

SDG PROGRESS REPORT

on **SDG-3 GOOD HEALTH and WELL BEING**



SDG PROGRESS REPORT

ISTANBUL MEDENIYET
UNIVERSITY

**Istanbul Medeniyet University
Sustainability Office**

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Published
October, 2023

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SDG Icons

<https://www.un.org/sustainabledevelopment/news/communications-material/>

Sustainable Development Report Maps

<https://dashboards.sdgindex.org/profiles/turkey>

SDG Statics

<https://unstats.un.org/sdgs/report/2023/progress-midpoint/>

<https://sdgs.un.org/goals>



We have made great progress against several leading causes of death and disease. Life expectancy has increased dramatically; infant and maternal mortality rates have declined, We've turned the tide on HIV and malaria deaths have halved.

Good health is essential to sustainable development and the 2030 Agenda reflects the complexity and interconnectedness of the two. It takes into account widening economic and social inequalities, rapid urbanization, threats to the climate and the environment, the continuing burden of HIV and other infectious diseases, and emerging challenges such as noncommunicable diseases. Universal health coverage will be integral to achieving SDG-3, ending poverty and reducing inequalities. Emerging global health priorities not explicitly included in the SDGs, including antimicrobial resistance, also demand action.

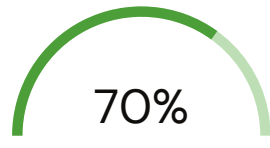
But the world is off-track to achieve the health-related SDGs. Progress has been uneven, both between and within countries. There's a 31-year gap between the countries with the shortest and longest life expectancies. And while some countries have made impressive gains, national averages hide that many are being left behind. Multisectoral, rights-based and gender-sensitive approaches are essential to address inequalities and to build good health for all.

400
MILLION

people have no basic healthcare

25
MILLION

children did not receive important routine vaccinations in 2021



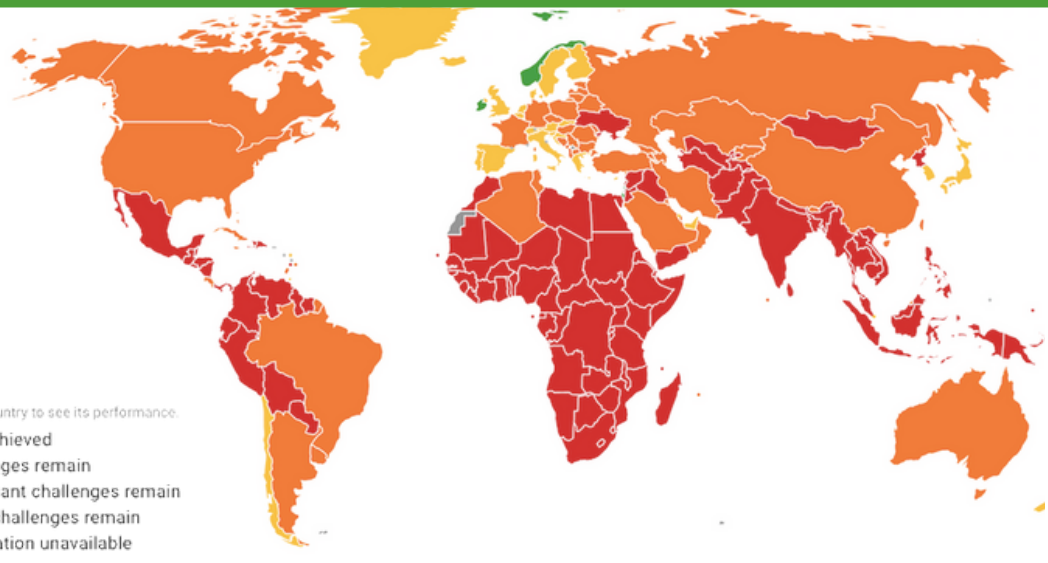
Birth rate with qualified healthcare personnel in Sub-Saharan Africa in 2021

15
MILLION

people living with HIV are still waiting for treatment

2
SECONDS

someone aged 30 to 70 years dies prematurely from noncommunicable diseases



628
STUDENTS

graduated in health professions



free psychotherapy service for all students, staff and staff relatives

301-400

Good Health and Well-Being 2023 Rank in



smoke-free policy in campus buildings

147
PEOPLE

benefited from free psychotherapy services in 2022

OPERATIONS

IMU

Health and Mental Health Support

As Istanbul Medeniyet University, we attach great importance to ensuring that our students and staff are in good health and well-being and can always have access to good-quality healthcare services. Therefore, in Göztepe Süleyman Yalçın City Hospital, with which we have signed a collaboration protocol, our staff members are provided with primary **healthcare services** as well as free **sexual and reproductive healthcare services**.

“ **147** PEOPLE benefited from free psychotherapy services in 2022 ”

All of us may sometimes find ourselves facing problems that are difficult to cope with. Some problems relating to school achievement, emotional relations, family, and work may undermine our cognitive, emotional, and physical resilience. And at this point, one may need psychological support. For stress-coping methods and resilience levels are different for all of us. Thus, as Istanbul Medeniyet University, we offer **free psychotherapy and counseling services** to our students, staff, and staff relatives via our **Psychotherapy and Counseling Center** in the South Campus.

IMU Psychotherapy and Counseling Center aims to:

- assist our students, staff, and staff relatives in their emotional, mental, and social development and academic problems, and
- support their ongoing psychological treatment particularly through cognitive behavioral psychotherapy with the approval and collaboration of the patient's doctor.

No health insurance is required for counseling visits and all our students, staff members, and staff relatives can use our counseling services by making an appointment through the system. No appointment is needed for emergency visits.

“ **3,975 M²** OPEN SPACE was designated as non-smoking area in 2022 ”

Smoke-free Policy

In accordance with the **Law no 4207 on the Prevention and Controlling of the Harmful Effects of Tobacco Products** the consumption of tobacco products is prohibited by law in all of our campus buildings. In addition, within the scope of **"IMU Smoke-Free Campus Practices"**, the use of tobacco products in the open areas of our campuses is limited, and smoke-free areas with a distance of at least 15 meters have been designated around the buildings' entrances.

Sport Support and Shared Sports Facilities

In four campuses, Istanbul Medeniyet University has a total of 19 different sports facilities/fields along with their equipment: 2 artificial turf football fields, 2 tennis courts, 5 basketball/volleyball fields (1 indoors), 7 ping pong tables and equipment, 1 billiards table and equipment, 1 walking / running track and cycling track.



