BAU BAHÇEŞEHİR UNIVERSITY

SDG 3: GOOD HEALTH AND WELL-BEING



2024-2025

BAU AT A GLANCE

Since its foundation in 1998, the vision of BAU has been to be a global university known for its contribution to scientific, technological, and cultural knowledge through innovative education models and research approaches that reflect international standards as well as service to society. Currently, BAU Global Network comprises of 5 universities (Istanbul, Washington D.C., Berlin, Cyprus, Batumi), 5 liaison offices (BAU Global Azerbaijan Jordan, Uzbekistan, Mongolia, Pakistan) and 5 language schools.

Bahçeşehir University (BAU) is committed to advancing the wellbeing of local and global communities by integrating the United Nations Sustainable Development Goals (SDGs) into its institutional governance, operations, organisational culture, educational programmes, academic research and stakeholder partnerships. Through this integrated approach, BAU seeks to align its academic mission and institutional practices with sustainable development priorities and contribute to positive societal change.

Bringing together staff, students and alumni, BAU promotes a university community guided by ethical conduct, social responsibility and global citizenship. The University encourages its members to recognise their responsibilities towards one another, wider society and the environment, and to apply their knowledge and skills to building a more inclusive, equitable and sustainable future.

BAU IN THE TIMES HIGHER EDUCATION

BAU participates in the Times Higher Education (THE) Impact Rankings since 2019. According to the current rankings, BAU belongs to the 1000-12000 band in the World University Rankings, 59th in the Impact Rankings and the 251-300 in the Asia University Rankings 2026. Also, BAU is ranked as the top university in Türkiye.

The university continuously increases its standing in categories related to the UN Sustainable Development Goals. As of 2026, BAU holds the following standings in the THE Impact Rankings;

- 2nd in Gender Equality
- 6 th in Quality Education
- 77 th in Peace, Justice and Strong Institutions
- 89 th in Partnership for the Goals
- Ranks between 101-200 in Reducing Inequalities
- Ranks between 201-300 in Industry, Innovation and Infrastructure

The University takes the above-mentioned rankings as evaluation criteria for progress regarding its adherence and contribution to the UN Sustainable Development Goals and will continue to report its advancement in the rankings on a yearly basis.

SDG3: Good Health and Well-Being

Bahçeşehir University has integrated a dedicated commitment to ensuring good health and promoting well-being for all, at every stage of life. This commitment aligns with the United Nations Sustainable Development Goal 3, which calls for universal access to quality healthcare, integrating preventive strategies against both communicable and non-communicable diseases, strengthening mental wellness, and advancing health literacy. Universally recognised targets under this goal include reducing maternal and under-5 mortality, ending epidemics of infectious diseases, promoting mental health, achieving universal health coverage, and substantially lowering deaths from environmental hazards.

At Bahçeşehir University, our operational framework for advancing health spans education, research and community outreach. Through our faculties, application centres and professional programmes, we emphasise evidence-based practice, multidisciplinary collaboration and inclusive access to health services and knowledge. This institutional approach both reflects and supports the global agenda that health is not merely the absence of disease, but a foundation for sustainable human development and societal flourishing.

BAU Dental Campus: Türkiye's First and Only Dental Campus



Bahçeşehir University has strengthened its contribution to SDG 3 through BAU Dental Campus, Türkiye's first and only dental campus and one of Europe's most comprehensive oral and dental health complexes. Located in Beşiktaş/Balmumcu, the campus brings together clinical care, academic education, research, digital technologies, and innovation within a single integrated health ecosystem. With its large-scale infrastructure, including approximately 180 dental units, multidisciplinary clinics, digital patient tracking systems, advanced imaging technologies, general anesthesia and sedation capacity, and a prosthesis production center, BAU Dental Campus expands access to high-quality oral and dental healthcare while supporting the development of preventive and evidence-based treatment practices.

The campus is designed not only as a hospital, but also as a new-generation dental science ecosystem where patient care, student training, clinical observation, research production, and technological development reinforce one another. Through real patient experience, simulation laboratories, AI-supported decision-making mechanisms, 3D imaging, CAD/CAM workflows, and digital dentistry applications, Bahçeşehir University contributes to the modernization of oral health services and the training of future dental professionals. This integrated model supports SDG 3 by improving healthcare capacity, promoting early diagnosis and treatment, and strengthening the quality of health education in a field that is closely linked to overall well-being.

