strategy facilitates the production and dissemination of universal knowledge by enhancing student and faculty mobility, fostering a multicultural campus environment and strengthening international partnerships. These efforts increase the university's global visibility and strengthen its human, intellectual and organisational capital.

OTHER HEALTH AND WELL-BEING EVENTS

Beyond its formal programmes and services, IGU promotes health and well-being through a rich calendar of events open to students, staff and the wider community. In line with its Sustainability Training Policy and Community Service Policies, these events turn the university's expertise in health into shared knowledge and everyday practice.

In 2025, more than 50 SDG 3-related events were organised across the university. The Faculty of Health Sciences, the Vocational School of Health Services and the Faculty of Dentistry hosted symposiums, panels and seminars that brought students together with health professionals, public institutions and civil society organisations. The Dean of Students contributed regular formats such as the weekly Coffee Talks, the Healthy Development workshop series run with the Coordination of The Fight Against Addiction, and the English Speaking Activities, making health and well-being part of everyday campus life. These events covered a wide range of topics, from nutrition, addiction prevention and mental health to rehabilitation, hearing and oral health, patient rights, organ donation and the well-being of children and families. The events held in 2025 are presented below.

Event Name: Nutrition and Dietetics and Psychology Talk
Event Date: 06.01.2025
Event Content: Organised by the Department of Nutrition and Dietetics, this talk explored how eating habits are shaped by psychological factors and how this relationship affects overall health. The effects of stress, motivation and emotional states on eating behaviour were discussed in the light of recent research, highlighting the role of psychology in building sustainable healthy living practices.

Event Name: Effective Communication with the Patient
Event Date: 13.02.2025
Event Content: Held within the framework of the cooperation between the Istanbul Provincial Health Directorate and IGU, this seminar addressed the importance of effective communication in patient care. Participants were informed about communication techniques that strengthen trust between patients and health professionals and contribute to the quality of health services.



Event Name: See, Understand, Prevent: Cyberbullying
Event Date: 19.02.2025
Event Content: Held as part of the seminar series of the Vocational School of Health Services at a private high school, this seminar raised students' awareness of the forms and psychological consequences of cyberbullying. Participants learned how to recognise online bullying, how to protect themselves and their peers, and where to seek support, contributing to the mental well-being of young people in the digital world.





Event Name: A Disease in the Shadow of Stigma: Leprosy, Hello to Life!
Event Date: 24.02.2025
Event Content: This event examined leprosy not only as a disease but also as a symbol of social exclusion and stigma. Drawing on first-hand experience of public health initiatives carried out at Istanbul Leprosy Hospital, the event highlighted social support programmes that helped integrate patients into social and economic life and underlined the importance of combating stigma in public health.

Event Name: Sustainable Healthy Living Workshops
Event Date: 27.02.2025 – 29.05.2025
Event Content: Organised by the Coordination of The Fight Against Addiction in cooperation with the Dean of Students, this seven-part workshop series was held throughout the spring semester. The workshops addressed protective health services, immunisation, early diagnosis, nutrition and healthy lifestyle behaviours, aiming to equip students with the knowledge and habits needed for a healthy life.





Event Name: Multidisciplinary Approach in Muscle Diseases Workshop
Event Date: February 2025
Event Content: Organised in collaboration with Istanbul University's Center for Disability Studies and Research and the Turkish Muscle Diseases Association, this workshop brought together experts, civil society representatives and individuals with disabilities. The indispensable role of occupational therapy in the multidisciplinary management of muscle diseases was emphasised, with a focus on improving patients' independence and quality of life.



Event Name: Sustainability and Good Health: Talking Wellness for a Better Future
Event Date: 07.03.2025
Event Content: Held as part of the English Speaking Activities organised by the Dean of Students, this session brought students together to discuss well-being and healthy living in English. The event linked personal wellness to the broader goals of sustainable development, while also supporting students' language skills.

Event Name: Radiation and Radiation Safety and Protection
Event Date: 12.03.2025 and 09.04.2025
Event Content: Held in two sessions as part of the weekly Coffee Talks organised by the Dean of Students, these talks informed students and staff about the sources of radiation, its effects on human health and the basic principles of radiation protection in health care and daily life.



Event Name: The Secret of Performance: The Intersection of Nutrition and Sports

Event Date: 17.03.2025

Event Content: Organised by the Department of Nutrition and Dietetics, this conference featured sports nutrition specialists who discussed the impact of nutrition on athletic performance. The integration of nutrition with basic sciences such as anatomy, physiology and biochemistry was emphasised, and students gained insight into career opportunities in sports nutrition.