Sport Facilities in Göztepe Campus

Our students and staff members can use all our sports facilities free of charge after making a reservation with the Department of Health, Culture and Sports. **Local community can also use the sports facilities** in our Göztepe South Campus after 17:00 by making a reservation. Moreover, as Istanbul Medeniyet University, we share our campus areas and the sports fields/facilities inside them with **students from many local schools**. Through the collaboration agreements we made, the students of five high schools were allowed to use our campus areas and sports facilities in 2022.

“ **6000+** STUDENTS from local schools were allowed to use our sport facilities ”

IMU faculty members lead many institutions with their professional knowledge and serve as consultants and scientific board members in order to ensure a healthy and quality life at all ages.

For example, Prof.Dr. Erkan CEYLAN, who works in the Department of Chest Diseases at our University serves as a **Scientific Board Member at Green Crescent**, Turkey's leading institution in the fight against addiction.

As Istanbul Medeniyet University, we not only lead the society by carrying out activities to achieve Sustainable Development Goals (SDGs) at the institutional level and but also guide how the SDGs are applied at local, national, and international levels as a community through our collaboration efforts and support solving of problems through our research projects.

IMU, with its academic knowledge and high education standards, led the organization of the **Trauma and Codependency Therapy Training Certificate Program** together with World ÇAKOP. As a result of the cooperation, the training was audited and documented by İMÜSEM.

Within the scope of its cooperation protocol with the Turkish Red Crescent, IMU led the training of healthcare workers in the field of humanitarian aid and medico-social work at the Russian Red Cross within the scope of the **internship program**. Thanks to the cooperation, the intern group, consisting of medical experts, doctors or academicians who are employees or volunteers of the Russian Red Cross and working in the field of healthcare, gained experience and contributed to the creation of a personnel pool capable of implementing humanitarian aid and medico-social programs at the regional level.



01 December 2022

Internship Program for the Russian Red Cross

Istanbul Medeniyet University, collaborating with the Turkish Family Physicians Foundation, led a symposium where important issues in the field of Endocrinology were discussed. At the **"IMU Endocrinology Days"** event, which was held for the first time under the leadership of our university on December 2-3, 2022 and was attended by 292 participants, important issues concerning public health in the fields of endocrinology and metabolism were discussed with 26 Scientific Sessions, 9 panels, 5 conferences, 2 courses, 2 oral presentation sessions and 71 sessions.

İSTANBUL MEDENİYET
ÜNİVERSİTESİ

TAHEV

İSTANBUL MEDENİYET ÜNİVERSİTESİ
ENDOKRİNOLOJİ
SİMPOZYUMU
02-03 ARKAZAN 2022
RIOTT HOTEL

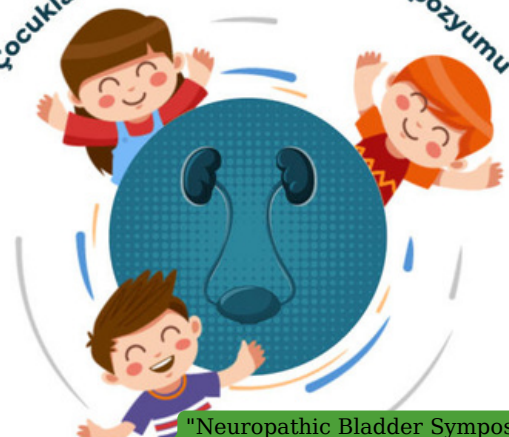


02-03 December 2022

"IMU Endocrinology Days"

IMU led the **"Neuropathic Bladder Symposium in Children with Spina Bifida from Basic to Clinic"** with the contributions of the Pediatric Urology Association. Pediatric urologists, pediatric nephrologists, nurses and physiotherapists working in different regions of Turkey attended the event held at the Ziraat Bank Library Conference Hall of our University on 23-24 September 2022. During the event, many important issues regarding public health and child health were discussed.

Çocuklarda Nöropatik Mesane Sempozyumu



23-24 September 2022

"Neuropathic Bladder Symposium in Children with Spina Bifida from Basic to Clinic"

Istanbul Medeniyet University led the **"4th Family Medicine Dermatology School"** in cooperation with the Turkish Family Medicine Foundation. With the cooperation of our Department of Family Medicine and Department of Dermatology, the event was held on March 19, 2022. Organized primarily for family physicians to provide quality education and to raise healthy individuals, the event covered 15 main topics discussed in six sessions. About 300 family physicians, specialists, assistants, and faculty members from different higher education institutions or in private practice in Istanbul and other provinces came together and shared their expertise for the purpose of partnerships for goals.



IMU led the **5th Obstetrics and Gynecology Days Symposium** in partnership with the Turkish Gynecology and Obstetrics Association. The symposium was held on October 8-9, 2022, under the theme "Ovulation Induction-IUI and Endoscopic Surgery in Infertility". In the oral presentation sessions, various topics related to women and maternal health such as pregnancy in Covid-19, ovarian tumors, cervical cancers, ectopic pregnancy, infertility, cancers, cesarean delivery, osteoporosis in menopause, postpartum mental health, gestational diabetes, and vaccines in pregnancy were discussed.



Within the scope of Sustainability Week activities, IMU Sustainability Office led the provision of a **desk yoga training** that can help our staff and students relieve pain that may occur especially in the neck and back areas while working at a desk and contribute to a healthier life. The training was delivered by Asst.Prof.Dr. Gökçe LEBLEBİCİ from IMU Department of Physiotherapy and Rehabilitation on 23 December 2022. She stated that global healthcare services are the world's fifth largest emitter of greenhouse gas emissions and these emissions include the energy spent in transportation operations, energy consumption of hospitals, hospital waste etc. In this context, it was emphasized that we can contribute to the health and well-being dimension of sustainable development by always benefiting from physiotherapy to stay healthy, not only when we are sick.

In addition to our institution leadership efforts, we, as a university, also see our students as leaders of the future. Therefore, we aim for each and every one of our students to become leaders in the society in implementing sustainable development goals through their research and social responsibility projects and thus, support them in their sustainability efforts.

Young Red Crescent Club and White Coat Club, two of the IMU student clubs, cooperated with Kızılay and organized a blood and stem cell donation event called **"Without You, We Are One Person Less"** in our North Campus on November 22-23, 2022. Our students from different faculties and staff voluntarily donated blood and stem cell at the event held in front of Istanbul Medeniyet University Ziraat Bank Library in the North Campus. Via the two-day event, 121 people donated blood; 93 people donated stem cells.



The Human Rights and Freedoms Club of our university organized an **awareness campaign regarding cataract disease** at our University campuses from December 5th to 9th, 2022. Under the slogan "If you see, they will see too," the event began with providing participants with information about cataract disease, with particular emphasis on its negative effects on both human health and daily life. Subsequently, participants were asked to wear glasses that simulate the vision of cataract patients and complete various courses. The courses used in the event aimed to allow healthy individuals to experience the challenges faced by 94 million cataract patients in their daily lives, thereby fostering health consciousness.



