IMU SDG PROGRESS REPORT

on SDG-3 GOOD HEALTH AND WELL BEING

2025

3 GOOD HEALTH AND WELL-BEING



1 NO POVERTY

2 ZERO HUNGER

4 QUALITY EDUCATION

5 GENDER EQUALITY

6 CLEAN WATER AND SANITATION

7 AFFORDABLE AND CLEAN ENERGY

8 DECENT WORK AND ECONOMIC GROWTH

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE

10 REDUCED INEQUALITIES

11 SUSTAINABLE CITIES AND COMMUNITIES

12 RESPONSIBLE CONSUMPTION AND PRODUCTION

13 CLIMATE ACTION

14 LIFE BELOW WATER

15 LIFE ON LAND

16 PEACE, JUSTICE AND STRONG INSTITUTIONS

17 PARTNERSHIPS FOR THE GOALS

SDG PROGRESS REPORT

ISTANBUL MEDENIYET UNIVERSITY

Istanbul Medeniyet University
Sustainability Office

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SDG Icons
https://www.un.org/sustainabledevelopment/news/communications-material/
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SDG Statics
https://unstats.un.org/sdgs/report/2025/
https://sdgs.un.org/goals

FOREWORD

The 17 Sustainable Development Goals adopted by the United Nations in 2015 with the mission statement “a blueprint to achieve a better and more sustainable future for all people and the world by 2030” have become guiding principles for all of us as countries, institutions, and individuals today. In this context, the new vision for universities has now shifted from the older scholastic concept of education solely oriented toward professional training to an understanding that prioritizes human and social responsibility. Therefore, universities are central to the achievement of sustainable development goals. Thus, as İstanbul Medeniyet University,

We always consider sustainable development goals in our university’s high-level strategies, organize our management and implementation processes in line with these principles, and follow up on our activities and process of sustainability through reports for continuous improvement. **(OPERATIONS)**

While we help our students gain professional and personal skills and qualifications, we are raising future leaders, decision-makers, entrepreneurs, teachers, and more importantly, individuals with the awareness of creating a better world through the sustainability trainings we include in our course contents. **(LEARNING)**

We carry out a wide range of activities and events to share our knowledge, experience, and best practices about the implementation of SDGs with our students, staff, and local community with the ultimate aim of building a more conscious society. **(EVENTS)**

In 2022, IMU Sustainability Office was established to assume the role to place “Sustainable Development Goals” in the center of our institutional practices, educational planning, and research activities and to lead toward the realization of these goals. IMU Sustainability Office plays a significant part in developing our institutional strategies for SDGs, planning and carrying out our related activities and reporting on our progress. In addition to its contribution to institutional development, the Office also organizes public training programs and workshops.

Our Sustainability Office has planned to create annual sustainability development goals progress reports that will include all the goals and all areas of activity of our university so that we can see our progress in achieving SDGs to create new and better strategies and the report you are reading has been issued for the year 2025 as a result of these efforts. I thank everyone who have contributed to the creation of the report and especially Res.Asst. Ayça ÇELİKBİLEK, Res.Asst. Furkan ERUÇAR and Lect. Zehra SAVAN who have edited and published all the content for our SDG website and our reports. I hope that our efforts will inspire new ideas, actions, and collaborations to take action for a more sustainable and livable future.

Prof. Dr. Yaşar BÜLBÜL
Vice-Rector and Sustainability Office Coordinator
Istanbul Medeniyet University

The Times Higher Education Impact Rankings, which assesses the contribution of universities around the world to sustainable development goals, has been an important source of motivation for us to see our place in the world and measure our contribution with all the activities we carry out for sustainable development as a higher education institution. As Istanbul Medeniyet University, we were included in THE Impact Ranking for the first time in 2021 by applying with only 4 SDGs, while we applied with 11 SDGs for 2024, being ranked 601-800 in the global ranking. The table below shows IMU's continued rise on this ranking.