BAU Dental Campus also reflects the broader connection between health, innovation, and social accessibility. Operating under SGK coverage, the hospital helps make advanced oral and dental care available to a wider public, contributing to universal health coverage and reducing barriers to essential health services. At the same time, its research-oriented structure supports scientific production, international collaboration, and the use of artificial intelligence in diagnosis, treatment planning, and personalized care. By combining public-facing healthcare services with academic excellence and technological innovation, Bahçeşehir University positions oral and dental health as an essential component of sustainable well-being, while also contributing to SDG 4 on quality education and SDG 9 on innovation and infrastructure.

https://www.baudentalcampus.com/en/

Free of Charge Medical Services at Bahçeşehir University

Bahçeşehir University provides a comprehensive range of free services and facilities to enhance student welfare, academic performance, and personal development. These initiatives, available to all members of the university community, reflect the institution's commitment to inclusivity, accessibility, and the creation of an equitable learning environment that supports both well-being and academic excellence.

See below:

Free Medical and Emergency Services

The Medico-Social Directorate functions as an institutional health center offering free medical services to students, academic and administrative staff, retirees, and their dependents. The Directorate provides routine and emergency examinations, first aid, wound treatment, blood pressure monitoring, and general health consultations. In cases requiring further care, patients are referred to relevant healthcare institutions for specialized treatment, with laboratory and radiological analyses coordinated through the Directorate.

A free on-campus ambulance service ensures rapid response to medical emergencies, further strengthening the university's health infrastructure. The Directorate also organizes educational seminars and awareness campaigns aimed at promoting physical and mental well-being within the campus community.

https://bau.edu.tr/icerik/3508-mediko-sosyal-hizmetler-mudurlugu

https://akts.bau.edu.tr/bilgipaketi/index/icerik/id/22/menu_id/2_27/ln/tr



Free Psychological Counseling Services

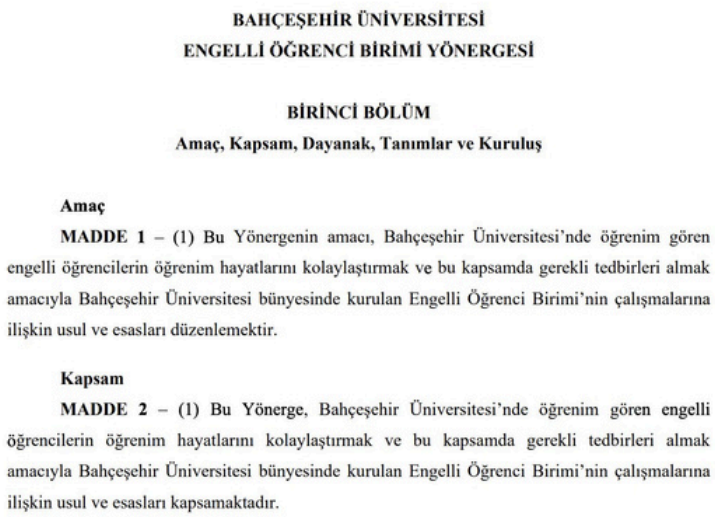
The Psychological Counseling, Guidance and Research Center (PDRM) offers professional, confidential counseling services free of charge to Bahçeşehir University students. The Center operates in both the Beşiktaş and Şişli campuses, where qualified psychologists provide individual sessions in Turkish and English. Counseling focuses on academic, emotional, and social concerns such as stress management, adaptation to university life, family or relationship issues, and loss or trauma.

Each session typically lasts between 45 and 50 minutes, and appointments are scheduled weekly, bi-weekly, or monthly depending on individual needs. All services comply with the ethical standards of the Turkish Psychological Association, ensuring complete confidentiality and professional care.

https://akts.bau.edu.tr/bilgipaketi/index/icerik/id/22/menu_id/2_27/ln/tr

BAU
PDRM

Bahçeşehir University Disability Support Unit



BAHÇEŞEHİR ÜNİVERSİTESİ
ENGELLİ ÖĞRENCİ BİRİMİ YÖNERGESİ

BİRİNCİ BÖLÜM
Amaç, Kapsam, Dayanak, Tanımlar ve Kuruluş

Amaç

MADDE 1 – (1) Bu Yönergenin amacı, Bahçeşehir Üniversitesi'nde öğrenim gören engelli öğrencilerin öğrenim hayatlarını kolaylaştırmak ve bu kapsamda gerekli tedbirleri almak amacıyla Bahçeşehir Üniversitesi bünyesinde kurulan Engelli Öğrenci Birimi'nin çalışmalarına ilişkin usul ve esasları düzenlemektir.

