

3

GOOD HEALTH
AND WELL-BEING



GOOD HEALTH AND WELL-BEING REPORT 2023



ISTANBUL
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SDG 3 GOOD HEALTH AND WELL-BEING REPORT

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GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





About the Report

Istanbul Gelisim University (IGU) works to contribute to the healthy and quality life of its students, academic and administrative staff, as well as the community, and to create creative educational opportunities and social project designs.

IGU's priority is to establish a healthy and safe campus that enables each member of the university to improve their performance and to support the community by providing educational opportunities that support good health and well-being for the community at large.

This report includes a summary of all efforts to improve good health and well-being, including academic/administrative staff, students and stakeholders.





Acknowledgment

We extend our heartfelt thanks to IGU's esteemed academicians, administrative unit managers, staff, students, graduates, and both internal and external stakeholders who contributed to the creation of this report.

We also extend our gratitude to all members of the University who have embraced the sustainability-related goals outlined in this report and have diligently worked towards them. Additionally, we thank the University's Board of Trustees and the Rector's Office for their unwavering support of these efforts.

Istanbul Gelisim University



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability





1. Researchs

1.1. Publications



















In 2023, the number of citations and views of Sustainable Development Goals (SDG) 3 Good Health and Well-being studies published in Scopus are given in the Table 1. 99 academic publications were published in Scopus, the total number of citations was 166 and the number of views was 2137. 8 of the publications are in the top 10%. Data were obtained on 03.06.2024.


Table 1. Scopus Publications Published within the Scope of SDG 3 at IGU

No	Title of Publication	Citation	View	Link	SDG
1	Comprehensive Metabolite Profiling of Cinnamon (<i>Cinnamomum zeylanicum</i>) Leaf Oil Using LC-HR/MS, GC/MS, and GC-FID: Determination of Antiglaucoma, Antioxidant, Anticholinergic, and Antidiabetic Profiles	33	23	Scopus Link	
2	The Fear of COVID-19 Scale: Psychometric Properties of the Ethiopian Amharic Version	33	54	Scopus Link	
3	Radiomics of locally advanced rectal cancer: machine learning-based prediction of response to neoadjuvant chemoradiotherapy using pre-treatment sagittal T2-weighted MRI	9	9	Scopus Link	
4	Antioxidant, Antiglaucoma, Anticholinergic, and Antidiabetic Effects of Kiwifruit (<i>Actinidia deliciosa</i>) Oil: Metabolite Profile Analysis Using LC-HR/MS, GC/MS and GC-FID	8	24	Scopus Link	
5	Infant mortality rate and nonrenewable energy consumption in Asia and the Pacific: the mediating role of carbon emissions	8	21	Scopus Link	
6	Ramadan effect and indices movement estimation: a case study from eight Arab countries	6	53	Scopus Link	
7	Assessment of pain, scapulothoracic muscle strength, endurance and scapular dyskinesia in individuals with and without nonspecific chronic neck pain: A cross-sectional study	6	13	Scopus Link	
8	Monosodium Glutamate: Review on Preclinical and Clinical Reports	5	337	Scopus Link	
9	Addictive smartphone use in the elderly: relationship with depression, anxiety and sleep quality	4	54	Scopus Link	
10	Prenatal, perinatal, postnatal risk factors, and excess screen time in autism spectrum disorder	3	44	Scopus Link	
11	Does religiosity matter in impulsive psychology buying behaviors? A mediating model and empirical application	3	89	Scopus Link	
12	Synthesis characterisation and neuroprotectivity of Silybum marianum extract loaded chitosan nanoparticles	3	13	Scopus Link	
13	Environmental implication of energy policies and private and public subsidies on infant mortality rate: a sustainable development study of India	3	21	Scopus Link	
14	Assessing the human development aspects of CO, PM2.5, PM10, NOX, and SO2 in the United States	3	17	Scopus Link	
15	Women in travel and tourism: does fear of COVID-19 affect Women's turnover intentions?	3	50	Scopus Link	

*: Refers to publications in the first 10%.



No	Title of Publication	Citations	Views	Link	SDG
16	Work-family conflict, subjective well-being, burnout, and their effects on presenteeism	2	34	Scopus Link	
17	Radio-sensitivity on MCF-7 cells of silver nanoparticles synthesized by Silybum marianum	2	30	Scopus Link	
18	Investigation of the relationship between isokinetic lower extremity strength and the vertical jump parameter in elite women football players	2	11	Scopus Link	
19	Computational gastronomy: A study to test the food pairing hypothesis in Turkish cuisine	2	23	Scopus Link	
20	The relationship between FMS scores and lower body isokinetic strength in football players	2	16	Scopus Link	
21	Investigation of the Relationships Between Mindfulness, Wisdom, Resilience and Life Satisfaction in Turkish Adult Population	2	26	Scopus Link	
22	Consumers' opinions, use of food labels and knowledge of food additives	2	49	Scopus Link	
23	The relationship between diabetes burden and health-related quality of life in elderly people with diabetes	2	14	Scopus Link	
24	Three-dimensional zygomatic changes after rapid maxillary expansion in growing patients	1	31	Scopus Link	
25	The effect of auricular vagus nerve stimulation on electroencephalography and electromyography measurements in healthy persons	1	11	Scopus Link	
26	Surgery in Intracerebral Arteriovenous Malformations: The Role of Preoperative Embolization	1	6	Scopus Link	
27	Micro to nano plastics and its link to human health *	1	11	Scopus Link	
28	Effects of Goat Manure, Biochar, and NPK Applications on Growth and Nutrient Concentrations of Lettuce	1	16	Scopus Link	
29	Alzheimer, Parkinson, dementia, and phytochemicals: insight review	1	14	Scopus Link	
30	The Effects of Daylight Saving Time (DST) Transition Cancellation on Work Accidents of Turkey	1	12	Scopus Link	
31	Smartphone Addiction and Phubbing in International Students in Turkey: The Moderating Role of Mindfulness	1	36	Scopus Link	
32	Investigating the link between procrastination, Big Three perfectionism and psychological vulnerability in academic staff	1	64	Scopus Link	
33	The Effectiveness of Online EMDR 2.0 Group Protocol on Posttraumatic Stress Disorder Symptoms, Depression, Anxiety, and Stress in Individuals Who Have Experienced a Traffic Accident: A Preliminary Study	1	11	Scopus Link	
34	Is the robotic rehabilitation that is added to intensive body rehabilitation effective for maximization of upper extremity motor recovery following a stroke? A randomized controlled study	1	19	Scopus Link	