Event Name: Current Developments in Cardiopulmonary Rehabilitation Panel

Event Date: 07.04.2025 – 08.04.2025

Event Content: Organised by the Department of Physical Therapy and Rehabilitation within the scope of 8 April Türkiye Physiotherapists Day, this two-day panel brought together approximately 500 participants, including students, academics and physiotherapists from other universities. Current approaches in cardiopulmonary rehabilitation were discussed, together with the contribution of physiotherapists to the health system and to patients' quality of life.





Event Name: Food Safety Workshop
Event Date: 08.04.2025
Event Content: Organised by the Dean of Students, this workshop raised students' awareness of food safety in daily life, covering safe food handling, storage and hygiene practices that protect individuals and families from foodborne illnesses.

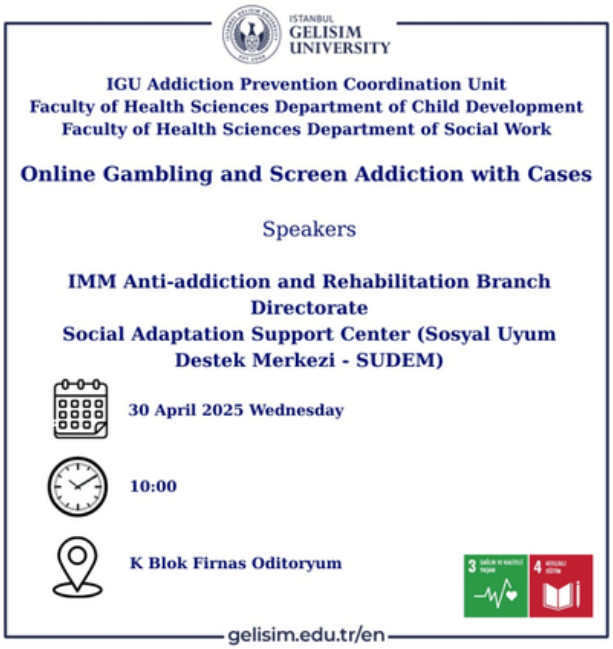
Event Name: Family Year Awareness Seminar
Event Date: 09.04.2025
Event Content: Organised by the Coordination of The Fight Against Addiction together with the Departments of Child Development and Social Work, this seminar featured experts from the Istanbul Provincial Directorate of Family and Social Services. The event emphasised the central role of the family in the psychosocial development of children and the importance of conscious parenting for a healthy society.



Event Name: Mindfulness with Yoga: Body, Mind and Breath Harmony
Event Date: 10.04.2025
Event Content: Organised by the Department of Physical Therapy and Rehabilitation in the Exercise Laboratory, this event introduced participants to yoga as a mindfulness practice that brings body, mind and breath into harmony. Through guided breathing and movement exercises, participants experienced how yoga can reduce stress, improve body awareness and support both physical and mental well-being.

Event Name: Cases of Online Gambling and Screen Addiction
Event Date: 30.04.2025
Event Content: Organised by the Coordination of The Fight Against Addiction and the Department of Child Development, this seminar featured clinical experts from the Istanbul Metropolitan Municipality's Directorate of Addiction Prevention and Rehabilitation. Through case examples, the psychological, social and financial effects of online gambling and screen addiction were discussed, together with methods of prevention and support.

Event Name: The Relationship Between Digital Life and Nutritional Habits
Event Date: 07.05.2025
Event Content: Held as part of the weekly Coffee Talks, this session examined how the pervasive presence of technology in daily life affects eating behaviours, particularly among young people. Disruptions to meal routines caused by screen time, the preference for convenience foods and the influence of social media on food choices were discussed, together with practical strategies for maintaining healthy eating habits in the digital age.





Event Name: Meeting the Hand with Therapy and the Occupational Therapist's Perspective in Clinical Practice

Event Date: 08.05.2025

Event Content: Organised by IGU Occupational Therapy and Social Rehabilitation Student Club, this conference addressed current approaches and clinical practices in hand rehabilitation. Clinical case examples were shared, and the importance of empathetic communication with patients in the rehabilitation process was emphasised.



Event Name: Approach to Hearing Impaired Individuals and Awareness Event

Event Date: 14.05.2025

Event Content: Organised by the Disability Commission of the Vocational School of Health Services, this seminar was attended by a specialist audiologist and students with cochlear implants. Participants learned how to communicate properly with people with hearing impairments and gained greater awareness of the challenges they face in daily life.