Kapsam

MADDE 2 – (1) Bu Yönerge, Bahçeşehir Üniversitesi'nde öğrenim gören engelli öğrencilerin öğrenim hayatlarını kolaylaştırmak ve bu kapsamda gerekli tedbirleri almak amacıyla Bahçeşehir Üniversitesi bünyesinde kurulan Engelli Öğrenci Birimi'nin çalışmalarına ilişkin usul ve esasları kapsamaktadır.

Bahçeşehir University has established the Disability Support Unit to promote equitable access to education for students with disabilities and to ensure that all individuals can fully participate in academic and social life without discrimination. The unit operates under the regulations of the Higher Education Institutions Disability Advisory and Coordination Directive (Official Gazette No. 27672, dated 14 August 2010) and aims to identify and eliminate barriers to education, participation, and inclusion.

Beyond educational accessibility, the unit contributes to the broader well-being of students with disabilities by recognising that academic participation is closely connected to physical accessibility, psychological support, social inclusion, and equal access to university services. Its activities therefore address interconnected dimensions of health, well-being, and social equality.

The Disability Support Unit consists of academic and administrative members appointed by the University Administrative Board and functions under the supervision of a vice-rector. Its primary mission is to assess the academic, physical, psychological, and social needs of students with disabilities and to recommend measures that enhance accessibility in all university spaces. It also develops informational materials, provides individual guidance, and coordinates efforts across departments to ensure that university services and facilities are inclusive.

From an SDG 3 (Good Health and Well-being) perspective, the unit's attention to students' psychological, physical, and social needs supports a university environment that recognises well-being as an essential component of educational participation. By identifying individual support requirements, providing guidance, and coordinating institutional responses, the unit

helps address barriers that may negatively affect students' emotional well-being, sense of belonging, and ability to participate fully in university life. These activities are particularly relevant to the broader objectives of SDG Target 3.4 concerning the promotion of mental health and well-being.

Through these actions, Bahçeşehir University reaffirms its strong commitment to creating an inclusive academic environment that guarantees equal access and opportunities for all students, regardless of disability status. This effort reflects the university's dedication to promoting equality within education systems and reducing structural and social disparities.

The unit's responsibilities include preparing accessible information materials, developing a database for students with disabilities, organizing seminars and awareness events, and ensuring that assessment and evaluation systems are fair and accommodating. It also provides recommendations to improve the university's physical and digital infrastructure, ensuring that all academic and administrative activities are accessible. Furthermore, the unit works to facilitate access to assistive devices for students facing financial hardship and advocates for their rights and needs within the university community.

These responsibilities establish a particularly strong connection with SDG 10 (Reduced Inequalities), especially SDG Target 10.2, which calls for the social, economic, and political inclusion of all people irrespective of disability or other status. By addressing physical, digital, academic, and financial barriers, the unit contributes to reducing disadvantages that may prevent students with disabilities from accessing the same educational opportunities and university experiences as their peers.

The unit's work also supports SDG Target 10.3, which focuses on ensuring equal opportunity and reducing inequalities of outcome through the elimination of discriminatory practices. Its coordination of accessibility measures, individual guidance, fair assessment arrangements, and institutional awareness activities demonstrates how universities can translate principles of non-discrimination into practical support mechanisms.

The provision of guidance concerning assistive devices for students experiencing financial hardship is especially relevant to the intersection of disability and economic inequality. By seeking to reduce barriers associated with the cost of accessibility-related resources, the unit supports more equitable participation in higher education.

By focusing on inclusive education practices and ensuring full participation of persons with disabilities in higher education, Bahçeşehir University actively contributes to creating a fairer, more accessible society—one that values diversity and removes barriers to equal participation.