Sustainable Development Goals	THE Impact Rankings 2025	THE Impact Rankings 2024	THE Impact Rankings 2023	THE Impact Rankings 2022	THE Impact Ranking 2021
General Ranking	**401-600**	**601-800**	801-1000	1001+	1001+
SDG 1 No Poverty	**801-1000**	**601-800**	601-800	-	-
SDG 2 Zero Hunger	**301-400**	**301-400**	401-600	401+	301-400
SDG 3 Good Health and Well-being	**401-600**	**301-400**	301-400	401-600	401-600
SDG 4 Quality Education	**801-1000**	**1001-1500**	801-1000	801-1000	601-800
SDG 5 Gender Equality	**1001-1500**	**801-1000**	801-1000	-	-
SDG 8 Decent Work and Economic Growth	**601-800**	**401-600**	401-600	401-600	-
SDG 9 Industry, Innovation and Infrastructure	**601-800**	**801-1000**	601-800	601+	-
SDG 10 Reduce Inequalities	**401-600**	**401-600**	401-600	401-600	-
SDG 11 Sustainable Cities and Communities	**401-600**	**601-800**	401-600	601+	-
SDG 12 Responsible Consumption and Production	**101-200**	**201-300**	201-300	-	-
SDG 15 Life on Land	**101-200**	**-**	-	-	-
SDG 17 Partnerships for the Goals	**301-400**	**401-600**	601-800	1001+	601-800

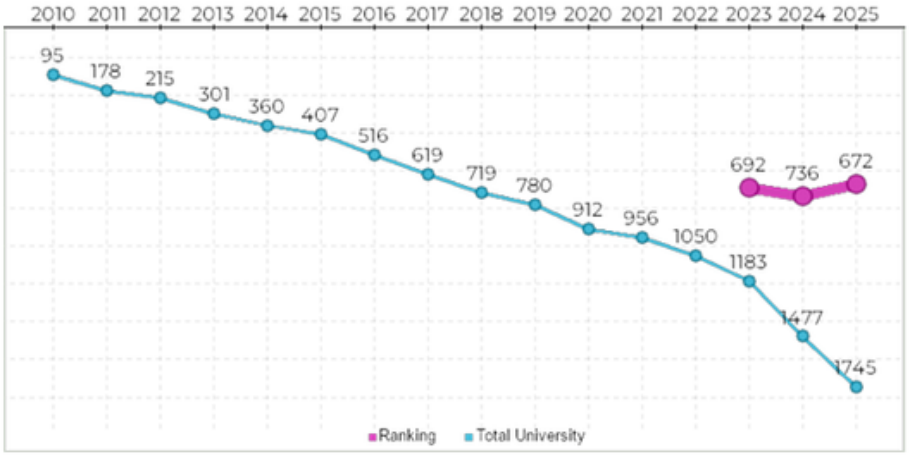
Another international index that assesses universities' performance in the field of sustainability is UI GreenMetric, which was launched by the University of Indonesia in 2010 and has since become the world's leading ranking for green campuses and environmental sustainability.

Participating in the UI GreenMetric World University Rankings for the third time in 2025, Istanbul Medeniyet University ranked 672nd out of 1,547 universities worldwide and 72nd out of 142 universities nationally.

IMU achieved full marks in the "Waste" category – one of the six categories assessing universities' environmental initiatives – and was among the 33 universities worldwide to achieve first place in this category.

Following the Waste category, in which we ranked first both globally and in Turkey, our University achieved its second-best result in the "Water" category, scoring 737.5 out of 1,000 to rank 477th globally and 43rd in Turkey.

In the Education and Research category, our University scored 1,362.5 out of a possible 1,800, placing 501st globally and 50th in Turkey.



UI GreenMetric World University Rankings History Diagram

World Ranking	SI Ranking	EC Ranking	WS Ranking	WR Ranking	TR Ranking	ED Ranking
672	1464	1002	33	478	1231	501

Country Ranking	SI Ranking	EC Ranking	WS Ranking	WR Ranking	TR Ranking	ED Ranking
72	129	89	5	43	113	53

3 GOOD HEALTH AND WELL-BEING



3 GOOD HEALTH AND WELL-BEING

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 otherinfectious 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.