Awareness Campaign Regarding Cataract Disease



Diabetes Week Awareness Stand

TechnoHealth Student Club of our University set up a **"Diabetes Week Awareness Stand"** on November 14, 2022 in Cevizli Campus to raise awareness about diabetes. Carried out in line with the sustainable development goal of ensuring healthy lives for all at all ages, the activities aimed to contribute to the sub-goal of reducing by one third premature mortality from non-communicable diseases through prevention and treatment by 2030. Through the stand, our students and academic and administrative staff were provided with information to raise awareness about diabetes and to reduce diabetes-related mortality rates. **Brochures** were also distributed including information about the disease to achieve a healthy lifestyle.

Young Green Crescent Community, one of the student clubs of our university, organized an event called **"Let's Have a Planted Tree"** on March 22, 2022 and led the planting of saplings within the IMU campus areas. Within the scope of the event, an information meeting was held to discuss the contribution of active and passive green areas in the city to social life and their effects on people and health. In the briefing, the impact of the decrease in green areas as a result of the rapid and unplanned urbanization process on public health was discussed. After the meeting, participants including our students, administrative and academic staff and the public planted 102 fruit saplings in the North Campus area.



"Let's Have a Planted Tree" Event



"Crime Scene" Exhibition

Young Green Crescent Society, one of the student groups of our university, led the organization of a **crime scene exhibition** to raise awareness about addiction. Many visitors attended the exhibition, which was free and open to general public participation, held at the entrance of the Ziraat Bank Library Building between 24-26 May 2022. In the exhibition, a human silhouette was drawn at the entrance of the building and 5 materials representing basic types of addiction were placed around it. Then, a note was written at the scene saying "why did he die?" In this way, the participants who saw the scene discussed why this person died and the types of addiction. Visitors were also informed about addictions through a stand set up at the exhibition.

Current Collaborations with Health Institutions

A collaboration protocol was signed between our university and the T.R. Ministry of Health concerning the assignment of the staff working in Ministry of Health Istanbul Prof.Dr. Süleyman Yalçın City Hospital and its related units for conducting theoretical and practical training for the students of IMU Faculty of Medicine and the students in the other health-related departments of the university and the theoretical and practical training activities for the instructors, lecturers, chief assistants, and specialists as well as the shared use of related facilities.



Prof. Dr. Süleyman Yalçın City Hospital



IMU Dentistry Practice and Research Hospital

IMU cooperated with the **Social Security Institution** in 2022 to expand the scope of basic health services and contribute to the goal of establishing a universal health insurance system that includes everyone's access to safe, effective, high-quality and affordable basic treatment and medicines. Thanks to this cooperation, people with any health insurance provided by the state began to receive free examination and treatment at Istanbul Medeniyet University Dentistry Practice and Research Hospital.

A collaboration protocol was signed between our University and the Governorship of Istanbul to create a **Healthcare, Training and Research Region**. As per the protocol, our pre and post-graduate medical students and specialty students are sent to serve in the Training Research Community Health Centers (EATSAMs) and the Training Research Family Health Centers (EAASMs); training programs are designed for the healthcare institutions in the region; and training is provided for the healthcare staff working in the EATSAMs and EAASMs.

Istanbul Medeniyet University signed a protocol with **MSD (Merck Sharp Dohme)**, a health company that has been developing medicines and vaccines against the deadliest diseases of the world for over 130 years, for scientific collaboration in clinical research with particular emphasis on oncology, diabetes, cardiology, and vaccines.

Istanbul Medeniyet University signed a collaboration protocol with the **Turkish Red Crescent Society** to conduct public health research and practices.

As Istanbul Medeniyet University, we collaborate with health institutions not only for the delivery of healthcare services and health research but also to raise awareness. For instance, in 2022, our university and the Turkish Transplant Foundation organized an **international cartoon contest on organ donation** to raise social awareness about organ donation in the national and international arena.



International Cartoon Contest on Organ Donation



Current Collaborations on Sports and Well-being

The **Youth and Volunteering Cooperation Protocol** was signed between Istanbul Medeniyet University and the **Ministry of Youth and Sports of Turkey** and as part of the protocol, a **Youth Office** was created to carry out sports, educational, social, cultural, and artistic activities in our university campuses. Located in our Göztepe North Campus, the Youth Office aims to contribute to our students' scientific, professional, personal, social, and physical advancement, strengthen their volunteering spirit, and support them in becoming individuals who are well aware of their social responsibilities.



A collaboration protocol was concluded between our University and **Istanbul Directorate** of National Education allowing our academic staff members to teach sports and cultural subjects in project schools.

Our University signed **collaboration protocols concerning sports** and cultural areas with Kadıköy Girls' İmam Hatip High School and Kandilli Girls' High School. Furthermore, it has signed **collaboration protocols on the shared use of campus facilities including sports fields** with the students of local schools including Haydarpaşa Vocational and Technical Anatolian High School, İTO Şehit Ragıp Ali Bilgen Anatolian İmam Hatip High School and Ümraniye Nevzat Ayaz Anatolian High School.

Sexual and Reproductive Health Care Services for Students

In addition to the health services it provides in the training hospital in the fields of sexual and reproductive health, IMU provides many information and education services. These services are open to our entire campus community, especially our students, healthcare professionals and the general public.

Istanbul Medeniyet University hosted the **"Cervical Pathologies"** meeting. The event, which was held in cooperation with the Turkish Gynecology and Obstetrics Association, on May 15, 2022 was open to all our students, staff, healthcare professionals and the general public.

One of the prominent topics of the meeting was Human Papilloma Virus (HPV). At the event, basic information about HPV, a sexually transmitted disease, was given. The discussions underlined that high-risk HPV can cause numerous problems for human health and different diseases including cancer.

Information on the National Cervical Cancer Screening Program in Turkey was presented and it was stated that cervical cancer is an important health problem in women, that 99.9% of patients with cervical cancer are found to have HPV DNA, and emphasized the importance of regular screening for public health. It was emphasized that access to these screenings for all women in the health system is of great importance for the treatment of cervical cancer. In this context, it was stated that under the conditions of our country, community-based screening studies are carried out in women aged 30-65 and are repeated every five years. Following the related discussions, the latest situation in HPV vaccines and the evaluations of the WHO on the benefit-harm ratio of HPV vaccines was presented.



Health Outreach Programmes

IMU Department of Parasitology faculty member Assist.Prof. Dr. Mesut AKIL led one of the TÜBİTAK Science Talks events. At the event, he gave training on the infectious disease hydatid disease to a total of 170 students from Fındıklı Vocational and Technical Anatolian High School's Nurse Assistant, Midwife Assistant and Health Care Technician departments. He talked about the health risks and mortality rate of this contagious disease, which is transmitted from dogs to humans, especially in terms of public health, underlining the importance of having a healthy lifestyle.