Event Name: The Power of Nurses to Change the World
Event Date: 14.05.2025
Event Content: Organised within the scope of Nursing Week by the Department of Nursing and the IGU Nursing Student Club, this event brought together academics and nursing leaders from public hospitals. The importance of empowerment and professional autonomy in nursing was emphasised, together with the positive effect of nurses' active participation in decision-making on the quality of patient care.



Event Name: Don't Let Food Turn into Waste
Event Date: 27.05.2025
Event Content: This workshop explained how food turns into waste throughout the supply chain and in households, raising awareness of responsible food consumption as part of healthy and sustainable eating habits.





Event Name: Working with Child Neglect and Abuse Cases
Event Date: 28.05.2025
Event Content: Organised by the Department of Social Work, this seminar examined professional approaches to cases of child neglect and abuse. Through case examples, students were informed about intervention processes, ethical responsibilities and the role of social workers in protecting children's health and well-being.

Event Name: Patient Rights and the Role of Healthcare Managers
Event Date: 29.05.2025
Event Content: Organised online by the Department of Healthcare Management, this event addressed the historical development of patient rights and the ethical principles and responsibilities of healthcare managers in patient-centred health care. The importance of healthcare managers' knowledge of patient rights legislation for the quality and safety of health services was emphasised.

Event Name: Creative Drama Workshop for Guidance and Psychological Counselling Teachers
Event Date: May 2025
Event Content: Hosted by IGU in collaboration with the Sultangazi Guidance and Research Center, this workshop brought together 55 professionals working in guidance and psychological counselling. Through applied drama practices, participants explored how creative drama can be used to support the emotional well-being and awareness of children and young people.



Event Name: Screen Exposure in Children and Adolescents Health Workshop
Event Date: 02.10.2025
Event Content: Planned by the Coordination of The Fight Against Addiction, this workshop raised students' awareness of the positive and negative effects of screens on child development. The importance of content and duration in children's technology use was emphasised, as excessive exposure can lead to developmental, musculoskeletal, language, sleep and weight-related problems.



Event Name: Voice Hygiene
Event Date: 15.10.2025
Event Content: Held as part of the weekly Coffee Talks, this session informed students about the factors that affect voice health and the daily practices that help prevent voice disorders, particularly for those who use their voice intensively in their studies and future professions.



Event Name: Is Our DNA Our Destiny?
Event Date: 15.10.2025
Event Content: This Coffee Talks session explored the relationship between genetics, environment and lifestyle in determining health, discussing how individual choices can influence the expression of genetic risks.

Event Name: Healthy Development: Smoking Addiction
Event Date: 16.10.2025
Event Content: Organised within the Healthy Development workshop series by the Dean of Students and the Coordination of The Fight Against Addiction, this workshop informed students about healthy lifestyle behaviours, the health hazards of smoking and quitting techniques, and "Healthy Living" brochures were distributed to participants.



Event Name: Motivation and Leadership Training
Event Date: 21.10.2025
Event Content: This training session addressed motivation and leadership skills, supporting students' self-confidence, personal development and psychological resilience.



Event Name: Mobbing in Working Life
Event Date: 22.10.2025
Event Content: This Coffee Talks session addressed psychological harassment in the workplace, covering its definition, causes and psychological effects on employees, as well as ways of recognising and responding to it.



Event Name: Good for Thought: Eating Sustainably

Event Date: 30.10.2025

Event Content: Held as part of the English Speaking Activities, this session brought students together to discuss sustainable and healthy eating habits in English, linking personal nutrition choices to both individual health and environmental sustainability.



Event Name: Healthy Development: Cyberbullying and Its Factors in Adolescents

Event Date: 30.10.2025

Event Content: Organised within the Healthy Development workshop series, this workshop addressed the forms, causes and psychological consequences of online bullying among young people, and discussed protective strategies.



Event Name: Evaluation of Hearing with Pure Tone Audiometry
Event Date: October 2025
Event Content: Organised by the Department of Audiology, this seminar introduced pure-tone audiometry, one of the most widely used and reliable methods for assessing hearing loss. Participants were informed about how hearing thresholds are determined and how the results guide diagnosis and rehabilitation.

Event Name: Basic HACCP Training
Event Date: 04.11.2025
Event Content: Held by the Vocational School of Health Services with the participation of an industry specialist, this training focused on the key components of food safety systems, including food safety culture, hazard analysis, HACCP principles and the identification of critical control points. Students reinforced their knowledge through practical risk assessment exercises, contributing to the protection of public health.