No	Title of Publication	Citation	View	Link	SDG
35	Efficacy of ozone therapy as an add-on treatment in fibromyalgia: A randomized double-blind placebo-controlled study	1	7	Scopus Link	
36	Impact of COVID-19 on Bangladesh's agriculture sector and the ways forward to recovery: An overview	1	39	Scopus Link	
37	Rapid determination of colistin resistance in Klebsiella pneumoniae by MALDI-TOF peak based machine learning algorithm with MATLAB	1	20	Scopus Link	
38	Comprehensive analysis of social stigma of individuals with substance use disorder in Turkey in the context of Erving Goffman's stigma theory	1	32	Scopus Link	
39	COVID-19 Infodemic: A study on the Fragile Five countries	1	12	Scopus Link	
40	The Impact of HPV Diagnosis and Abnormal Cervical Cytology Results on Sexual Dysfunction and Anxiety	1	16	Scopus Link	
41	Public interest in weight loss and diet-related topics in Europe: an infodemiology study of Google trends data from 2004–2022	1	14	Scopus Link	
42	The Effect Of Job Insecurity On Organizational Trust During The COVID-19 Pandemic: Evidence From The Aviation Sector	1	14	Scopus Link	
43	The Impact of HPV Diagnosis and Abnormal Cervical Cytology Results on Sexual Dysfunction and Anxiety	1	16	Scopus Link	
44	Cases of Hypogonadotropic Hypogonadism: A Single-Center Experience	0	7	Scopus Link	
45	Internet of Things (IoT) Technologies and Implementation in the Healthcare Industry *	0	7	Scopus Link	
46	Demonstration of chewing-related areas in the brain via functional magnetic resonance imaging	0	21	Scopus Link	
47	Examination of the relationship between thanatophobia and resilience levels of nurses working in intensive care and palliative care units	0	25	Scopus Link	
48	Acute Effect of KinesioTaping on Technical Skills of Wheelchair Basketball Players	0	2	Scopus Link	
49	Comparison of the Effect of Static and Dynamic Core Exercises on Physical Performance Parameters in Young Boxers *	0	47	Scopus Link	
50	Brand equity in digital marketing: what does it mean in the health sector and how does it affect consumer decisions?	0	59	Scopus Link	
51	Childhood Emotional Neglect and Risks of Substance Misuse: Meaning and Purpose of Life as a Mediator	0	6	Scopus Link	
52	Development of the educational leadership scale for nursing students: a methodological study	0	64	Scopus Link	
53	Knowledge and consumption frequency of probiotics and fermented foods in elite volleyball players-A pilot study	0	24	Scopus Link	
54	In vitro evaluation of temperature change on the root surface after the removal of root canal filling	0	9	Scopus Link	
55	Application of strategic human resource management models for organizational performance	0	29	Scopus Link	
56	A study on the perceived organisational business continuity of foodservice executives	0	14	Scopus Link	
57	The Effects of Drugs Used by Children with Chronic Systemic Diseases on the Oral Cavity: Traditional Review *	0	3	Scopus Link	
58	Cost-effectiveness analysis of fissure sealants for caries prevention in children	0	28	Scopus Link	
59	The Effects of Spinal Manipulation Added to Exercise on Pain and Quality of Life in Patients with Thoracic Spinal Pain: A Randomized Controlled Trial	0	8	Scopus Link	
60	The use of artificial intelligence in recipe development: How technology is changing the way we create and innovate in the kitchen	0	17	Scopus Link	



No	Title of Publication	Citations	Views	Link	SDG
61	Effect of joint distraction exercises with elastic band during warm-up on maximum strength performance in male bodybuilders: A cross-sectional study	0	10	Scopus Link	
62	Determination of the relationship between self-care agency and sleepiness in chronic hemodialysis patients	0	7	Scopus Link	
63	Hashtag activism due to restrictions and measures during the COVID-19 pandemic in Turkey	0	1	Scopus Link	
64	Evaluation of Children with Autism Spectrum Disorders by Distortion Product Otoacoustic Emission	0	3	Scopus Link	
65	Functional and Olfactory Outcomes of Inferior Turbinate Hypertrophy Reduction with Laser, Radiofrequency, and Bipolar	0	2	Scopus Link	
66	The Association between BMI and Body Weight Perception among Children in Turkey: A Cross-Sectional Study	0	6	Scopus Link	
67	Chronic lateral elbow tendinopathy with a supervised graded exercise protocol	0	27	Scopus Link	
68	The Impact of lean supply chain strategy on consumers' purchasing behavior: The case of dental hospitals	0	23	Scopus Link	
69	The effect of psychological capital on digital transformation	0	5	Scopus Link	
70	Associations of dysfunctional attitudes, ruminations and metacognitive beliefs about rumination with pharmacological treatment response in patients with first episode of major depression	0	6	Scopus Link	
71	Relationship of constipation, body mass index increase and cigarette craving with nutrition in the smoking cessation process: A cross-sectional study from Turkey	0	6	Scopus Link	
72	Impulsivity and substance misuse among Turkish people: Serial mediating effect of emotion dysregulation and general anxiety disorder	0	8	Scopus Link	
73	Evaluation of vestibulo-ocular reflex with functional head impulse test in healthy individuals: normative values	0	4	Scopus Link	
74	The Relationship Between Emotional Eating Behavior Awareness and Body Image of Women in Turkey During the Covid-19 Pandemic Period *	0	3	Scopus Link	
75	Improvement in Frying Stability of Safflower Oil by Blending with Refined Olive Pomace Oil during Deep Fat Frying	0	8	Scopus Link	
76	Functional connectivity patterns in parosmia	0	3	Scopus Link	
77	Publication trends in the field of the cornea in the last 4 decades: a bibliometric study	0	7	Scopus Link	
78	Healthy life skills and related factors among university students: a cross-sectional study in Istanbul, Turkey	0	15	Scopus Link	
79	Comparison of pituitary adenylate cyclase-activating polypeptide (PACAP, ADCYAP1) gene polymorphisms among patients with methamphetamine addiction, methamphetamine-induced psychosis and healthy controls	0	5	Scopus Link	
80	Synthesis of Some N-(1H-Benzo[d]imidazol-2-yl)-2-(4-Arylpiperazin-1-yl) acetamides as Anticancer Agents *	0	3	Scopus Link	
81	The moderating role of resilience in the relationship between symptoms of post-traumatic stress disorder and suicide ideation among firefighters in Türkiye	0	10	Scopus Link	
82	The Effect of COVID-19 on anxiety levels of mothers and changes in the nutritional behavior of their children	0	6	Scopus Link	



No	Title of Publication	Citation	View	Link	SDG
83	Significance of Intercellular adhesion molecule-1 Lys496Glu gene polymorphism on plasma redox status regulation in laryngeal carcinoma	0	2	Scopus Link	
84	Could cytology supplant frozen section for intraoperative evaluation of thoracic lesions? A single institutional experience in a developing country	0	6	Scopus Link	
85	Impact of obesity on peripapillary choroidal thickness, macular choroidal thickness, and lamina cribrosa morphology	0	6	Scopus Link	
86	Risk of Relapse Assessment Scale for Metamphetamine Abusers: Reliability and Validity Study of the Turkish Version	0	6	Scopus Link	
87	Determination of the risk of obstructive sleep apnea syndrome in individuals aged 18 years and above	0	3	Scopus Link	
88	The number of prior pregnancy losses does not impact euploidy rates in young patients with idiopathic recurrent pregnancy loss	0	6	Scopus Link	
89	Effect Of Tween 80 On The Stability and Conformation of Telomeric G-Quadruplex DNA	0	5	Scopus Link	
90	Measurement of Total Iron in Breast Tissue Samples by Inductively Coupled Plasma-Mass Spectrometry *	0	5	Scopus Link	
91	Optimization of a rapid and sensitive nucleic acid lateral flow biosensor for hepatitis B virus detection	0	18	Scopus Link	
92	Modeling and computational fluid dynamics simulation of blood flow behavior based on MRI and CT for Atherosclerosis in Carotid Artery	0	21	Scopus Link	
93	Clinical Relevance of Choroidal Thickness in Obese and Healthy Children: A Machine Learning Study	0	3	Scopus Link	
94	Psychological Attitudes of Physicians in Seeking Help and Associated Factors	0	16	Scopus Link	
95	Strengthening Resilient Built Environments through Human Social Capital: A Path to Post-COVID-19 Recovery	0	15	Scopus Link	
96	Protocols, applications and solutions to support the environment, occupational safety and health in tanneries	0	30	Scopus Link	
97	Examining obesity kuznets curve in the United States from the perspective of globalization and biocapacity	0	13	Scopus Link	
98	Impact analysis of COVID-19 on Nigerian workers' productivity using multiple correspondence analysis	0	15	Scopus Link	
99	The effect of disclaimer reflected in the media on violence between healthcare workers and patients *	0	3	Scopus Link	
	Total	166	2137		



1.2. Courses

With the mission to contribute to Good Health and Well-being goal, IGU offers a variety of courses and programmes through the Faculty of Health Sciences.

Institute of Graduate Studies, Faculty of Health Sciences, Faculty of Dentistry, Faculty of Economics, Administrative and Social Sciences, Faculty of Applied Sciences, School of Physical Education and Sports, Vocational School of Health Services, Vocational School provide education to students on improving public health, prevention and treatment of diseases. These enstitute, schools and faculties provide the necessary knowledge and skills in the treatment of health problems, supporting the health of society and promoting healthy lives.