18 April 2022

"Contagious Disease Cyst Hydatid" Training

IMU led the social responsibility project called "Age Healthy with Green Exercise", which was developed to contribute to the well-being of the elderly. Within the scope of the project carried out in partnership with Üsküdar Municipality, 20 people over the age of 65 living under state protection in the "Istanbul Maltepe Nursing Home" and "Istanbul Prof.Dr.Fahrettin Kerim-Nilüfer Gökay Nursing Home" affiliated with the Ministry of Family and Social Services were given free physical activity training and outdoor exercise for 12 weeks. Within the scope of the project, free hypertension and abdominal obesity screenings were also carried out to improve basic health access for individuals aged 65 and over.

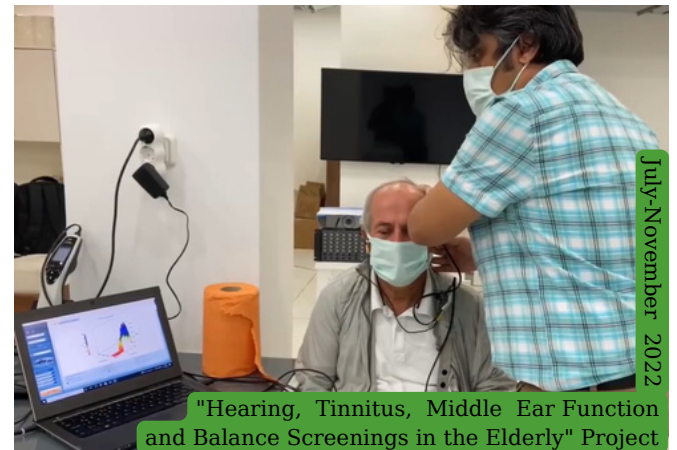


September-December 2022

"Age Healthy with Green Exercises"

IMU Audiology Department led the "Hearing, Tinnitus, Middle Ear Function and Balance Screenings in the Elderly" project to improve access to basic health services for the elderly over the age of 60. In the project carried out in cooperation with Üsküdar Municipality, free on-site hearing, tinnitus, middle ear function and balance screenings were carried out for elderly people over the age of 60 at the municipality's social facility "İkinci Bahar Cafe". As part of the project, participants underwent an Ear, Nose, and Throat (ENT) examination initially to assess their hearing and balance health. Following the examination, participants filled out an assessment form regarding their age, gender, chronic illnesses, the presence and nature of vestibular complaints. Additionally, the video head impulse test was administered to evaluate balance issues. Throughout the screening process, detailed information on balance disorders, fall risks, and preventive measures were provided to the elderly participants.

As a result of the project, participants identified with hearing loss, balance disorders, or middle ear pathologies were referred to the Ear, Nose, and Throat department of Istanbul Göztepe Prof.Dr. Süleyman Yalçın Şehir Hospital. This collaboration project represents a significant contribution to the early detection of hearing and balance issues in the elderly population, directing them towards appropriate treatment, and improving public health. It is believed that screenings for hearing and balance health will help enhance the quality of life and healthy lifestyle for elderly individuals, prevent social isolation, facilitate the early diagnosis of health problems, and prevent various health risks.



July-November 2022

"Hearing, Tinnitus, Middle Ear Function and Balance Screenings in the Elderly" Project

Within the scope of the health support program organized by the Human Rights and Freedoms Student Club of our university, the Association of Widespread Education and Culture (YEKDER) and our nursing department students provided **first aid training for secondary school students** in cooperation with our students. On December 10, 2022, 50 secondary school students attended the "First Aid Training" given by our 4th year nursing students at Üsküdar YEKDER Center. At the beginning of the event, general topics were addressed, including why first aid is so crucial, its significant role in our daily lives, and why every individual should learn first aid to safeguard public health. These fundamental pieces of information helped participants understand how vital first aid is not only in emergencies but also in our day-to-day activities. Continuing with the training, a detailed presentation highlighted how proper application of first aid can save a person's life. Additionally, the risks associated with incorrect first aid practices were emphasized. This section aimed to raise awareness among participants about the critical importance of knowing the correct first aid techniques. The event further progressed with the active participation of students in enacting emergency scenarios. Students learned by practicing how to respond to various emergency situations and react appropriately. This interactive approach aimed to demonstrate the significance of acting correctly in emergency situations.



IMU PDR Student Club organized a series of public awareness raising events on mental health and psychological well-being called **"Psychological Counselors are Everywhere"** from September 30 to October 18, 2022. The first part of the events was held by conducting street interviews and distributing brochures in various districts of Istanbul, while the second part consisted of kindergarten awareness activities carried out at Medeniyet Kindergarten run by our university. The first part of the events aimed to provide an activity about psychological counselors and the field of psychological counseling as an activity to raise public health awareness. Two brochures on psychological counseling were prepared for the activity. At this stage of the event, adults were interviewed and then brochures specially designed for adults were distributed. Within the scope of the activity for adults, IMU PDR Student Club students in groups of two interviewed people in crowded common areas such as Istanbul Medeniyet University, Üsküdar Square, Sultanahmet and Kadıköy. Through the event, information was obtained about what people generally know about psychological counseling, what kind of perspective they have towards psychological counselors, and what metaphors can be formed about psychological counselors. The second stage of the event aimed to raise awareness among children on psychological well-being and mental health. In this context, pre-school students in Medeniyet Kindergarten were informed about in which situations they can get help from psychological counselors in their schools. A presentation for children was prepared by the students of IMU PDR Students Club. In the presentation, a story was recited from the story cards related to the subject, and the children were conversed about the subject of the story.



10 December 2022

First Aid Training for Secondary School Students



PSİKOLOJİK DANIŞMANLAR "HER YERDE"

September-October 2022

"Psychological Counselors are Everywhere" Project



Our leadership activities are not limited to Turkey but also reach overseas. Launched in 2018, [Istanbul Medeniyet University Africa Health Training and Research Center](#) (IMU MASAM) carries out training, application, and research in health in the African continent and in this context contributes to training specialists and researchers of medicine, surgery and other health areas and collaborates with healthcare institutions.

MASAM | AFRICA HEALTH TRAINING AND RESEARCH CENTER

IMU MASAM continues its ongoing training and application programs in surgery and medical sciences in Uganda, Sudan, Somalia, and Somaliland and carries out activities to initiate new training programs in the African continent. MASAM carries out activities in the African continent concerning undergraduate, graduate, and postgraduate medical training programs; national and international meetings on health-related subjects such as panels, symposia, seminars, conferences, workshops, etc.; research projects on medicine and surgery; medical patient treatment and care; health education and preventive healthcare.