WORLD

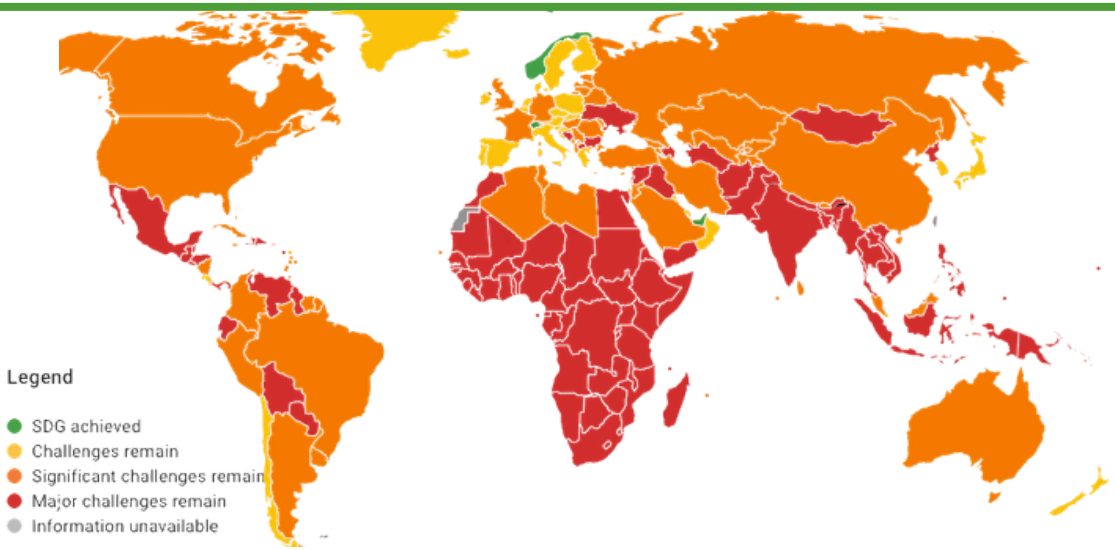
17 MILLION
future deaths were averted by immunization efforts between 2021 and 2024

4,9 MILLION
children under age 5 died in 2024

%28,1
the share of deaths from infectious diseases jumped to the 2005 level in 2021

1 in 4 people globally will continue to face health-related financial hardship in 2030

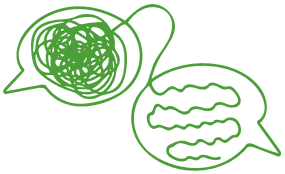
59 COUNTRIES
eliminated at least one neglected tropical disease since 2010



401-600

"Good Health and Well Being" category 2025 ranking

THE IMPACT RANKINGS



free psychotherapy service for all students, staff and staff relatives



smoke-free policy in campus buildings





2850+

STUDENTS

from local schools were allowed to use our sport facilities



496

PEOPLE

benefited from free psychotherapy services in 2025



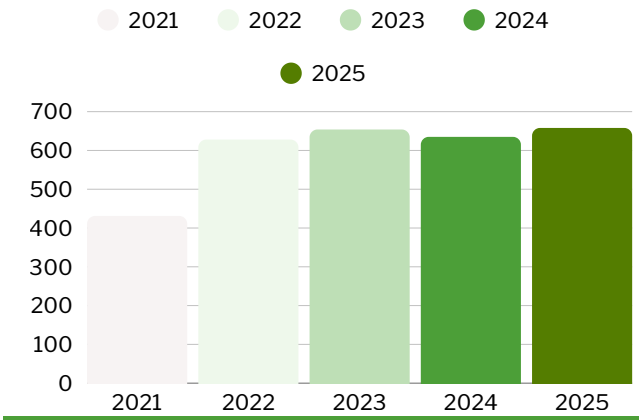
658

GRADUATES

in health professions in 2025

ISTANBUL MEDENIYET UNIVERSITY PROGRESS IN YEARS

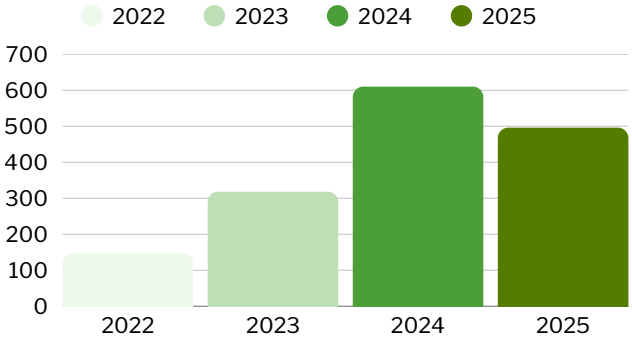
Number of Graduates in Health Professions