Event Name: Immature Children of Immature Parents
Event Date: 05.11.2025
Event Content: This Coffee Talks session addressed the impact of parents' emotional maturity on children's psychological development, highlighting the importance of healthy parent–child relationships for children's mental well-being.



Event Name: Children with Leukemia Week Awareness Event: "I Wear My Mask, I Raise Awareness"

Event Date: 11.11.2025 – 14.11.2025

Event Content: Organised by the IGU LÖSEV and Benefit Student Club together with the Child Development Program of the Vocational School of Health Services on the occasion of Children with Leukemia Week (2–8 November), this campus-wide awareness event drew attention to childhood leukemia under the slogan "I Wear My Mask, I Raise Awareness". At the LÖSEV stand set up at the Faculty of Health Sciences, students distributed orange ribbons, informed the university community about leukemia, and invited participants to wear masks as a symbol of solidarity with children whose weakened immune systems require protection during treatment.



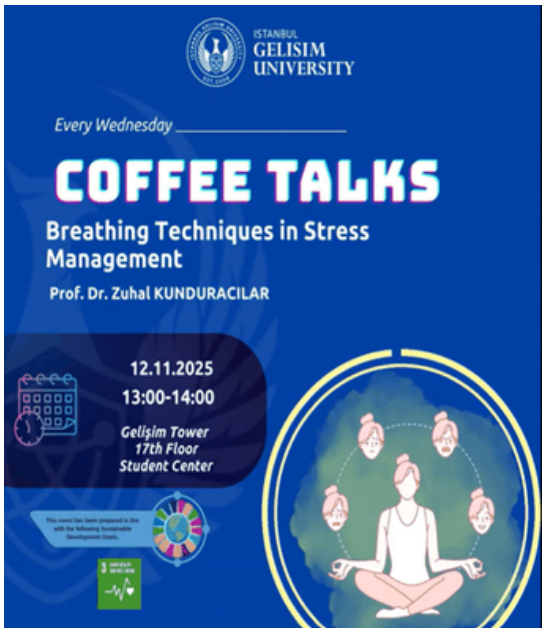


Event Name: cfDNAs, Anti-sense Oligos and the Future of Gene Therapies

Event Date: 12.11.2025

Event Content: Delivered by an academic from the Vocational School of Health Services as part of the Coffee Talks series, this session introduced cell-free DNA, antisense oligonucleotides and emerging gene therapy approaches, and discussed their potential in the diagnosis and treatment of diseases.

Event Name: Breathing Techniques in Stress Management
Event Date: 12.11.2025
Event Content: This Coffee Talks session introduced breathing techniques, the principles of stress management and mind-training methods, giving students practical tools to cope with stress in daily and academic life.



Event Name: Healthy Development: Technology Addiction
Event Date: 13.11.2025
Event Content: Organised within the Healthy Development workshop series, this workshop focused on the psychological and physical effects of excessive technology use and on healthy digital habits.





Event Name: Sustainable Food Movements in Gastronomy
Event Date: 18.11.2025
Event Content: This workshop introduced sustainable food movements in gastronomy and discussed how they support healthier and more responsible eating practices.



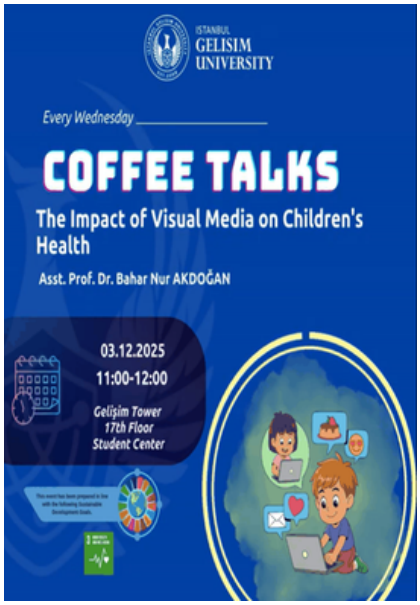
Event Name: Are Our Green Choices Really Green? Perceptual Illusions in Nutrition
Event Date: 19.11.2025
Event Content: Delivered by an academic from the Department of Nutrition and Dietetics as part of the Coffee Talks series, this session examined the perceptual illusions that shape food choices and discussed how to make dietary decisions that are truly healthy and sustainable.