MASAM has been organizing an international medical seminar series called "[Istanbul/Africa Health Meetings](#)" and the fourth one of the seminar series was held online on 25 May 2022 under the themes "Africa's Silent Epidemic, Maternal, Newborn and Child Health" and "Diabetes Care in Africa".

ISTANBUL-AFRICA HEALTH MEETINGS-4

AFRICA DAY



25 MAY WEDNESDAY 18.00

gene MASAM MASAM AFRICA HEALTH TRAINING AND RESEARCH CENTER

25 May 2022

Istanbul- Africa Health Meetings - 4

Our faculty members working for MASAM have medically examined and performed free surgeries for numerous patients in need during their visits where they teach the medical students of the African Universities we have been collaborating. Within the scope of the International Education Programs conducted by Istanbul Medeniyet University Africa Health Training and Research Center (IMU MASAM) in 2022, 47 students from 11 different universities in 6 different countries (Azerbaijan, Palestine, Jordan, Somali, Somaliland, United Arab Emirates and UK) received medical training in 12 different departments at Istanbul Medeniyet University's training hospital, Göztepe Prof. Dr. Süleyman Yalçın City Hospital.

As part of the collaboration protocols concluded between our University and numerous African universities, physician associates can visit our hospital and our Faculty of Medicine for training and observation purposes. Within the scope of MASAM's Resident Training Programs, [5 general surgery residents](#) from Somali Banadir University, [2 cardiology residents](#) from Somaliland Hargeisa University and [one pediatric resident](#) from Frantz Fanon University visited our training and research hospital as observers in 2022.



General Surgery Resident Training Program Residents

Young MASAM community, one of the student groups of our university, organized many workshops to contribute to the professional education of medical school students at our training hospital. On December 3, 2022, the application workshop called "[Basic Principles of Ultrasonography](#)" was held with the participation of 15 medical students and the participants were taught basic ultrasonography skills. On December 24, 2022; "[Surgical Suture](#)" workshop was held and the materials used for surgical suturing were introduced to the students and the suturing techniques were demonstrated in practice.

LEARNING

Learning processes are key in achieving SDGs. Thus, universities play a critical role both by training professionals who will prioritize SDGs in their future practices and by increasing local, national, and global capacity to successfully achieve SDGs. As Istanbul Medeniyet University, we are aware of our critical role and therefore, we primarily inform our students, the leaders and decision-makers of the future, about the Sustainable Development Goals through course contents, co-curricular activities and student club activities and strengthen their awareness. For this purpose, each of our faculties and departments prepares SDG-related course contents, including courses that address the Sustainable Development Goals holistically, as well as specific contributions that can be made by the expertise of the relevant professional field in which they provide training. In 2022, 245 bachelor degree courses related to SDG-3 were given at IMU. Some of these are listed below.



To address Covid-19 research, IMU Faculty of Medicine organized the "[Cross-Border COVID Research Workshop](#)" in partnership with the University of Exeter in the UK. In the workshop held online on 30 March 2022, Prof.Dr. Işıl MARAL, from IMU Faculty of Medicine, explained the filiation practice in COVID-19 to the audience by using the measles outbreak in 2012-2013 as an example. Then, Dr. Geoffrey HUGHES from the Department of Anthropology at the University of Exeter shared information about the management of developing countries under pandemic conditions, human relations and sociological dimension with the example of Jordan. In the next session, Assoc.Prof.Dr. Müstakim ARICI from the Department of Philosophy of IMU talked about the past epidemics in the Islamic world. Prof.Dr. David TOLLERTON from the Department of Theology and Religion at the University of Exeter gave information about the sociological impact of COVID-19 in Britain. In the last session of the workshop, Asst.Prof.Dr. Hatice İKİ-İŞİK from the Department of Public Health of IMU talked about vaccine hesitations in Turkey. The other speaker Prof.Dr. Susan BANDUCCI evaluated the COVID-19 cases in Britain in terms of race and ethnicity. She discussed the disease and the pandemic in the context of socio-economic inequalities experienced by immigrants and minorities.

Faculty	Course
Arts and Humanities	PSİ 414 - Selected Topics in Clinical Health Psychology
Dentistry	TEB106 - Medical Genetics
Education Sciences	ECE018 - Pediatric Health and First Aid
Engineering and Natural Sciences	BYM416 - Micropollutants, Treatment and Effects on Human Health
Medicine	TFS104 - Cancer Biology
Political Sciences	MLY316 - Education and Health Policies in Turkey
Tourism	TİŞ105 - Principles of Nutrition
Law	HUK323 - Medical Law



IMU Biotechnology Student Club organized "[Tissue and Organ Production with Three-Dimensional Bioprinting](#)" event in order to provide our students with information about product innovation and bioproduction processes in the field of biotechnology. The event was held online on January 26, 2022 and the speaker was Dr. Buğra AYAN from Stanford University Department of Cardiothoracic Surgery, who emphasized how 3D printers have responded to the increasing need for tissue and organs in recent years and the success of the resulting products.

Organized by Istanbul Medeniyet University Faculty of Health Sciences Department of Nursing, the **Nursing Week Event** was held in our university on May 12, 2022. In the event, Head of the Department Prof.Dr. Ayşe OKANLI noted that International Council of Nurses (ICN) leads the World Nurses Day celebrations and the theme of Nurses Day, as determined by the Council for 2022, is nursing to strengthen the health system worldwide and the need to support and invest in the profession. She reminded that nurses provide individual-centered holistic care from birth to death, from non-communicable diseases to communicable diseases, from mental health to chronic diseases, in hospitals, in the community and at home; and that one of the most essential components for an effective and efficient delivery of health services is healthy manpower planning and safe working conditions. She celebrated Nurses Day by emphasizing that the quality of service cannot be separated from the quality of education and that well-educated nurses will provide qualified care to individuals and their families, and thus the entire health system and public health will be positively affected. Member of the Presidency of Turkish Health Institutes, Asst.Prof.Dr. Yeliz DOĞAN MERİH participated in the event with her speech on "Innovation in Nursing". The event, in which our students from the Nursing Department enriched with their performances including a drama show and a music concert, was celebrated with enthusiasm with the participation of our faculty members and students.