Courses offered at IGU include public health, epidemiology, nutrition science, health management, nursing, pharmacology and many more. These courses play a critical role in enabling students to play an active role in the delivery of health services, as well as in achieving sustainable development goals. The contents and outcomes of the courses in colleges and faculties are available on the [Gelिसim Bilgi Sistemi \(GBS, Gelिसim Information System\)](#) web page.

There are many courses in the field of Health at IGU, however, the courses specially opened within the scope of SDG 3 are given in Table 2.

Table 2. Courses Initiated within the Scope of SDG 3

Food and Sustainability	Gastronomy And Culinary Arts	Undergraduate	Faculty Of Fine Arts
Ecological Literacy And Sustainability	Gastronomy And Culinary Arts	Undergraduate	Faculty Of Fine Arts
Sustainability in Healthcare	Healthcare Management	Undergraduate	Faculty Of Health Sciences
Sustainability	Social Work	Undergraduate	Faculty Of Health Sciences





2. Programs in the Field of Health at IGU

The list of programs in the field of health at IGU is as follows;

INSTITUTE OF GRADUATE STUDIES

- Addiction Psychology (Master's – With Thesis)
- Nutrition and Dietetics (Master's – Without Thesis)
- Child Development (Master's – With/Without Thesis)
- Physiotherapy and Rehabilitation (Master's – With/Without Thesis)
- Gastronomy (Master's – With/Without Thesis)
- Gastronomy (Doctorate Program)
- Movement and Training Sciences (Master's – With/Without Thesis)
- Movement and Training Sciences (Doctorate Program)
- Occupational Health and Safety (Master's – With/Without Thesis)
- Clinical Psychology (Master's – With/Without Thesis)
- Audiology (Master's – With Thesis)
- Psychology (Master's – With/Without Thesis)
- Health Management (Master's – With/Without Thesis)
- Sociology (Master's – With/Without Thesis)
- Psychosocial Areas in Sports (Master's – With/Without Thesis)

FACULTY OF DENTISTRY

- Dentistry

FACULTY OF FINE ARTS

- Gastronomy and Culinary Arts

FACULTY OF ECONOMICS, ADMINISTRATIVE AND SOCIAL SCIENCES

- Psychology
- Psychology (English)
- Sociology

FACULTY OF APPLIED SCIENCES

- Gastronomy and Culinary Arts
- Gastronomy and Culinary Arts (English)





FACULTY OF HEALTH SCIENCES

- Nutrition and Dietetics
- Nutrition and Dietetics (English)
- Child Development
- Child Development (English)
- Speech and Language Therapy
- Occupational Therapy
- Physiotherapy and Rehabilitation
- Physiotherapy 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
- Dental Prosthetics Technology
- Dialysis
- Electroneurophysiology
- Physiotherapy
- Food Quality Control and Analysis
- First and Emergency Aid
- Laboratory Technology
- Audiometry
- Opticianry
- Orthopedic Prosthetics and Orthotics
- Autopsy Assistance





- Pathology Laboratory Techniques
- Podiatry
- Radiotherapy
- Hair Care and Beauty Services
- Management of Health Institutions
- Medical Documentation and Secretarial
- Medical Imaging Techniques
- Medical Laboratory Techniques

SCHOOL OF PHYSICAL EDUCATION AND SPORTS

- Coaching Education
- Coaching Education (English)
- Exercise and Sports Sciences
- Exercise and Sports for the Disabled

VOCATIONAL SCHOOL

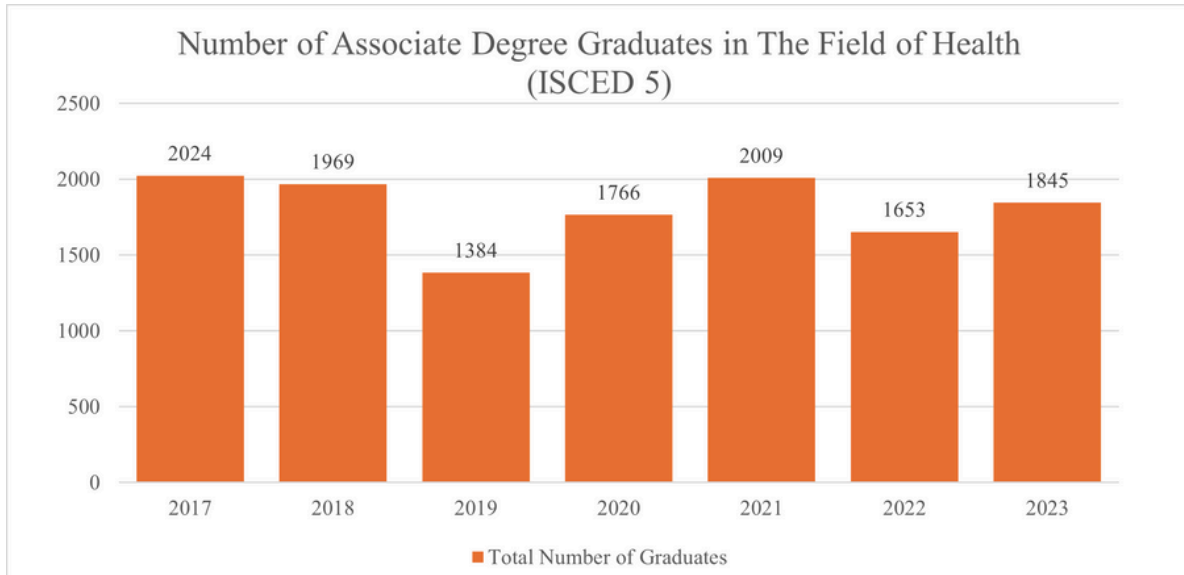
- Culinary
- Food Technology
- Occupational Health and Safety
- Pastry and Bakery



3. Number of Graduates in Health Professions

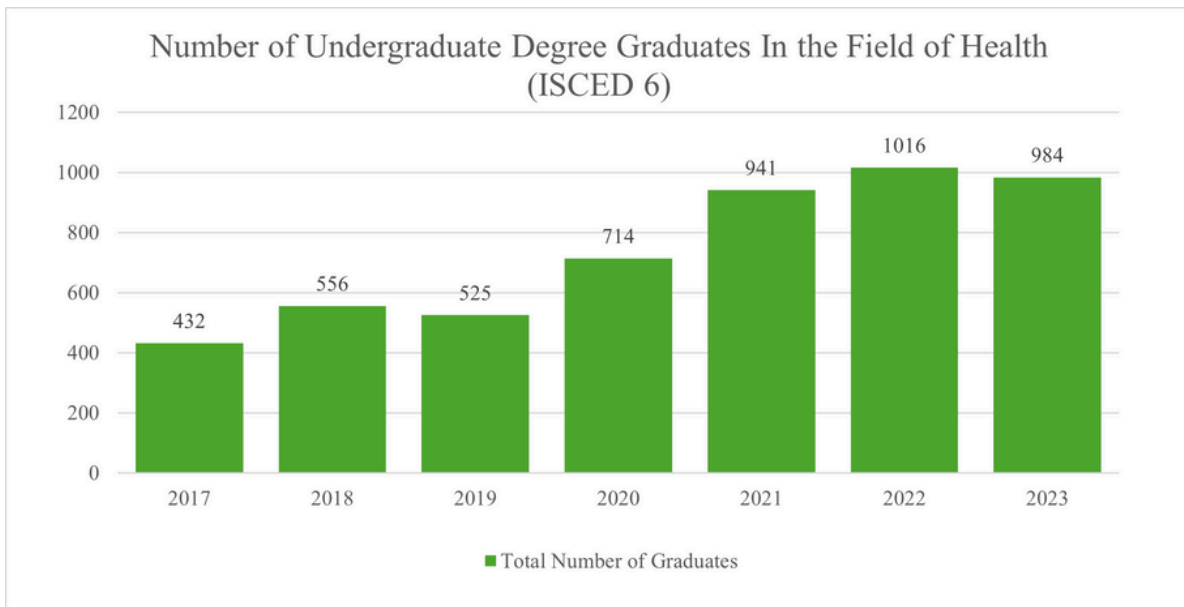
All numbers below have been obtained from the data of IGU Directorate of Student Affairs.