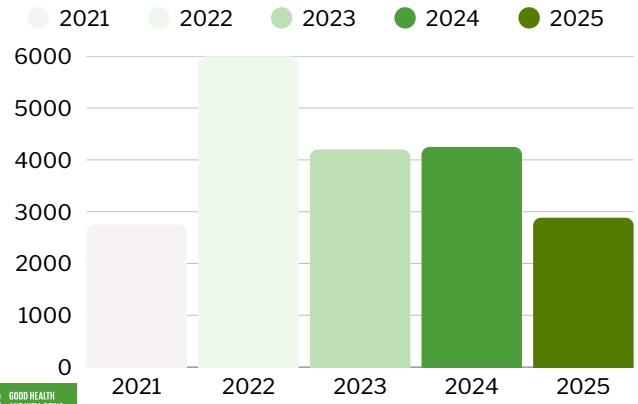
The number of students graduated from health-realted departments maintained its level last 4 years. There was a big increase between 2021 and 2022 but after that the quotas of departments stayed relatively same. Furthermore, in 2025, IMU broke its own record in this field, reaching an all-time high of 658 graduates in health professions.

IMU offers free psychotherapy and counseling services to all students and staff. In 2025, IMU provided free Health, Psychological Counseling and Guidance services to a total of 496 campus community members, compared to 610 in 2024. This represents an approximately **19% decrease in the number of people benefiting from these free services.**

Number of People Benefited from Free Psychotherapy Services



Number of Highschool Students Allowed to Use our Sport Facilities



The program supported 2,750 students in 2021 and **2,884 students in 2025**, representing an approximately **4.9% increase** over this period. Although participation was lower than the 4,250 students recorded in 2024, the 2025 figure remained above the 2021 level, demonstrating the University's continued commitment to providing access to sports and physical activity opportunities that support health, well-being, and inclusive community engagement.

3 GOOD HEALTH AND WELL-BEING

OPERATIONS

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 procotol, our staff members are provided with primary **healthcare services** as well as free **sexual and reproductive healthcare services**.

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. In 2025, we provided free Health, Psychology Counseling and Guidance services to a total of 496 campus community members.

496
PEOPLE
benefited from free psychotherapy services in 2025

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.

IMU carries out **health screenings** to ensure that the health status of employees is kept at a good level. In accordance with Article 15 of the OHS Law No. 6331, periodic health screenings, which are compulsory for the personnel working in order to protect them from occupational diseases and include Lung X-ray, Eye Test, Audiometry (Hearing Test), Electrocardiography (ECG) and Haemogram (Complete Blood Count) examinations, were carried out at our Göztepe, Orhanlı, and Cevizli campuses from June 16 to 27, 2025. The health screenings are repeated every 5 years.



Health Screening for Our Staff

3 GOOD HEALTH AND WELL-BEING

OPERATIONS

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.
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 many high schools were allowed to use our campus areas and sports facilities in 2025.



Sport Facilities in Our Campuses

Current Collaborations with Health Institutions

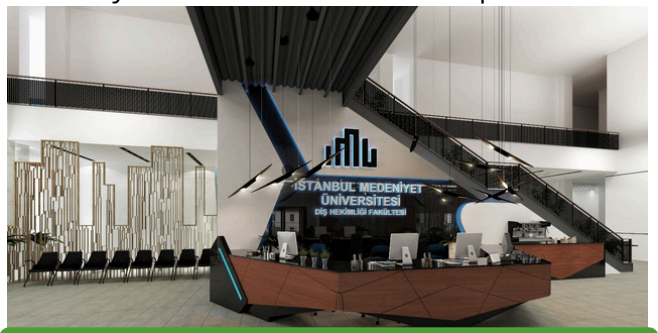
A collaboration protocol was signed between our university and the T.R. Ministry of Health concerning the assignment of the staff working in Ministry of Health Istanbul Prof.Dr. Süleyman Yalçın City Hospital and its related units for conducting theoretical and practical training for the students of IMU 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

Istanbul Medeniyet University signed a protocol with Kartal District Directorate of National Education for the actualization of the School Health Implementation project.

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.



IMU Dentistry Practice and Research Hospital

In 2025, our Application and Research Center, located within the Faculty of Dentistry has begun performing **patient treatments under general anesthesia**. The center aims to provide single-session dental treatment, particularly for child patients and individuals with disabilities who are difficult to communicate with, using this method.