Drama Show from the Nursing Week Event

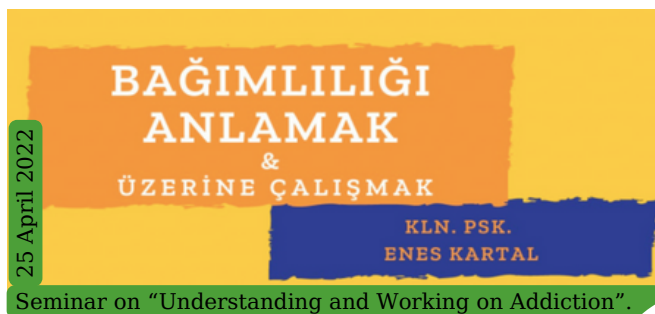
The **pilot assessment of the TEAMS 3 project** (Training for Emergency Medical Teams and European Medical Corps), a two-year project that was supported by the European Commission's ECHO Program and carried out with the cooperation of Emergency and Disaster Medicine Research Center (CRIMEDIM) and World Health Organization (WHO) was held in Istanbul, hosted by Istanbul Medeniyet University and the Turkish Red Crescent on 02-06 September 2022 in MAFOM facility of Turkish Red Crescent. The project, of which our University among the partners, was conducted to develop, implement and evaluate a feasible, standardized, validated and cost-effective education package for low-income countries which can be active in different EMT (Emergency Medical Teams) groups by creating EMTs from available teams. A simulated environment similar to a real disaster experience was created for the participants and observers at the MAFOM facility of the Turkish Red Crescent

for 4 days, and performances of the team members who has not worked with each other before were evaluated. Among the 51 participants were paramedics, nurses, doctors, health technicians, health officers, disaster specialists, logistics specialists and Russian Red Cross disaster specialists.



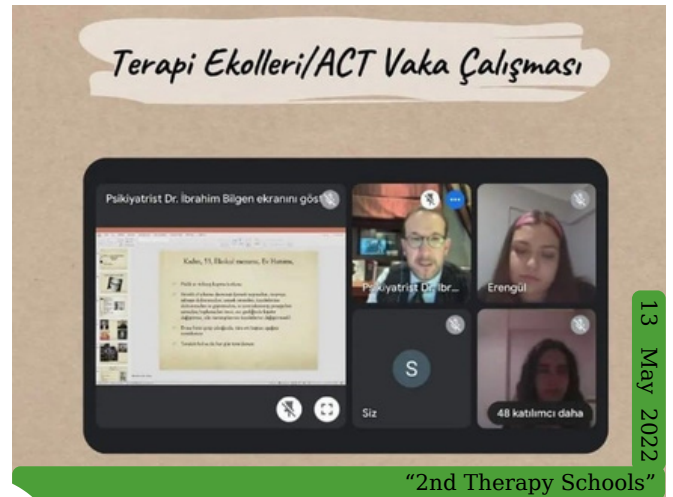
Techno Health Club, one of the student clubs of our university, organized an **“ECG Course”** on 25 May 2022 to contribute to the vocational training of students and professionals in the fields of health sciences. A total of 34 people attended the course, which was open to external participation, aiming to provide participants with basic ECG information. The course content aimed to teach the participants ECG recording and reading skills. In the training, theoretical information about the anatomy and physiology of the heart, cardiac arrhythmias and pathological arrhythmias in ECG was first presented. Following the theoretical training, the practical training session of the course was held, in which, under the guidance of the course instructor, the participants had the opportunity to practice ECG recording through simulation models and real recordings and then interpreted the recording results in terms of nursing care.

IMU Psychology Department and IMU Psychology Application and Research Center organized a seminar on **“Understanding and Working on Addiction”** as part of the “2nd Career Days in IMU Psychology” on April 25, 2022. In the seminar, Clinical Psychologist Enes KARTAL addressed the basic concepts of addiction and DSM-5 criteria for addiction. He mentioned that addiction is a biopsychosocial disorder rather than a matter of willpower and thus genetic, psychological and sociological factors apply for both the causes and treatment of addiction. He explained which parts of the brain are affected by various substances with different depressant, stimulant and hallucinogenic properties and emphasized that substance use damages the prefrontal cortex and stimulates the pleasure regions. He stated that one of the most important purposes for fighting against addiction is to support the client to discover natural sources of pleasure such as doing sports instead of the pleasure provided by the substance.



IMU Psychology Club organized the **3rd Psychology Days** with the theme of “REFLECTION”. The event was held on 28-29 May 2022 at Ziraat Bank Library. Academicians from various universities and professional psychologists participated in the Psychology Days on both days. The sessions of the two-day event on psychological well-being were presented by psychologists about the reflection of social taboos on sexual life, reflection of parent relationships on the child, reflection of attachment types on romantic relationships, reflection of psychology on the audience, psychopathology of crime and its reflection on violent behavior, reflection of self-perception in art, reflection of art psychotherapy in neuroscience, and drama.

IMU PDR Student Club organized an event series called **“Therapy Schools”**, which was organized as a vocational training for our Counseling and Guidance Students and to support the participants’ mental health and psychological well-being. The second part of the “Therapy Schools” series was held on May 13, 2022 as an online event open to public participation with over 50 participants. In the event, psychiatrist Dr. İbrahim BİLGİN first explained the theoretical framework for Acceptance and Commitment Therapy and gave basic informations about the method. After the theoretical part, BİLGİN had a workshop which the participants could discuss the formulation process and put theoretical knowledge into practice. In the application section, the participants worked on a case study of a 53-year-old housewife who has a fear of dirt and germs and shows continuous hand washing behavior, cleans the whole house again when someone enters and leaves the house.



IMU Psychology Club organized an online [event on eating disorders](#) on April 26, 2022 with Specialist Psychologist Ezgi DEVECİ. DEVECİ began her speech by explaining the symptoms, causes, and effects of eating disorders such as anorexia nervosa, bulimia nervosa, and binge eating disorder. She emphasized that these disorders are often associated with psychological, social, and biological factors that need to be considered in the treatment process. Furthermore, she provided information on the use of cognitive-behavioral therapy, family therapy, and support groups in the treatment of eating disorders. In conclusion,

The first event of the [“Biotech Talks”](#) series organized by Istanbul Medeniyet University Biotechnology Student Club was held online on 17-18 June 2022. On 17 June 2022, the first session of the event hosted Prof.Dr. Tuba GÜNEL, who talked about “Life According to Genetic Structure”. In the speech, Dr. GÜNEL discussed the human genome project, which aims to map human genes and decipher genetic codes, diagnosis and treatment with genes to lead a healthy life, and genetic profiling. In the second session that took place the next day, Dr. Tolga AKKOÇ from TÜBİTAK Marmara Research Center gave his speech on “Bioethics”. In the speech, he discussed the differences between the concepts of ethics and morality, academic ethics, ethics in animal experiments, standards in animal experiments, animal species used in animal experiments and laboratory safety. In the last session of the event, Sabancı University Faculty of Engineering and Natural Sciences faculty member Asst.Prof.Dr. Emrah EROĞLU gave his speech on “Biosensor Technologies”. In his speech, he gave information about the development and operation of genetically encoded biosensor technologies, especially the Nitric Oxide sensor geNOps.