Graph 1. shows the total number of Associate Degree graduates in the field of health.



Graph 1. Number of Associate Degree Graduates in The Field of Health

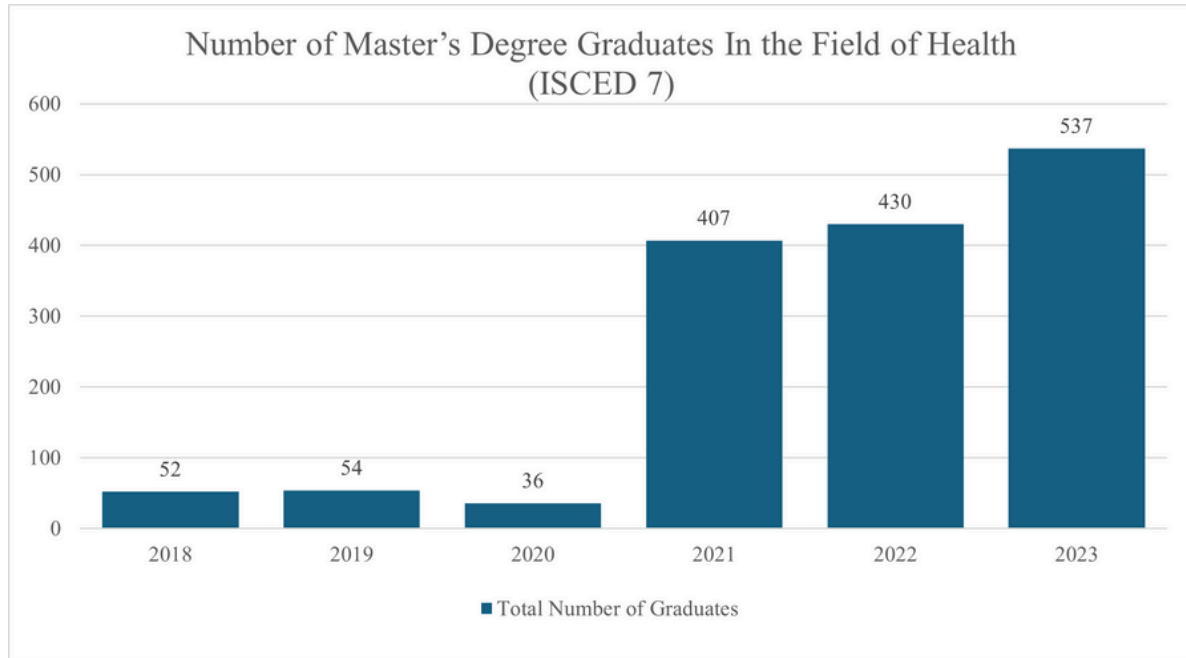
The number of undergraduate degree graduates in the field of health is shown in Graph 2.



Graph 2. Number of Undergraduate Degree Graduates In the Field of Health (ISCED 6)



Graph 3. shows the number of Master's Degree graduates in the field of health.



Graph 3. Number of Master's Degree Graduates In the Field of Health (ISCED 7)

At IGU, students graduated from doctoral degree programmes (ISCED 8) in the field of health for the first time in 2023. The number of students graduated from these programmes is **2**.

3.1. Proportion of Graduates in Health Professions

In 2023, a total of 7396 students graduated from IGU's colleges, faculties and institutes. As seen in Graph 1, Graph 2 and Graph 3, the number of students graduating from the university's departments in the field of health in 2023 is **3368** in total, including **1845** for associate's degree, **984** for bachelor's degree, **537** for master's degree and **2** for doctorate degree. The number of graduates in health professions constitutes 45% of the total number of graduates.





4. Collaborations and Health Services

4.1. Current Collaborations with Health Institutions

In 2023, IGU carried out collaborations and actions to improve local and global health. Collaborations are made with various health institutions in order to carry out vocational training/internship/clinical training practices. Institutions that cooperate for the realisation of educational practices can be reached through the IGU [website](#). In addition, there are also collaborations including Sports and Healthy Living Service and Health Service protocols. Table 3 shows the collaborations, stakeholders and agreement dates in 2023 with local health institutions within the scope of the Health and Well-Being goal.

Table 3. Collaborations with Local Health Institutions

Name of cooperation	Stakeholder Organisation/Person	Date of Agreement
Training Protocol on Internship Practices	Zeytinburnu Medical Centre	03.10.2022-03.10.2023
Training Protocol on Internship Practices	Estelit Health Services Inc.	3.07.2023-19.10.2024
Training Protocol on Internship Practices	Patomed Pathology and Cytology Laboratory	01.07.2022-01.07.2023
Training Protocol on Internship Practices	Istanbul Pathology Group	10.07.2023-10.07.2024
Training Protocol on Internship Practices	Galatasaray Summer Sports Schools (Private Ayka Yetenek Sports Club)	19.04.2023-19.04.2024
Training Protocol on Internship Practices	Newlife Ambulance	01.07.2022-01.07.2023
Training Protocol on Internship Practices	Rentek Dialysis Centre	21.07.2023-21.07.2024
Training Protocol on Internship Practices	Sultangazi Dialysis Centre	24.10.2023-24.10.2024
Training Protocol on Internship Practices	Maltepe University Faculty of Medicine Hospital	01.10.2022-31.12.2024
Training Protocol on Internship Practices	Prof. Dr. Burcu Örmeci Medical Office	01.07.2022-01.07.2023
Training Protocol on Internship Practices	Esenyurt Dialysis Centre	01.07.2022-01.07.2023
Training Protocol on Internship Practices	Private Beykent Surgical Medical Centre	03.10.2023-03.10.2024
Training Protocol on Internship Practices	Turkish Kidney Foundation	01.06.2022-01.06.2023
Training Protocol on Internship Practices	Private Eiltium Medical Centre	03.10.2023-03.10.2024
Training Protocol on Internship Practices	Istanbul Provincial Health Directorate	28.09.2023-06.06.2024
Cooperation Protocol	International Search and Rescue Association (GOKTIM)	28.05.2024-28.05.2027
Training Protocol on Vocational Training/Internship/Clinical Training Practices	Istanbul Provincial Health Directorate	28.09.2023-30.06.2024
Training Protocol on Vocational Training/Internship/Clinical Training Practices	Private Avrasya Hospital	20.12.2023-31.12.2024
Training Protocol on Vocational Training/Internship/Clinical Training Practices	Private Beykent Surgical Medical Centre	03.10.2023-03.01.2024
External Stakeholder Agreement	Gamze Topal (Botech Food Engineer)	24.10.2022-Ongoing
External Stakeholder Agreement	Yusuf Can Gerçek (Istanbul University Plant and Herbal Products Application and Research Centre)	25.10.2022-Ongoing
External Stakeholder Agreement	Sedri Miran (Midpoint)	2022-Ongoing
External Stakeholder Agreement	Provincial Directorate of Youth Sports	2022-2023
External Stakeholder Agreement	Ekol Food Service Turizm Sanayi ve Dış Ticaret A.Ş. (Company)	2022-Ongoing
External Stakeholder Agreement	Mustafa Akça (Expert)	2022-Ongoing
External Stakeholder Agreement	Görkem Akkuş (Graduate Student)	2022- Ongoing
Sports and Healthy Life Service Protocol	Fit Station	2022-2023
Health Service Protocol	Dünyagöz Hospital	2022-2023





4.2. Health Support Programmes

4.2.1 Mental Health Support

One of the actions taken by IGU to improve health is the provision of [Psychological Counselling Services](#). A unit has been established where IGU students and staff can receive counselling and support in line with their needs. It aims to support the individual, social and academic development of students and staff. In 2022, it became active with an [online appointment system](#). The unit continues its services with a Clinical Psychologist and a Psychological Counsellor.



4.2.2. Smoke-Free Policy

IGU has implemented various environmental and institutional regulations to protect individual and environmental health. Since 2020, IGU has been implementing the [“Smoke-Free Campus”](#) practice so that students and staff can operate in a healthier campus environment. Within the scope of this practice, smoking is prohibited in areas such as all cafeterias, open and semi-open areas, except for the yellow areas designated as smoking areas in the campus gardens. This regulation aims to provide a healthy campus life and protect environmental health.