Event Name: Current Approaches in Pediatric Dentistry Symposium
Event Date: 02.12.2025
Event Content: Organised by the Faculty of Dentistry with free and certified participation, this symposium brought together dentists, pediatric dentists, academics and students. Current approaches in the protection and treatment of children's oral and dental health were discussed by expert speakers from various universities and clinics.

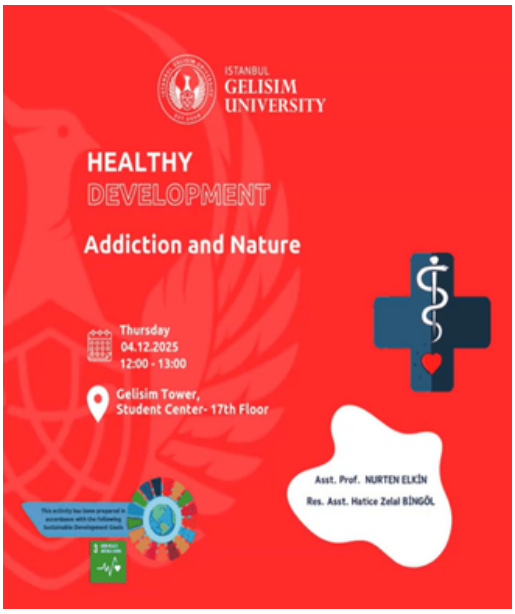
Event Name: Technology Addiction and Online Gambling in Children
Event Date: 03.12.2025
Event Content: Organised by the Department of Child Development and the Coordination of The Fight Against Addiction at the Esenyurt District Governorship Family Support Center, this seminar addressed technology addiction among children, online gambling mechanisms and risky digital content. Middle school students were informed about the risks of excessive technology use and online gambling, and about ways to protect their well-being in the digital world.



Event Name: Plant-Based Nutrition and the Foods of the Future
Event Date: 03.12.2025
Event Content: This Coffee Talks session discussed plant-based diets and emerging food sources, evaluating their contribution to health and their role in building sustainable food systems.



Event Name: The Impact of Visual Media on Children's Health
Event Date: 03.12.2025
Event Content: This Coffee Talks session addressed the physical, cognitive and emotional effects of visual media exposure on children, and shared recommendations for healthy media use in families.



Event Name: Healthy Development: Addiction and Nature
Event Date: 04.12.2025
Event Content: Organised within the Healthy Development workshop series by the Dean of Students and the Coordination of The Fight Against Addiction, this workshop explored the protective role of nature-based activities against addictive behaviours and their contribution to mental well-being.

Event Name: The PANat Method in Stroke Rehabilitation

Event Date: 15.12.2025

Event Content: As the first event of the "One Topic, One Guest per Month" programme of the Department of Physical Therapy and Rehabilitation, this seminar introduced the PANat method in stroke rehabilitation. Participants were informed about current approaches to improving the functional recovery and quality of life of stroke patients.



Event Name: The Art of Understanding Children: Emotions, Drawings and Fairy Tales

Event Date: 16.12.2025

Event Content: Organised jointly by the student clubs of the Departments of Social Work and Child Development, this event explored how children's emotions and inner worlds can be understood through drawings and fairy tales. A picture analysis workshop demonstrated how drawings reflect children's emotional states and can support their psychological well-being.





Event Name: Family Communication
Event Date: 17.12.2025
Event Content: This Coffee Talks session addressed the characteristics of healthy communication within the family and its importance for the psychological well-being of all family members.

Event Name: Healthy Development: Substance Addiction in Children and Adolescents
Event Date: 18.12.2025
Event Content: Organised within the Healthy Development workshop series in collaboration with the Department of Child Development, the Coordination of The Fight Against Addiction and the Dean of Students, this workshop addressed risk and protective factors related to substance use in childhood and adolescence. Emotion regulation and needs-based approaches were discussed, emphasising that substance use should be evaluated through its emotional, social and environmental dimensions.





Event Name: LÖSEV FAYDA Project Awareness Seminar

Event Date: 19.12.2025

Event Content: Organised by the Child Development Program of the Vocational School of Health Services and the IGU LÖSEV and Benefit Student Club, this seminar introduced the services provided by the Foundation for Children with Leukemia (LÖSEV) to children and their families within the FAYDA Project. Students gained insight into volunteering and the role of social responsibility projects in supporting children with serious illnesses.