The collaboration between the Medeniyet Health Student Club of our university and Istanbul Medeniyet University Student Commission of the Turkish Nurses Association (THDÖK) has resulted in an event that aims to emphasize the increasing significance of violence in the healthcare sector and to raise awareness among future healthcare professionals. The event on [Violence in Healthcare and its Legal Dimensions](#) was held online on April 6, 2022 and garnered significant interest from students and individuals interested in the healthcare sector. In the first part, Social Worker Zeliha KİLİMCİ extensively discussed the “Safety of Healthcare Workers and White Code” under the topic of white code application. The second guest of the event was Lawyer Emrullah BURKAY. BURKAY, in his presentation titled “The Legal Dimension of Violence Against Healthcare Workers,” explained the legal rights of healthcare workers who experience violence and the complaint processes.

IMU PDR Student Club of our university organized the event called [“Psychological Health in Medeniyet”](#) to raise awareness among the students of IMU Faculty of Educational Sciences. The first part of the two-stage event was held on 28 November-01 December 2022 at Ziraat Bank Library Bankkart Hall as an awareness activity under the title “Psychological Health”. The second part of the event was held online on 16 – 20 March 2023. In both activities, it was aimed to raise awareness of students through presentations about psychological health.

The head of our University’s Department of Psychology, Prof.Dr. Işıl BİLİCAN delivered a seminar titled [“Strategies for Coping with Stress”](#) at Ziraat Bankası Conference Hall on November 1, 2022. In her presentation, Prof.Dr. BİLİCAN discussed the effects of stress and anxiety on individuals and highlighting the importance of coping methods. She drew attention to the negative impacts of stress on physical, mental, and emotional health, emphasizing that it can lead to chronic illnesses in the long term. She focused on various strategies and techniques that can be used to effectively manage stress. She also addressed the challenges encountered in dealing with stress by answering questions from the participants.



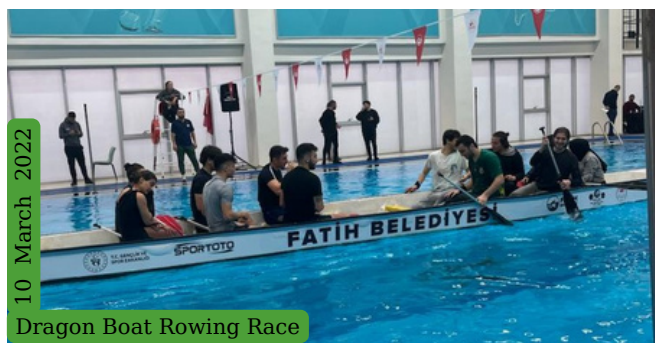
Here are a few among the many activities that our students organized and joined in 2022 to promote health and well-being:

Young Green Crescent student club of our university participated in the **Dragon Boat Rowing Race** held on March 10, 2022; Young Educators Club of our university held **Maltepe Beach Cycling Tour event** on Maltepe Beach on May 17, 2022; our Social Academy Club organized the **"Bicycle Bye School" cycling event** on May 27, 2022 at Maltepe beach area; our University's Art History Club organized a **tug-of-war competition** in the green area of the South Campus on June 2, 2022; the **"Face to Face Chess Tournament"** took place on December 12, 2022 in the mind games section of IMU Ziraat Bank Library; and **Traditional Archery Training** for our students was held on November 28, 2022 by the Traditional Archery Club of our university.



28 November 2022

Traditional Archery Training



10 March 2022

Dragon Boat Rowing Race



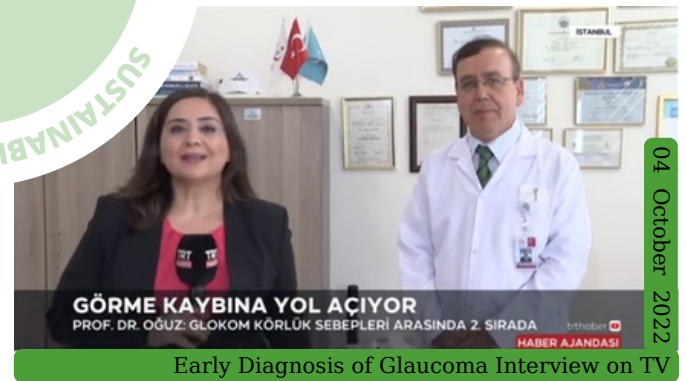
17 May 2022

Maltepe Beach Cycling Tour Event

Throughout the year, our academic staff members from our Faculties of Medicine and Health Sciences inform the public about health and nutrition issues to improve access to basic services for all. For this purpose, they deliver seminars in various public and private institutions and also share their scientific expert opinions and experiences on how to avoid health risks and overcome health challenges by appearing on national media outlets.

To provide a few examples for the year 2022, Prof.Dr. Halit OĞUZ from the Ophthalmology Department of IMU Faculty of Medicine informed the public about the importance of **early diagnosis for glaucoma** on the national TV channel TRT Haber on October 4, 2022. Prof.Dr. OĞUZ informed that unlike other eye diseases, glaucoma gradually damages the optic nerve of the patient without giving any symptoms such as loss of vision or blurred vision at the beginning.

Noting that ophthalmologists can stop the progression of the disease when they can catch it early, OĞUZ emphasized that everyone after the age of 40 should have their eyes examined every year even if they do not have any complaints.



04 October 2022

Early Diagnosis of Glaucoma Interview on TV

Prof.Dr. Mahmut Tayyar KALCIOĞLU, the head of Otorhinolaryngology Department at IMU Faculty of Medicine, interviewed CNN Türk on May 17, 2022 about the **relationship of Covid-19 with hearing health**. He explained that although there is no definite finding yet on the relationship between Covid-19 and hearing loss, we know that as a neurotropic virus, coronavirus can cause dizziness, tinnitus and similar complaints and it has been shown to increase tinnitus. KALCIOĞLU stated that hearing loss can be experienced due to reasons such as city noise, noise from the working environment or advancing age and talked about the preventive measures.