4.2.3. Workplace Medicine Service

At IGU, the [Medico-Social Center](#) within the [Directorate of Health, Culture and Sports](#) provides services with a workplace physician and a workplace nurse. Health professionals are responsible for protecting and improving the health of university students and employees and providing primary care services when necessary. In addition, the planning and follow-up of secondary and tertiary treatment services are also included in this scope. IGU employees and students can apply to health professionals for support or counselling on any health-related issue. IGU aims to prioritise the welfare of the university community by providing comprehensive health services to meet the needs of employees and students, to increase their productivity and overall quality of life in their work or education life by providing fast and effective solutions to their health problems.





4.3. Health Outreach Programmes

IGU also carries out activities outside the university for the protection and promotion of health in the local community. In this context, IGU carries out outreach programmes and projects. In these activities, seminars on different topics and university visits are organised to raise awareness of both young people and other segments of the society, especially on mental health and stress management. The details of the activities organised for this purpose are given in Table 4.

Table 4. Activities Organised with Local Communities

Institution	Type	Date	Link
Avcılar Counselling and Research Centre	Meeting	9.06.2023	Link
ERA Kocasinan College	University Visit	5.10.2023	Link
Ayhan Arı Borsa Vocational and Technical Anatolian High School	University Visit	10.10.2023	Link
Buyukcekmece Ruhi Saralp Sports High School	University Visit	11.10.2023	Link
Kartal Counselling and Research Centre	Seminar	12.10.2023	Link
Halkali Vocational and Technical Anatolian High School	University Visit	20.10.2023	Link
Şehit İlhan Sonkaya Girls Anatolian Imam Hatip High School	Seminar	9.03.2023	Link
Bahçelievler Şehit Osman Yıldız Vocational and Technical Anatolian Vocational High School	University Visit	30.05.2023	Link
Umraniye Yüksek Limit Course Centre	Seminar	18.05.2023	Link
Kartal Hasan Ferruh Özgen Anatolian High School	Seminar	17.05.2023	Link
Ataturk Çağdaş Yaşam Multi-Programme Anatolian High School	Seminar	28.03.2023	Link
Sultanciftliği Anatolian High School	University Visit	30.03.2024	Link
Yavuz Sultan Selim Girls Anatolian Imam Hatip High School	University Visit	31.03.2023	Link
Fikriye Nüzhet Bilginçan Vocational and Technical Anatolian High School	Seminar	25.04.2023	Link
Nahit Mentese Vocational Technical Anatolian High School	Seminar	2.05.2023	Link
Private Beylikduzu Bilim Yasam College	Seminar	3.05.2023	Link
Beylikduzu Counselling and Research Centre	Seminar	7.03.2023	Link
Üsküdar Borsa Istanbul Vocational and Technical Anatolian High School	Seminar	7.03.2023	Link
Avcılar Kültür Course Centre	Seminar	14.01.2023	Link





5. Related Policies

IGU [Environment Policy](#) emphasizes the importance of living and working in a healthy environment. This policy aims to raise environmental awareness on and off campus by promoting sustainable environmental practices. The policy aims to save energy, promote recycling practices and develop environmentally friendly projects.

Within the scope of the [Policy of Healthy and Hygienic Campus Without Smoke, Alcohol or Drugs](#), IGU aims to create a smoke-free, alcohol-free and drug-free environment to promote healthy living in the campus environment. The policy aims to protect the health of students and staff, raise hygiene standards and encourage abstinence from addictive substances.

[Water Management Policy](#) promotes the sustainable use of water resources for a healthy environment and life. This policy includes various measures to save water, prevent water pollution and ensure efficient use of water resources.

[Sustainability Training Policy](#) aims to promote healthy and sustainable living habits through sustainability education. It aims to raise environmental awareness and encourage sustainable practices by providing sustainability education to students and staff.

IGU encourages research on sustainability and healthy living through its [Policy of Sustainability Research](#). By supporting scientific research in the field of sustainability, the University aims to increase knowledge in this field and to ensure the spread of sustainable practices.

[Community Service Policy](#) supports projects that aim to create a healthy and prosperous society. This policy aims to improve the welfare of society at local and national levels by developing programs and projects to improve public health.

Within the scope of the [Internationalization Policy](#), IGU aims to raise health and welfare standards through international collaborations and exchange programs. Through international collaborations, student and academic exchange programs, global health projects and research, IGU aims to increase knowledge and experience sharing on health and well-being issues.





6. Events

Events carried out within IGU within the scope of SDG 3 Good Health and Well-being are given below.

Event Name: Pilates

Event Date: 10.05.2023, 18.10.2023, 25.10.2023, 18.11.2023, 29.11.2023, 20.12.2023

Activity Content: In regularly scheduled Pilates activities, students are informed about the basic principles and practices of Pilates by the relevant instructor. It is aimed for students to practice Pilates exercises and develop an awareness of physical activity.





Event Name: [Coffee Talks: Food Security and Sustainability in the Food Sector](#)

Event Date: 11.10.2023

Event Content: In the event, the relevant lecturer made a detailed presentation on the importance of ensuring food security and sustainability strategies in the food sector. Following the presentation, discussions were held with the students on the impact of sustainable agriculture and production methods on future food security.



Event Name: [Food - Tech Eurasia 2023](#)

Event Date: 12.10.2023

Event Content: The 17th International Food and Beverage Technologies Fair was attended by various countries, where each country presented its own culinary art to the participants.





Event Name: [World Food Day Symposium](#)

Event Date: 16.10.2023

Event Content: It is aimed to celebrate the World Food Day on October 16, which was determined by the Food and Agriculture Organization of the United Nations.



Event Name: [Best Narcotics Police Mom Project](#)

Event Date: 25.10.2023

Event Content: Within the scope of the "Best Narcotics Police Mother Project" carried out by the Ministry of Interior; informative activities are carried out by addressing issues such as what is narcotic substances, how to understand their use, what are the types of substances, and with the Narco Youth module, a seminar was organized for young people by explaining the harms and dangers of substances in a way that does not arouse curiosity about narcotic substances.





Event Name: Holistic Approaches for Healthy Living

Event Date: 25.10.2023

Event Content: The event focused on holistic approaches covering physical, mental and emotional dimensions. Students were provided with information on topics such as nutrition, exercise, stress management and mental health and were given suggestions by the instructor. Throughout the event, students gained experience through interactive activities on developing habits that support healthy living and integrating them into daily life.



Event Name: English Speaking Activity

Event Date: 26.10.2023

Event Content: English speaking practice was carried out by the relevant lecturer with the students. The topic title is "What do you think of vegetarianism or ? Which one would you choose for yourself?". On this subject, the students expressed their opinions and the conversation took place.





Event Name: [October 27, World Occupational Therapy Day](#)

Event Date: 27.10.2023

Event Content: Within the scope of World Occupational Therapy Day, students were informed about occupational therapy by invited speakers and Occupational Therapy Day was celebrated.



Event Name: [Happiness Distribution Social Responsibility Project with Çorbada Tuzun Olsun](#)

Event Date: 27.10.2023

Event Content: In this project, which was carried out in cooperation with the Çorbada Tuzun Olsun Association, firstly, the association was visited by volunteer students and general information was obtained about the establishment, aims and projects of the association and a protocol was signed. In the second stage, a team of volunteer students distributed soup and clothes to the homeless and orphans living on the streets of Istiklal Street in Istanbul.





Event Name: Yoga

Event Date: 01.11.2023, 13.12.2023

Event Content: In the events, the basic principles, benefits and application techniques of yoga were explained to the students in detail. Students were given the opportunity to improve their body and mind health by practicing yoga poses and breathing techniques.



Event Name: Healthy Living and Addictions

Event Date: 02.11.2023

Event Content: The event focused on the physical, mental and emotional dimensions of healthy living and discussed the effects of addictions on health. Lifestyle options such as healthy eating, regular exercise and stress management were presented to the students. In addition, information was provided on types of addiction and their effects on health, and on promoting healthy living and reducing the risks of addiction.