IMU also signed a cooperation protocol with the **Turkish Green Crescent Society and Foundation** to strengthen activities in the field of addiction prevention. By promoting healthy lifestyles and increasing awareness among young people, the protocol contributes to protecting public health through stronger university–community cooperation.

LEARNING

IMU

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 2025, 245 bachelor degree courses related to SDG-3 were given at IMU.

Some of these are listed below.



Faculty	Course
Arts and Humanities	SOS225 – Health Sociology
	PSİ 414 - Selected Topics in Clinical Health Psychology
Dentistry	TEB104 - Anatomy
Education Sciences	ECE018 – Pediatric Health and First Aid
Health Sciences	SYB313 – Public Health
	SHB255 - Addiction and Social Work
	HEM113 – Health and Technology
	BES130 – First Aid
	HEM311 – Health Sociology
Law	HUK323 – Medical Law
Medicine	TFS213 - Public Health and Urban Design I
Political Science	MLY316 – Education and Health Policies in Turkey
	İKT339 – Health Economy
All - Elective	IMU056 – Healthy Living
Institute of Graduate Studies	Developmental Neurology

EVENTS

In 2025, Istanbul Medeniyet University, through its **Africa Health Studies Application and Research Center (MASAM)**, expanded its international cooperation in health education with **Frantz Fanon University**, **Amoud University** and **Hargeisa University**. New programs included a Psychiatry Specialization Program, a Psychiatric Nursing Master's Program, and doctoral programs in Anatomy and Physiology, while training and examinations continued for Emergency Medicine and General Surgery specialization programs at Hargeisa University.

These initiatives aim to strengthen the number and quality of trained health professionals, support academic capacity in both basic and clinical sciences, and contribute to improving healthcare services in African communities. The programs and related training activities are supported by the Alimoğlu Health and Education Foundation



IMU MASAM New Cooperation Protocols

Through the Obstetrics and Gynecology Residency Training Program coordinated by Istanbul Medeniyet University's **Africa Health Studies Application and Research Center (MASAM)** in cooperation with Frantz Fanon University, five doctors successfully completed four years of specialist training and became Somaliland's first obstetrics and gynecology specialists. An IMU delegation attended the graduation ceremony and also contributed directly to ongoing medical education activities in Somaliland.

The program is expected to strengthen local healthcare capacity, particularly in maternal and reproductive health, by increasing access to specialized medical care. The newly trained specialists are also expected to contribute to efforts to reduce Somaliland's high maternal mortality rates and improve the quality of women's health services



Obstetrics and Gynecology Residency Training Program

EVENTS

Istanbul Medeniyet University became a partner of the **"Parent School"** project led by the Istanbul Provincial Directorate of National Education and provided a free three-day train-the-trainer program for 80 psychological counselors and guidance teachers working across Istanbul. The training was delivered by IMU academics and aimed to strengthen teachers' professional knowledge and skills in supporting students' emotional, social, and psychological well-being.

The program addressed topics including addiction prevention, conscious technology use, psychological well-being, hygiene, and healthy nutrition, while also improving communication between counselors and families. By strengthening the capacity of professionals who work directly with students and parents, the initiative contributed to promoting healthier lifestyles, preventive health awareness, and mental well-being within the wider community.





"Parent School" Project Trainer Training

On 28 February 2025, Istanbul Medeniyet University's Faculty of Health Sciences organized **"Introduction and Use of Bioimpedance Analyzer"** free practical training on the introduction and use of bioimpedance analysis devices for students, particularly those in the Department of Nutrition and Dietetics. The training was held at the Cevizli Campus and was open to all students.

The session covered the scientific basis of bioimpedance analysis, its areas of use, correct measurement techniques, and interpretation of body composition results. Through practical applications, students gained experience in assessing body composition, an important component of nutrition evaluation and healthy lifestyle monitoring. The training supported the development of health-related professional skills and increased awareness of the role of body analysis in promoting healthy living and preventing nutrition-related health risks.



28 February2025

"Introduction and Use of Bioimpedance Analyzer" Taining

3 GOOD HEALTH AND WELL-BEING

EVENTS

Istanbul Medeniyet University's Department of Audiology, in cooperation with Erişçi Elektronik, organized the **"Erişçi Academy Audiology Days 2025"** training seminar on February 28, 2025. The event brought together experts to discuss current developments in audiology, including new hearing technologies, cortical testing devices, hearing quality assessment, vestibular system technologies, and treatment approaches.