Event Name: The Role of the Child Development Specialist in the Inpatient Service and Clinical Practices

Event Date: 24.12.2025

Event Content: Held for students of the Department of Child Development, this seminar was delivered by a child development specialist working at a city hospital. Appropriate approaches to hospitalised children and children with chronic illnesses were discussed, along with the role of child development specialists in supporting children's development during treatment.



Event Name: A Public Health Study: Leprosy (Hansen's Disease) and Its Social Aspects from the Perspective of a Rural Development Model

Event Date: 24.12.2025

Event Content: Delivered by a faculty member of the Department of Nursing as part of the Coffee Talks series, this session examined leprosy from a public health perspective, focusing on its social dimensions and on rural development-based approaches to supporting patients' integration into society.





Event Name: From Heel to Toe: Foot Health Awareness Panel

Event Date: 25.12.2025

Event Content: Organised jointly by the Podiatry Program of the Vocational School of Health Services and the Department of Physical Therapy and Rehabilitation, this panel addressed diabetes and the foot, biomechanical changes in the geriatric foot, cardiopulmonary aspects of foot health, and the role of orthotics and prosthetics, highlighting the importance of foot health for overall well-being.



Event Name: Organ Donation Development Symposium
Event Date: December 2025
Event Content: Organised by the Vocational School of Health Services, this symposium brought together experts, academics and patients to address organ donation from health, legal, ethical and social perspectives. With contributions from the Turkish Kidney Foundation and a lung transplant team from a public training and research hospital, the symposium aimed to raise public awareness and encourage organ donation.



Event Name: What Is Nuclear Medicine?
Event Date: December 2025
Event Content: Organised by the Radiotherapy Program of the Vocational School of Health Services, this seminar provided students with comprehensive information on the principles of nuclear medicine, imaging methods, radiopharmaceuticals and their role in clinical diagnosis and treatment.

PROJECTS

In line with its Policy of Sustainability Research, IGU encourages research that turns scientific knowledge into tangible benefits for health and well-being. In 2025, 34 new projects related to SDG 3 were launched at the university, carried out by academics and students across health, social and natural sciences.

These projects draw on a diverse range of funding sources. Thirteen are supported by TÜBİTAK, the Scientific and Technological Research Council of Türkiye, most of them under the 2209-A programme, which funds research projects led by undergraduate students and thus introduces future health professionals to research at an early stage. TÜBİTAK support also extends to rapid research grants, inclusive activity programmes for individuals with special needs, science communication activities and a European COST Action network on inflammaging. Seventeen projects, including three master's thesis projects, are funded by the university's own Scientific Research Projects Coordination Unit (BAP-K), reflecting IGU's institutional investment in health research. The remaining projects are supported by a municipality, a foundation, public and private institutions and an international industry partner.

The projects address a broad spectrum of health and well-being issues, from digital addiction, mental health and nutrition to cancer biology, antimicrobial resistance, hearing health, occupational health and the inclusion of people with disabilities. Table 5 lists the projects launched in 2025 together with their funding types.

Table 5. Projects Conducted Within the Scope of SDG 3 in 2025

Project Title	Project Type
Objective Assessment of the Acute Physiological Effects of Caffeine Consumption on the Auditory System in Adults *Erişkin Bireylerde Kafein Tüketiminin İşitsel Sistem Üzerindeki Akut Fizyolojik Etkisinin Objektif Ölçümlerle Değerlendirilmesi*	TÜBİTAK 1002
AI Health Helper	TÜBİTAK 2209-A
Assessment of Pain, Posture and Upper Extremity Function in Individuals with Smartphone and Digital Game Addiction *Akıllı Telefon ve Dijital Oyun Bağımlılığı Olan Bireylerin Ağrı, Postür ve Üst Ekstremite Fonksiyonlarının Değerlendirilmesi*	TÜBİTAK 2209-A

Table 5. Projects Conducted Within the Scope of SDG 3 in 2025 (continued)