The Disability Support Unit therefore contributes directly to SDG 10 (Reduced Inequalities) through its institutional mechanisms for accessibility, non-discrimination, reasonable

accommodation, and equal participation. It also supports SDG 3 (Good Health and Well-being) through its attention to students' psychological and social needs, individual guidance, and the promotion of an inclusive environment that supports student well-being.

This initiative also supports SDG 4 (Quality Education) by promoting inclusive and equitable learning environments, SDG 5 (Gender Equality) by recognising the importance of addressing overlapping barriers that may affect women with disabilities, and SDG 16 (Peace, Justice and Strong Institutions) by fostering fairness, accountability, and equal access within institutional governance and practices.

Through the coordinated work of its Disability Support Unit, Bahçeşehir University demonstrates that meaningful inclusion requires more than formal access to education. It requires sustained institutional efforts to remove barriers, respond to individual needs, support student well-being, and ensure that disability does not determine a student's opportunities for academic achievement and participation in university life.

https://cdn.bau.edu.tr/content/2wvry5i4pq0qb-Engelli_Birimi_Yonergesi.pdf

BAU Activities and Initiatives Supporting SDG 3: Good Health and Well-Being

Bahçeşehir University School of Professional Studies (BAUPRO) and Bahçeşehir University Global Online (BAUGO): Good Health and Well-Being Related Courses

Bahçeşehir University's School of Professional Studies (BAUPRO) and Online Learning Platform (BAUGO), both serve as a hub for lifelong learning by providing professional development opportunities across diverse disciplines. The platforms' mission is to equip individuals with contemporary knowledge and practical competencies that align with global standards and sustainable development objectives.

Combined, BAUPRO and BAUGO offer 17 comprehensive certificate programs relating to SDG 3, addressing critical aspects of human health and well-being. These programs cover a wide spectrum — from psychology and behavioral sciences to physiology, nutrition, and preventive healthcare — empowering participants to enhance both personal and community health outcomes.

Through an evidence-based, interdisciplinary approach, BAUPRO's and BAUGO's SDG 3 related certificate programs cultivate professional expertise in areas such as clinical nutrition, sports, wellness coaching, and holistic care. By advancing preventive health education and supporting the development of healthier, more resilient societies, these programs directly contribute to the promotion of good health and well-being within the framework of the United Nations 2030 Agenda.

https://baupro.bau.edu.tr/egitimler?kategori=saglik

https://baugo.online/categories

See Below Some Example Programs:

Move for Office Health: Simple Exercise and Activity Strategies at Work

Bahçeşehir University's Online Learning Platform (BAUGO) offered the program "Move for Office Health: Simple Exercise and Activity Strategies at Work," focusing on the connection between physical activity and overall well-being in professional life. The session explored how even small, consistent movements integrated into a workday can enhance vitality, prevent chronic conditions, and support long-term health. Participants learned how to design realistic and sustainable activity routines tailored to sedentary office environments. By promoting accessible ways to stay active and maintain physical health in daily work life, this training contributed to the broader aim of fostering healthier lifestyles and preventing non-communicable diseases, aligning closely with the principles of good health and well-being.

https://baugo.online/course/ofis-sagligi-icin-hareket-edin-isyerinde-saglikli-hareket-ve-egzersiz-yollari



Bring Your Health to Work: Healthy Eating Tips for Professional Life

Bahçeşehir University's Online Learning Platform (BAUGO) organized the training "Bring Your Health to Work: Healthy Eating Tips for Professional Life," which guided participants in developing sustainable nutrition habits suited to a busy work schedule. The session addressed practical questions such as how to make daily meals healthier, how to plan balanced eating in an office setting, and how to calculate and maintain a healthy body mass index. By emphasizing the role of nutrition in preventing lifestyle-related diseases and supporting long-term well-being, the program encouraged participants to view healthy eating as an integral part of both personal health and professional performance, aligning with the global goal of promoting good health and well-being.

https://baugo.online/course/sagliginizi-ise-tasiyin-is-hayatinda-saglikli-beslenme-ipuclari