The seminar also introduced innovative applications such as the use of virtual reality in vestibular rehabilitation and provided students with free professional training. By strengthening knowledge and skills in hearing and balance health and introducing emerging diagnostic and rehabilitation technologies, the event contributed to improving awareness and professional capacity in the field of human health.





28 February 2025

"Erişçi Academy Audiology Days 2025"

On 12 April 2025, Istanbul Medeniyet University's Faculty of Medicine organized the **7th Family Medicine Dermatology School**, offering free vocational training to family physicians and dermatology residents. The program aimed to strengthen the knowledge and clinical skills of healthcare professionals in diagnosing and managing common dermatological conditions encountered in primary care.

The training included case-based and interactive sessions on skin infections, itching, psoriasis, rosacea, rational drug use, skin care, and current treatment approaches. Participants also had the opportunity to review practical cases and discuss evidence-based approaches to common dermatological problems. By providing up-to-date medical knowledge and practical guidance, the event supported the professional development of healthcare workers and contributed to improving primary healthcare services, patient care, and public health.



12 April 2025

7th Family Medicine Dermatology School

EVENTS

Istanbul Medeniyet University Faculty of Medicine, Department of Endocrinology and Metabolic Diseases organized the **Fourth Endocrinology Days** on December 12-13, 2025 to share current developments in endocrinology and metabolism. The event brought together numerous specialist physicians and academics and provided a comprehensive platform for discussing recent advances in diagnosis, treatment, and clinical practice.

The two-day scientific program included 8 panels, 9 conferences, 11 "Ask the Expert" sessions, 3 courses, and 2 oral presentation sessions. Through interactive discussions and knowledge exchange, participants updated their professional knowledge and clinical experience in the field. The event supported continuing medical education and contributed to improving the quality of healthcare services through the dissemination of up-to-date scientific knowledge.





12-13 December 2025

"Fourth Endocrinology Days"

Istanbul Medeniyet University Faculty of Medicine organized the **"Challenges and Solutions in Sepsis Management Symposium"** as part of the İstanbul Medeniyet University Infection Days on April 12, 2025. The event was held in cooperation with the Department of Infectious Diseases and Clinical Microbiology and the Turkish Society of Clinical Microbiology and Infectious Diseases (EKMUD).

The symposium brought together academics, specialists, and residents to discuss current challenges in sepsis management, including its global burden, pathophysiology, diagnostic methods, and new treatment strategies. The potential role of artificial intelligence in sepsis management was also addressed. By sharing up-to-date scientific knowledge and strengthening professional awareness, the event contributed to improving clinical practice, patient outcomes, and public health.





12 April 2025

"Challenges and Solutions in Sepsis Management Symposium"

EVENTS

Istanbul Medeniyet University organized the **"Gambling Addiction Workshop within the Scope of Behavioral Addictions"** in cooperation with the Turkish Health Policies Institute (TÜSPE), Istanbul Provincial Health Directorate, and the Turkish Green Crescent Society. The workshop brought together around 60 experts from public institutions, universities, healthcare organizations, schools, and civil society to address the psychological, social, legal, and health dimensions of gambling addiction.

Participants worked on two main themes: prevention of gambling addiction and diagnosis, treatment, and rehabilitation services. Discussions focused on preventive education for children and young people, regulation of digital gambling, improving access to treatment, and strengthening relevant policies and legislation. The workshop supported multidisciplinary cooperation and contributed to developing concrete health policy recommendations for preventing and managing gambling addiction.



21 April 2025

"Gambling Addiction Workshop within the Scope of Behavioral Addictions"

Istanbul Medeniyet University organized a **Pediatric Advanced Life Support (PALS) Course** in cooperation with the Pediatric Emergency Medicine and Intensive Care Association, the organization responsible for implementing American Heart Association (AHA) PALS training in Türkiye. The two-day course, coordinated by Assoc. Prof. Dr. Gülser Esen Besli, brought together pediatric residents and specialists and provided both theoretical and hands-on training in the management of critically ill children.

The program covered cardiopulmonary resuscitation, airway management, rhythm recognition, emergency intervention algorithms, and team communication through practical scenarios. Participants who successfully completed the course received internationally recognized AHA certification. By updating clinical knowledge and emergency care skills, the training contributed to improving the quality of pediatric emergency care and supporting efforts to reduce preventable child deaths.