The TÜBİTAK project titled **“Experiences of Filiation Teams in Istanbul during the Covid-19 Pandemic Process: A Multidisciplinary Phenomenological Research”** conducted by Asst.Prof.Dr. Ayşe POLAT, a faculty member of our Sociology Department, has been completed. Res.Asst.PhD Zübeyde DEMIRCIOĞLU from the Department of Sociology and Asst.Prof.Dr. Hüseyin KÜÇÜKALI from Istanbul Medipol University took part in the project as researchers. As part of the project, in-depth interviews were conducted with 21 people who work as doctors, assistant health personnel, coordinators, and drivers in the filiation teams in two districts of Istanbul. Asst.Prof.Dr. Ayşe POLAT and Res.Asst.PhD Zübeyde DEMIRCIOĞLU from the project team shared the project outputs at the “Research Agenda” event held by the Department of Sociology of our University on Tuesday, May 31, 2022. They presented an evaluation of the project methodology and findings and noted that while the teams generally saw filiation as a very effective and meaningful method in the fight against the pandemic, it was also seen that the doctors in particular found the way they were assigned to the teams inefficiently in this process. It was concluded that taking part in the filiation teams affected the individual, physical and mental well-being of health workers. It was determined that intensive working conditions and fear of contagion negatively affected the relationships of the filiation teams with their families. While some of the healthcare professionals saw taking part in the filiation as a significant role in the fight against the COVID-19 epidemic and expressed their pride in this task, some of them stated that they experienced professional burnout and loss of sense, and interpreted this process as incorrect use of resources

The research project titled **‘Development of Painless Injector Needle with Hydrophilic Sol-Gel Ti-Oxide Coating on the Needle Surface,’** led by Assoc.Prof.Dr. Berna DİNCER HEKİM, a faculty member of our University’s Faculty of Health Sciences, has received support from TÜSEB (The Scientific and Technological Research Council of Turkey). The project team includes faculty members from Istanbul Technical University, Health Sciences University, and Bahçe-

şehir University. The aim of the project is to create nano-roughness and nano-spaces by coating the surface of the injector needle with a TiO2 thin film through the sol-gel immersion-coating method. These nano-spaces are intended to facilitate painless injections during application by using lidocaine solution prior to usage. Hydrophilic properties, by facilitating better contact between the needle and the skin and allowing for easier drug injection, have the potential to make the injection process more comfortable. This study represents an important step towards both improving the treatment process for patients through product innovation in health sector and assisting healthcare professionals in administering injections more effectively.

The project titled **“The Effect of Nutritional Knowledge Levels of Pregnant and Lactating Women on Body Image and Emotional Eating”** to be carried out by Asst.Prof.Dr.

Hatice Kübra BARCIN GÜZELDERE from IMU Nutrition and Dietetics Department and our students of the department, Şevval GENÇTÜRK and Zeynep TÜRKER, will be supported within the scope of Tübitak 2209-A University Students Research Projects Support Program. The aim of the study to be carried out starting from September 2022 until September 2023 is to investigate the nutritional knowledge level, emotional eating behavior and body image during pregnancy and lactation. Especially during pregnancy and lactation period, it is of great importance for the mother to have a healthy and adequate nutrition and to create a healthy lifestyle in terms of the growth and development of the baby. In addition, emotional eating may be triggered in the individual due to hormonal changes during pregnancy and lactation. The researchers planned to include 100 pregnant women who applied to the Prof.Dr. Süleyman Yalçın Hospital Gynecology and Obstetrics Polyclinic and 100 women who were in the lactation period. The study aims to draw attention to the importance of nutrition information during pregnancy and lactation, which are the beginning of life for people and the most important periods in women’s lives, and to guide the participants in the light of correct information.



Our University became the Turkish partner of the [ERASMUS+ KA220 ETDTFA \(Education and Training Development for the Treatment of Food Allergies\) Project](#), which addresses the issue of food allergies in the HoReCa sector, through Assoc.Prof.Dr. Mustafa YAVUZ, faculty member of IMU Department of History of Science, and Asst.Prof.Dr. Havvanur YOLDAŞ İLKTAÇ and Asst.Prof.Dr. Burcu AKSOY CANYOLU, faculty members of IMU Department of Nutrition and Dietetics. Our university shared the partnership of the project coordinated by Budapest Business School (BBS) from Hungary with Portucalense University (UPT) from Portugal and János Selye University (JSU) from Slovakia. In the project, firstly, national and international legal regulations on food allergies were examined, the effectiveness of the current legal system was evaluated and good examples in practice were examined. The researchers then interviewed representatives of the HoReCa sector, relevant non-governmental organizations and legal authorities to assess the current conditions on food allergies, existing problems and expected demands for their solutions. As a result of these efforts, suggestions and content for training programs were created to improve the quality of education provided to students of sector-related university departments. The research results were also used to create trainings for sector managers and employees to improve service quality in the sector. With these trainings, it was aimed to control access to foods that pose allergy risks through information and regulations in the food market and food supply chains, and to eliminate health risks that customers may experience due to food allergies by providing safe food service to customers.

Res.Asst.Dr. Aslı DEVRİM LANPIR from our Nutrition and Dietetics Department and our student Behiye Gül PAKDEMİR's project titled ["Determination of Daily Choline Intake in Vegetarian and Vegan Adults and Comparison of Food Neophobia and Healthy Eating Obsession with Dietary Pattern and Dietary Choline Intake"](#) has received support from Tübitak 2209-A University Students Research Projects Support Program. Within the scope of this project, the daily intake of choline in vegans and vegetarians was determined, and it was shown that how much of the daily recommended

amount of choline can be taken with plant based diet. As a result of this study, it was concluded that plasma choline levels should be checked at regular intervals in vegan and vegetarian individuals who were found to be deficient in choline and should be supplemented when necessary.

The article titled ["A Pilot Study of Dialectical Behavioral Therapy Group Skills Training in Patients with Substance Use Disorder: Changes in Substance Use Severity, Mood and Relationship Skills,"](#) co-authored by our Psychology Department head Prof. Dr. Işıl BİLİCAN, was published in Bağımlılık Journal. The study aimed to investigate the effects of Dialectical Behavioral Therapy Group Skills Training (DBT-ST) on patients' substance use severity, mood, psychological well-being and other psychological symptoms, emotion regulation difficulties, interpersonal problem solving skills and social competence. During the study, DBT-ST was administered to 9 outpatients with substance use disorder for 20 weeks. The results of the study showed that 20 weeks of DBT-ST helped participants increase withdrawal days, improve emotional regulation skills, reduce symptoms of depression and anxiety, and substance-related difficulties.

The project titled ['The Discursive Construction of Coronaphobia in the Turkish Media,'](#) supported within the scope of TÜBİTAK 1002 Rapid Support Program (220K278), in which our Linguistics Department faculty member Dr. Oktay ÇINAR participated as a researcher, has been completed. the project focused on the discursive construction of coronaphobia, investigating how the coronavirus disease is labeled, characterized, contested, evaluated from different perspectives, positioned, and how these evaluations are intensified. Traditional media sources such as newspapers and television, as well as new media platforms like Twitter, were examined to shed light on the discourse surrounding coronavirus. In conclusion, the study observed that the linguistic elements associated with the coronavirus disease often carry negative connotations or enable negative associations. It was also noted that negative characterizations of the disease and its unfavorable attributes trigger coronaphobia.