Project Title	Project Type
Investigation of Bacterial Colonisation on the Mobile Phones of Nursing Students *Hemşirelik Öğrencilerinin Cep Telefonlarında Bakteriyel Kolonizasyonun Araştırılması*	TÜBİTAK 2209-A
The Role of Perceived Job Stress in the Effect of Fear of Malpractice on Psychological Well-Being *Malpraktis Korkusunun Psikolojik İyi Oluş Üzerindeki Etkisinde Algılanan İş Stresinin Rolü*	TÜBİTAK 2209-A
Pressure-Based Detection and Feedback of Sitting Posture Disorders with Web-Based Data Analysis *Oturuş Bozukluklarını Basınç Tabanlı Algılama ile Geri Bildirimi ve Web Tabanlı Veri Analizi*	TÜBİTAK 2209-A
Sustainable Nutrition with Artificial Intelligence: Future Dietary Habits through Smart Technologies *Yapay Zeka ile Sürdürülebilir Beslenme: Akıllı Teknolojilerle Geleceğin Beslenme Alışkanlıkları*	TÜBİTAK 2209-A
The Relationship of Instagram Addiction with Attitudes towards Artificial Intelligence, Eating Disorders and Mental Health in University Students *Üniversite Öğrencilerinde İnstagram Bağımlılığının, Yapay Zekaya Yönelik Tutum, Yeme Bozukluğu ve Zihinsel Sağlıkla İlişkisi*	TÜBİTAK 2209-A
The Relationship between General Attitudes towards Artificial Intelligence and Generative AI Acceptance, AI Literacy and Digital Nutrition Behaviours in University Students *Üniversite Öğrencilerinde Yapay Zekaya Yönelik Genel Tutumun Üretken Yapay Zeka Kabulü, Okuryazarlığı ve Dijital Beslenme Davranışları ile İlişkisi*	TÜBİTAK 2209-A
The Effect of Digital Recreation Participation on Self-Regulation, Digital Health Literacy and Quality of Life in Secondary School Students *Ortaokul Öğrencilerinde Dijital Rekreasyon Katılımının Öz-Denetim, Dijital Sağlık Okuryazarlığı ve Yaşam Kalitesi Üzerine Etkisi*	TÜBİTAK 2229
A Bocce-Based Inclusive Activity Programme for Developing the Social and Motor Skills of Individuals with Special Needs *Özel Gereksinimli Bireylerin Sosyal ve Motor Becerilerinin Geliştirilmesinde Bocce Sporu Temelli Kapsayıcı Etkinlik Programı*	TÜBİTAK 4008
Food Safety and Food Hygiene Training *Gıda Güvenliği ve Gıda Hijyeni Eğitimi*	TÜBİTAK Science Talks
Pan-European Network for Inflammaging: A Multi-omics Integration Approach (INFLAMomx)	TÜBİTAK – EU COST Action
Mother Support Project (I Became a Mother) *Anne Destek Projesi (Ben Anne Oldum)*	IGU BAP-K & Bakırköy Municipality

Table 5. Projects Conducted Within the Scope of SDG 3 in 2025 (continued)

Project Title	Project Type
The Mediating Role of Job Stress in the Effect of Work–Life Balance on Suicide Probability among Aviation Sector Employees: The Case of Istanbul *Havacılık Sektöründe Çalışanların İş Yaşam Dengesinin İntihar Olasılığına Etkisinde İş Stresinin Aracılık Rolü: İstanbul Örneği*	IGU BAP-K (Master's Thesis Project)
Physiological and Neurocognitive Responses to Multisensory Food Cues in a Virtual Reality Environment *Sanal Gerçeklik Ortamında Çoklu Duyusal Yiyecek İpuçlarına Verilen Fizyolojik ve Nörobilişsel Tepkilerin İncelenmesi*	IGU BAP-K (Master's Thesis Project)
The Effect of Healthcare Workers' Codes of Ethics on Job Performance and Job Satisfaction: The Cases of Türkiye and Sudan *Sağlık Çalışanları Etik Kodlarının İş Performansı ve İş Tatminine Etkisi: Türkiye Sudan Örneği*	IGU BAP-K (Master's Thesis Project)
The Effect of Effective Communication Skills, Spirituality and Spiritual Care Levels of Midwives and Nurses on Psychological Need Satisfaction *Ebe-Hemşire Etkili İletişim Becerileri, Maneviyat ve Manevi Bakım Derecelerinin Psikolojik İhtiyaç Doyumuna Etkisi*	IGU BAP-K (Research Project)
Evaluation of the Vaccine Candidate Potential of Microsporum Strains Isolated from Cat and Dog Dermatophytosis Cases *Kedi-Köpek Dermatofit Vakalarından İzole Edilen Microsporum Suşlarının Potansiyel Aşı Adaylıklarının Değerlendirilmesi*	IGU BAP-K (Research Project)
Investigation of GSTM, GSTP and TP53 Expression in Obese Patients during Laparoscopic Sleeve Gastrectomy *Laparoskopik Sleeve Gastrektomi Ameliyatı Sırasında Obezite Hastalarında GSTM, GSTP ve TP53 Ekspresyonunun İncelenmesi*	IGU BAP-K (Research Project)
A Solution Proposal for Social Media Addiction and Cyberbullying among High School Students: A Meaning-Centred Psychoeducational Group Programme *Lise Öğrencilerinde Sosyal Medya Bağımlılığı ve Siber Zorbalık Üzerine Bir Çözüm Önerisi: Anlam Odaklı Psikoeğitsel Grup Programı*	IGU BAP-K (Research Project)
Evaluation of Occupational Health and Safety Awareness in the Logistics Sector from the Employees' Perspective *Lojistik Sektöründe İş Sağlığı ve Güvenliği Farkındalıklarının Çalışanların Gözünden Değerlendirilmesi*	IGU BAP-K (Research Project)
Investigation of Bcl2 and TP53 Gene Expression in Bladder Tumour Tissues *Mesane Tümörü Dokularında Bcl2 ve TP53 Gen Ekspresyonunun İncelenmesi*	IGU BAP-K (Research Project)
Determination of the Wound-Healing Properties of Pomegranate (Punica granatum) Peel Extract on Fibroblast and HaCaT Cells *Nar Kabuğu (Punica granatum) Ekstraktının Fibroblast ve HaCaT Hücreleri Üzerine Yara İyileştirici Özelliklerinin Belirlenmesi*	IGU BAP-K (Research Project)