10-11 December 2025

Pediatric Advanced Life Support Course

EVENTS

Istanbul Medeniyet University's Sustainability Student Club participated in the **NightRun** held at the Grand Bazaar on December 21, 2025. Accompanied by the club's academic advisor, Res. Asst. Ayça Çelikbilek, four student members completed the race successfully and received medals.

The activity promoted the benefits of regular physical activity for individual and public health, including active lifestyles and stress reduction. By encouraging students to participate in community-based sports activities, the initiative supported healthier living habits while also combining physical activity with awareness of Istanbul's cultural heritage.



21 December 2025

Nightrun Race

Istanbul Medeniyet University's Faculty of Medicine, in cooperation with the medical faculties of Istanbul University, Istanbul University-Cerrahpaşa, University of Health Sciences, and Marmara University, organized the scientific meeting **"Evaluating Diabetes through Cases"** February 15, 2025. The event brought together academics, students, and healthcare professionals to discuss diabetes and metabolic diseases through current scientific knowledge and clinical examples.

The four-session program addressed the growing public health burden of diabetes, the importance of health literacy, and the need for healthier lifestyles alongside scientific and clinical approaches to disease management. By offering free professional education and encouraging interdisciplinary knowledge exchange, the meeting contributed to strengthening awareness, clinical competence, and preventive approaches in diabetes care



15 February 2025

"Evaluating Diabetes through Cases

3 GOOD HEALTH AND WELL-BEING

EVENTS

Istanbul Medeniyet University Faculty of Medicine organized the **9th National Medical Student Congress** on May 10-11, 2025 under the theme "Neuropsychiatry: Journey into the Depths of the Brain." The congress brought together more than 250 medical students from across Türkiye and provided a multidisciplinary platform to explore current issues at the intersection of neuroscience and psychiatry.

The scientific program addressed topics such as brain–human interaction, epilepsy spectrum disorders, neuroanatomy, music and the mind, and current treatment approaches for neuropsychiatric disorders. Participants also took part in practical workshops including EEG interpretation, CPR, tumor segmentation, and experimental modelling. By combining scientific education with hands-on learning, the congress supported the professional development of future physicians and increased awareness of neurological and mental health conditions.

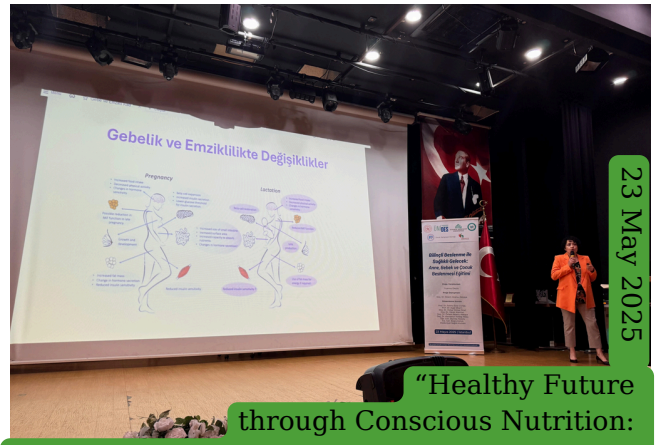


10-11 May 2025

9th National Medical Student Congress

Istanbul Medeniyet University hosted the **"Healthy Future through Conscious Nutrition: Mother, Infant and Child Nutrition Training"** on May 23, 2025 at its Cevizli Campus within the scope of the Ministry of Youth and Sports ÜNİDES Program, in cooperation with the Children's Nurses Association and the Innovative Nursing Association. The program brought together academics, healthcare professionals, and students to strengthen knowledge on maternal, infant, and child health through evidence-based nutrition practices.

The training addressed breastfeeding, complementary feeding, preschool nutrition, nutrition during pregnancy and lactation, and innovative approaches in mother and child nutrition. Practical workshops also enabled participants to develop skills in breastfeeding counseling and child nutrition. By improving the knowledge and professional capacity of future healthcare workers, the program contributed to promoting healthy growth and development and preventing nutrition-related health problems among mothers, infants, and children.



23 May 2025

"Healthy Future through Conscious Nutrition: Mother, Infant and Child Nutrition Training"

3 GOOD HEALTH AND WELL-BEING