Event Name: [45th Istanbul Marathon](#)

Event Date: 05.11.2023

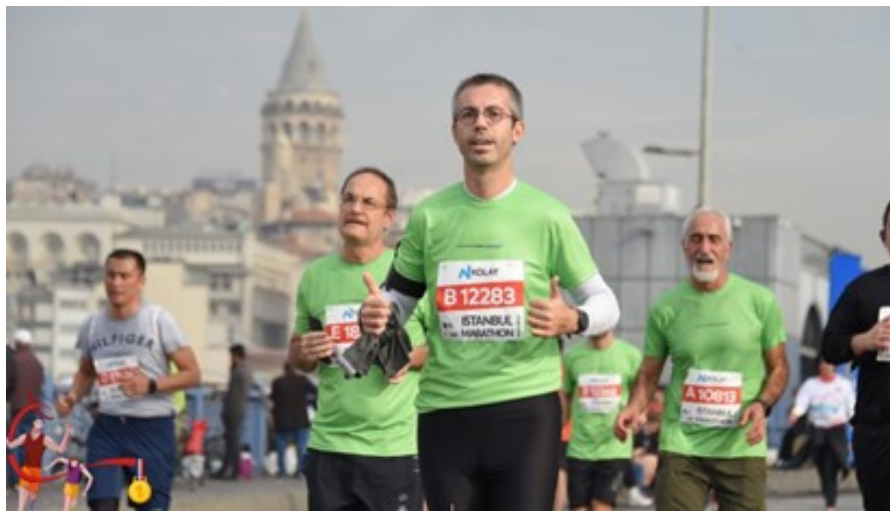
Event Content: The 45th Istanbul Marathon, the only marathon run between two continents in the world, was held this year with the motto 'Run of the Century'. Our students and faculty members of IGU School of Physical Education and Sports took part as volunteers. TESYEV (Turkish Disabled Sports Assistance and Education Foundation) participated in the public run as a stakeholder and raised awareness within the scope of life support for people with disabilities.



Event Name: Gelisim University Faculty of Dentistry Eurasia Marathon in 100th Year of the Republic

Event Date: 05.11.2023

Event Content: Within the scope of good health and well-being, our students participated in the 45th Istanbul Marathon Intercontinental Public Run to represent IGU.





Event Name: [100th Anniversary Youth and Sports Tournament](#)

Event Date: 06.11.2023- 24.11.2023

Event Content: The tournament was organized in order for IGU students to spend their free time at the university in quality, to improve their approach to sports activities and to ensure university belonging.



Event Name: [Case Analysis from Theory to Clinic in Physiotherapy](#)

Event Date: 13.11.2023

Event Content: In order to enable IGU students to improve their practical skills by associating theoretical knowledge with real clinical cases, Physiotherapist Özge Yılmaz gave information to the students of the Department of Physiotherapy and Rehabilitation about the evaluation of patients, diagnosis, development of treatment plans and implementation of treatments.





Event Name: [Meditation](#)

Event Dates: 15.11.2023, 06.12.2023, 27.12.2023

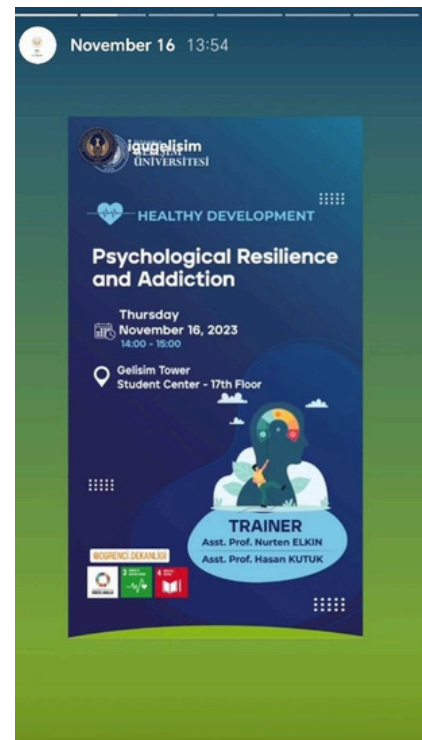
Event Content: In the events, students were taught the basic principles, benefits and application techniques of meditation. Students gained experience in increasing awareness, stress management and mental focus through meditation practices.



Event Name: [Psychological Resilience and Addiction](#)

Event Date: 16.11.2023

Event Content: Within the scope of psychological resilience and addiction, an interview was held with students on the relationship between addiction, psychological resilience, addiction and psychology.

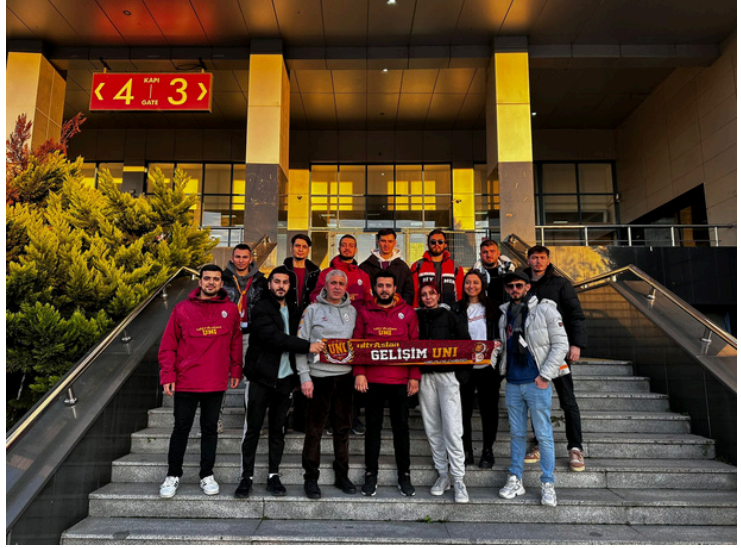




Event Name: Galatasaray-Hapoel Jerusalem Basketball Match

Event Date: 28.11.2023

Activity Content: The aim of the activity was for the students to participate in a football match together, both to reinforce their social relations and to improve their approach to sporting activities. They experienced the importance of both participation in sportive activities and social community.



Event Name: Future Anxiety in University Students

Event Date: 29.11.2023

Event Content: In the event, the uncertainty and pressures experienced by students, the challenges of a competitive job market, financial worries, the effects of social and personal expectations and their consequences on mental health were discussed. In this way, it was aimed to alleviate students' anxiety and support their mental and general health.

İSTANBUL GELİŞİM ÜNİVERSİTESİ

Seminer

ÜNİVERSİTE ÖĞRENCİLERİNDE GELECEK KAYGISI

29 Kasım, 2023
Çarşamba

15.00

B Blok 026 Toplantı Salonu

KATILIMCI
Öğr. Gör. Selin KALABAŞ

gelisim.edu.tr @gelisimedu @igugelisim

İGÜ Sağlık Bilimleri Fakültesi

İGÜ 3 GOOD HEALTH AND WELL-BEING 4





Event Name: Current Glass Technology Seminar

Event Date: 29.11.2023

Event Content: A seminar on "Current Glass Technologies", which can be especially useful for students of the opticianry program, was organized and students were informed by experts.



Event Name: [Addiction Awareness Through Psychodrama](#)

Event Date: 04.12.2023

Event Content: Psychodrama and addiction awareness and techniques aiming to heal the individual in the group were transferred to the students theoretically and practically by the relevant instructor.





Event Name: 1st League Men's Futsal Competition

Event Date: 05.12.2023

Event Content: The 1st League Men's Futsal Competition of our university was held,



Event Name: In the Kitchen with Special Education Students

Event Date: 13.12.2023

Event Content: Within the scope of December 3, World Day of Persons with Disabilities, special education students and üniversite students were brought together in order to integrate special education students into society.





Event Name: [Technology Addiction and Youth](#)

Event Date: 14.12.2023

Activity Content: An interview was held with the students by the relevant lecturer on the subject of "how to understand behavioral addictions that arise due to unconscious and uncontrolled use of technology and the internet, and how they can be taken under control". The activity aimed to raise awareness among students.