Table 5. Projects Conducted Within the Scope of SDG 3 in 2025 (continued)

Project Title	Project Type
The Cytotoxic Effect of Exposure to the Active Ingredient Cognizin on Neuroblastoma Cell Lines *Nöroblastoma Hücre Hattında Cognizin Etken Maddesi Maruziyetinin Hücrelerin Sitotoksisitesi Üzerine Etkisi*	IGU BAP-K (Research Project)
Effects of Ornithogalum sigmoideum, Smilax excelsa and Aegopodium podagraria Plant Extracts on Phase I Detoxification Enzymes in Carcinoma Cell Lines *Ornithogalum sigmoideum, Smilax excelsa ve Aegopodium podagraria Bitki Ekstrelerinin Karsinoma Hücre Hatlarında Faz I Detoksifikasyon Enzimleri Üzerine Etkisi*	IGU BAP-K (Research Project)
The Silent Echo of Art: Art Therapy with Individuals with Hearing Impairment *Sanatın Sessiz Yankısı: İşitme Yetersizliği Olan Bireyler ile Sanat Terapisi*	IGU BAP-K (Research Project)
Plasmid Typing and Gene Editing in Multidrug-Resistant Klebsiella pneumoniae Isolates *Çoğul Dirençli Klebsiella pneumoniae İzolatlarında Plazmit Tiplendirmesi ve Gen Düzenlemesi*	IGU BAP-K (Research Project)
Demonstrating the Effect of Different Tobacco Products on Eustachian Tube Function in University Students Using Objective Audiological Measurements *Üniversite Öğrencilerinde Farklı Tütün Ürünlerinin Östaki Fonksiyonuna Etkisinin Objektif Odyolojik Ölçümlerle Gösterilmesi*	IGU BAP-K (Research Project)
Investigation of the Relationships between Social Determinants of Health, Cognitive Functions and Personality Traits in University Students *Üniversite Öğrencilerinde Sosyal Sağlık Belirleyicileri, Bilişsel İşlevler ve Kişilik Özellikleri Arasındaki İlişkilerin İncelenmesi*	IGU BAP-K (Research Project)
Metabody: An AI-Supported Smart Body Measurement and Progress Tracking System for Personal Body Analysis *Metabody: Kişisel Vücut Analizi için Yapay Zeka Destekli Akıllı Vücut Ölçümü ve Gelişim Takip Sistemi*	Foundation-Supported Project
Integrative Transcriptomic, Proteomic, and Metabolic Profiling of Citicoline Effects on the Blood–Brain Barrier and Neuroblastoma Cells	International Industry-Supported Project
Development of a Multilayer Biopolymeric Oral Film Formulation Containing Natural Extracts and Prebiotics *Doğal Ekstrakt ve Prebiyotik İçeren Çok Katmanlı Biyopolimerik Oral Film Formülasyonu Geliştirilmesi*	Other Public Institution-Supported Project
TUSİ-B Flying Ambulance *TUSİ-B Uçan Ambulans*	Private Institution-Supported Project

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