Event Name: [Hearing Aids from A to Z with Audiologists](#)

Event Date: 15.12.2023

Event Content: Hearing aid applications and ear molds were shown theoretically and practically to the students and theoretical and practical training was given about the hearing aid. It is aimed to reinforce the theoretical knowledge of the students by using the devices.





Event Name: [Cyber Rehabilitation](#)

Event Date: 15.12.2023

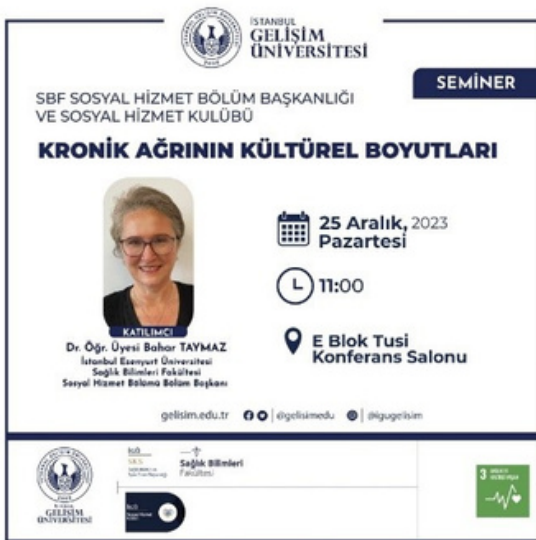
Event Content: In the event, Cyberdyne, the world's first Cyborg-type robot that works with the power of thought, was introduced. 28 Cyber-Rehabilitation, which can be used in the treatment of different neurological diseases, and the worldwide applications of this rehabilitation were introduced to the students. How the neuro-regeneration process takes place in individuals with stroke, which was performed for the first time worldwide, was explained. The pros and cons of Cyber-Rehabilitation are detailed, and neuromodulation concepts and applications that will be used frequently in the future are explained.



Event Name: [Cultural Dimensions of Chronic Pain](#)

Event Date: 15.12.2023

Activity Content: Students were provided with different perspectives by presenting information on chronic pain in the light of cultural anthropology.



GOOD HEALTH AND WELL-BEING

IGU for Ecological, Social and Economic Sustainability



Event Name: [HPV Vaccine and Cervical Cancer Prevention](#)

Event Date: 18.12.2023

Event Content: With the participation of Tuğçe Kuştur, Health and Education Director of the Turkish Cancer Society, all students across the university were informed about HPV vaccination and cervical cancer.



Event Name: [Organ Donation Awareness Symposium](#)

Event Date: 20.12.2023

Activity Content: In order to provide information about organ donation from different perspectives; information was provided about the coordination of organ donation in Turkey, organ donation from the perspective of a transplanted patient, the spiritual aspect of organ and tissue transplantation and stem cell donation.

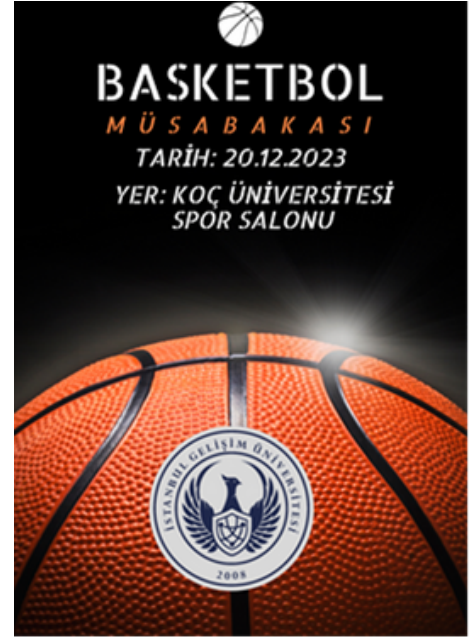




Event Name: 1st League Men's Basketball Competition

Event Date: 07.012.2023

Event Content: The 1st League Men's Basketball Competition of our university was held.



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

Event Date: 25.12.2023

Event Content: Students were provided with professional information about Child Development Professionals working in the hospital, informed about the processes of appointment to the hospital after graduation and emphasized the health awareness part of the child development profession within the scope of sustainability. It was aimed to introduce the students of the child development department to their future colleagues and to introduce the field of child development through the eyes of their colleagues.





Event Name: 1st League Women's Volleyball Competitions

Event Date: 25.12.2023

Event Content: 1st League Women's Volleyball Competitions were held at our university.



Event Name: [Health Literacy and Addiction](#)

Event Date: 27.12.2023

Event Content: In the event, the relevant lecturer defined health literacy and mentioned its importance in the pandemic process. Examples of studies on how health literacy provides benefits during the pandemic were given. In the activity, the definition of addictions and the relationship between health literacy and addiction were emphasised. Healthy living leaflets were distributed to the students and the questions of the participants were answered. The aim of the event was to raise students' awareness on this issue and to ensure that they adopt healthy living habits.





Event Name: [1st League Men's Basketball Competition](#)

Event Date: 28.12.2023

Event Content: Our university faced Istanbul Arel University in the 1st League Men's Basketball League organized by the Turkish Universities Federation.



Event Name: [Paramedics Day Celebration](#)

Event Date: 29.12.2023

Event Content: In order to introduce the paramedic profession and raise awareness, the meaning and importance of the day was explained to the students, and a theater show was presented, emphasizing the sacrifices of paramedics and their critical role in the chain of life. In the show, the difficulties and importance of the profession were conveyed to the students by emphasizing the wrong interventions and real cases experienced in the ambulance unit.





7. Projects

The projects carried out within the scope of the global goal of Good Health and Well-being are given in the Table 5. Of the total 39 projects, 3 are projects supported by Higher Education Institutions, 32 are projects supported by the Scientific and Technological Research Council of Turkey (TUBITAK), 1 is supported by Istanbul Esenyurt University (IUE) Scientific Research Projects Centre, 2 are supported by the Presidency of Turkish Health Institutes (TUSEB) and 1 is an internationally supported project. IGU Scientific Research Projects Coordination Office (BAP-K) is the stakeholder in 3 of the projects, IUE in 1, Istanbul Istinye University (ISTUN) in 1, Karabük University in 1, universities in other countries in 1, Yıldız Technical University (YTU) in 3 and students in 29. 20 of the projects are within the scope of outreach programmes and projects in the local community to improve or promote public health.

Table 5. Current Projects within the Scope of SDG 3

No	Title	Budget	Project Type	Stakeholder	Social Responsibility	Link
1.	Türkiye’de Yetiştirilen Kızılıcak Meyvesinin (Cornus Mas L.) Kimyasal Bileşimi, Antioksidan Kapasitesi Ve Mineral İçeriğinin Belirlenmesi	17.763 TL	Higher Education Institutions Supported Project	Internal Stakeholder (IGU BAP-K)	No	Link
2.	Evde Yaşlı Bakım Eğitiminin Etkinliğinin Değerlendirilmesi	2.277 TL	Higher Education Institutions Supported Project	Internal Stakeholder (IGU BAP-K)	Yes	Link
3.	Eriyikte Harmanlama ve Eriyikten Yığılma FDM Yöntemleri ile Kişiyi Özel İlaçların Tasarımı ve in Vitro Salım Kinetiklerinin İncelenmesi	60.000 TL	Higher Education Institutions Supported Project	Internal Stakeholder (IGU BAP-K)	No	Link
4.	Korkunun Kente İzdüşümü: Sultangazi İlçesindeki Suriyeli Göçmenlerin Kent ve Korku Algısı	22.056 TL	IUE Scientific Research Projects Centre	IUE	Yes	-
5.	Tekli ve Hibrit Nano Malzeme Kullanımın Geopolimer Kompozitlerin Mekanik ve Durabilite Performansına Etkisi ve Üç Boyutlu Tomografi Yardımıyla Fraktal Çatlak Karakterizasyonu	60.000,00 TL	TUBITAK 1002	IGU	No	Link
6.	Deprem Mağdurlarının Belirsiz Kayıp Durumları ve Depreme İlişkin (Öncesi-Sırası-Sonrası) Yaşantıları	75.000 TL	TUBITAK 1002	ISTUN	Yes	Link
7.	Dijital Ebeveynliği Destekleyici Web Uygulamaları: Bebeklik Döneminde Öz Bakım Becerileri	115.284 TL	TUSEB	Karabük University	Yes	Link





No	Title	Budget	Project Type	Stakeholder	Social Responsibility	Link
1.	Sağlık Çalışanlarının Stres Düzeylerinin Hasta Memnuniyeti Üzerindeki Etkisini Belirlemeye Yönelik Bir Araştırma	3.240 TL	TUBITAK	Student	Yes	-
2.	Rekreatif Amaçlı Parklarda Egzersiz Aletlerini Kullanan Bireylerin Rekreatif Spor İyi Oluş Düzeyleri ile Akış Deneyimleri İlişkisinin İncelenmesi	4.500 TL	TUBITAK	Student	No	Link
3.	Hemşirelik Studentlerinin Hasta Güvenliği Algıları Ve Etkileyen Faktörler	5.000 TL	TUBITAK	Student	No	Link
4.	Sağlık Bilimleri Fakültesi Studentlerinin Afete Müdahale Öz-Yeterlik Düzeylerinin Belirlenmesi	5.000 TL	TUBITAK	Student	No	Link
5.	Sağlık Bilimleri Fakültesi Studentlerinin Organ Bağışı Bilgi Düzeyleri ile Organ Bağışına İlişkin Tutumları Arasındaki İlişkinin Belirlenmesi	5.000 TL	TUBITAK	Student	Yes	Link
6.	Sağlık Bilimleri Fakültesinde Öğrenim Gören Studentlerin Etik Sorunlara Yaklaşım Durumları ile Etik Değerleri Arasındaki İlişki	5.000 TL	TUBITAK	Student	Yes	Link
7.	Dijital Dürtü Modellerinin Online Yemek Seçimi Üzerine Etkisi	6.000 TL	TUBITAK	Student	No	Link
8.	Elma, Üzüm ve Alıç Meyvelerinden Elde Edilen Sirke Anasının Liyofilizasyon Metodu ile Enkapsülasyonu ve Gıda Takviyesi Amaçlı Kullanım Potansiyelinin İncelenmesi Üzerine Bir Araştırma	6.000 TL	TUBITAK	Student	No	Link
9.	Endüstriyel Meyve Atıklarının Bitkisel Bazlı Krema Üretiminde Kullanım Olanaklarının Araştırılması	6.000 TL	TUBITAK	Student	No	Link
10.	Yerli ve Fonksiyonel Afet Gıdası Üretimi	6.000 TL	TUBITAK	Student	No	Link
11.	Yiyecek ve İçecek Sektöründeki Aşçıların Memnuniyetine Yönelik Bir Araştırma: Big Chefs Örneği	6.000 TL	TUBITAK	Student	No	Link



No	Title	Budget	Project Type	Stakeholder	Social Responsibility	Link
19.	Fonksiyonel Sağlıklı Bir Ürün Geliştirilmesi: Besin Değeri Zenginleştirilmiş Bebek Krakeri Üretimi	6.000 TL	TUBITAK	Student	No	Link
20.	Gıda Atıklarından Sulu Boya	6.000 TL	TUBITAK	Student	Yes	Link
21.	Glutensiz Krakerlerin Protein Miktarının Spirulina ile Zenginleştirilmesi	6.000 TL	TUBITAK	Student	No	Link
22.	Probiyotiklerle Fonksiyonelleştirilmiş Vejetaryen Su Kefirli Dondurma Formülasyonu Geliştirilmesi	6.000 TL	TUBITAK	Student	No	Link
23.	Daha Sağlıklı, Kaliteli ve Sürdürülebilir Bir Yaşam Planı İçin Tıbbi Bitkilerin Günlük Hayatta Doğru Biçimde Kullanımının Yaygınlaştırılması Amaçlı Reçetelerin Hazırlanması	5.500 TL	TUBITAK	Student	Yes	Link
24.	6-12 Aylık Bebeği Olan Annelerin Diyet Triptofan Miktarlarının Bebek ve Anne Uyku Kalitesine Etkisi	6.000 TL	TUBITAK	Student	Yes	Link
25.	Akıllı Ambalaj İndikatör Materyali Olarak Polianilin (Pani) Film Üretimi ve Model Gıda Ambalajlarında Kullanımı	6.000 TL	TUBITAK	Student	No	Link
26.	Deprem Sonrası Algılanan Stresin, Endişenin ve Anksiyetenin Beslenme Üzerine Etkisinin İncelenmesi: Deprem Bölgesi Örneği	6.000 TL	TUBITAK	Student	Yes	Link
27.	Egzersiz ve Spor Bilimleri Öğrencilerinin Besin Takviyelerine Olan İnancı ve Takviye Kullanımının Egzersiz ve Beslenme Davranışları Üzerine Etkisi	6.000 TL	TUBITAK	Student	Yes	Link
28.	Filizlendirilmiş Brokoli (Brassica Oleracea) Bitkisi ile Üretilen Ekmeklerin Antioksidan Kapasitelerinin Belirlenmesi	6.000 TL	TUBITAK	Student	No	Link
29.	Polifenol Alımının Uyku Kalitesi, Depresyon, Anksiyete ve Stres Üzerine Etkisi	6.000 TL	TUBITAK	Student	Yes	Link



No	Title	Budget	Project Type	Stakeholder	Social Responsibility	Link
30.	Sağlık Bilimleri Fakültesi Üniversite Öğrencilerinin Depresyon, Anksiyete, Stres Düzeyleri ile Sağlıklı Beslenme Tutumları ve İyilik Durumu Arasındaki İlişki	6.000 TL	TUBITAK	Student	Yes	Link
31.	Üniversite Birinci Sınıf Öğrencilerinin Depresyon, Anksiyete, Stres Düzeylerinin Besin Seçimleri Ve Beslenme Davranışları ile İlişkisi	6.000 TL	TUBITAK	Student	Yes	Link
32.	Üniversite Öğrencilerinde Negatif Kalori Yanılsamasının Beden Memnuniyeti ve Diyet Örtütüsü ile İlişkisi	6.000 TL	TUBITAK	Student	Yes	Link
33.	Ev Hanımları ve Çalışan Kadınlarda Okupasyonel Rol Yükündeki Farklılığın Boyun, Bel Ağrısı ve Stres Düzeyi Üzerine Etkisinin İncelenmesi	9.000 TL	TUBITAK	Student	Yes	Link
34.	Geriatrik Bireylerde El Kavrama Kuvveti ile Solunum Kapasitesinin İlişkisinin İncelenmesi	9.000 TL	TUBITAK	Student	Yes	Link
35.	İstanbul'daki Engelli Çocuklar Tarafından Kullanılan Engelsiz Parkların Kullanıma Uygunluğunun İncelenmesi	9.000 TL	TUBITAK	Student	Yes	Link
36.	Bakteriyel Mini Hücrelerin Leishmania Parazitlerine Karşı İlaç Taşıyıcı Sistem Olarak Etkinliğinin in Vitro ve in Vivo İncelenmesi	4.429.00 TL	TUSEB	TUSEB- YTU	No	Link
37.	Coping with War through God: Islamic-Based CBT and the Promotion of Mental Health and Prosociality among Refugees	80000 USD	International	Project Supported by Universities from Other Countries	Yes	Link
38.	Genç Araştırmacılarda Mental İyi Oluşu Güçlendirme: Psikolojik Sağlık, Belirsizliğe Tahammülsüzlük ve Gelecek Kaygısına Yönelik Çok Aşamalı Bir Çalışma	900.000 TL	TUBITAK	YTU	No	Link
39.	Kompozit Nanofiber Kardiyak Yamaların Adipoz Doku Kaynaklı Mezenkimal Kök Hücrelerde Kardiyojenik Farklılaşma ve Transkriptomik Değişiklikler Üzerine Etkisinin İncelenmesi	1.234.230 TL	TUBITAK	YTU	No	Link





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