Discover the Power of Sports: Ways to Support Your Children's Sports Careers

Bahçeşehir University's Online Learning Platform (BAUGO) organized the training "Discover the Power of Sports: Ways to Support Your Children's Sports Careers," which offered guidance to parents on how to support children throughout different stages of athletic development, from early discovery and commitment to specialization and post-sports career planning. Led by Assoc. Prof. Gülberk Gültekin Salman, the program addressed not only performance and institutional pathways in sports, but also the responsibilities of families in protecting children's physical, psychological, and social well-being during a demanding career journey. By encouraging informed parental support, balanced career planning, and awareness of life after competitive sports, the training reflected Bahçeşehir University's contribution to SDG 3: Good Health and Well-Being, while also supporting quality education, youth development, and more inclusive opportunities for children to benefit from the lifelong value of sport.

https://baugo.online/course/sporun-gucunu-kesfedin-cocuklarinizin-spor-kariyerlerine-destek-olmanin-yollari



Vagus Nerve Stimulation Training for Physicians

Bahçeşehir University's School of Professional Studies (BAUPRO) organized the training "Vagus Nerve Stimulation Training for Physicians," designed to strengthen physicians' theoretical and practical knowledge of vagus nerve stimulation as an emerging approach in clinical practice. The program explored the role of vagus nerve stimulation in chronic pain, inflammation, neuroplasticity, and the microbiota-gut-brain axis, while also addressing indications, contraindications, clinical observation methods, and measurement techniques for assessing vagus nerve activity. By combining expert-led theoretical sessions with practical training in auricular vagus nerve stimulation, the program contributed to continuous medical education and evidence-informed healthcare practice, reflecting Bahçeşehir University's commitment to SDG 3: Good Health and Well-Being through the advancement of professional capacity, patient-centered care, and improved approaches to managing complex health conditions.



7th BAU Hands-on Microsurgery Course

The 7th BAU Hands-on Microsurgery Course took place from September 26 to 28, 2024, at the Prof. Dr. Rhoton Laboratory of Bahçeşehir University Faculty of Medicine. Conducted in collaboration with the Turkish Brain Foundation, the program provided intensive microsurgical training through practical sessions on silicone materials, in-vitro models, and in-vivo applications. By enabling participants to develop essential surgical precision and motor skills under expert supervision, the course contributed to enhancing surgical competence and patient safety in fields such as neurosurgery, ENT, plastic surgery, and urology. Through initiatives like this, Bahçeşehir University demonstrates its ongoing commitment to fostering advanced medical education and continuous professional development that ultimately strengthens healthcare delivery and outcomes.





Participation in 26th European Society for Clinical Virology (ESCV) Conference

In the 2024-2025 academic year, from September 17 to 21, 2024, Prof. Dr. Gülden Çelik and Assoc. Prof. Dr. Rabia Can, faculty members of the Department of Medical Microbiology at Bahçeşehir University Faculty of Medicine, participated in the 26th European Society for Clinical Virology (ESCV) Conference held in Frankfurt, Germany. They presented their poster studies on emerging trends and innovations in clinical virology, contributing to discussions on global approaches to infectious disease diagnosis and control. By sharing research that supports early detection, laboratory accuracy, and the development of reliable diagnostic methods, this participation reflected the university's ongoing dedication to strengthening public health systems and improving medical preparedness against viral diseases.



Participation in XXXIII. WASPaLM Global Conference



In the 2024-2025 academic year, Prof. Dr. Gülden Çelik and Assoc. Prof. Dr. Rabia Can represented Bahçeşehir University at the XXXIII World Congress of the World Association of Societies of Pathology and Laboratory Medicine (WASPaLM) held in Antalya. During the KLİMUD session, they delivered a presentation titled "Interpretive Reporting in Clinical Virology and New Approaches in Diagnostic Management." Their session emphasized the importance of advanced diagnostic interpretation in enhancing patient care quality, ensuring timely clinical decisions, and supporting equitable access to effective healthcare services. Through such international academic engagements, Bahçeşehir University reinforces its mission to promote excellence in medical science, innovation, and health-focused global collaboration.

BAU Medicine & Antwerp University Faculty of Medicine and Health Sciences Collaboration

The collaboration between Bahçeşehir University Faculty of Medicine and the Faculty of Medicine and Health Sciences at the University of Antwerp has successfully reached a significant milestone. Following a series of joint initiatives focused on education, research, scientific events, and exchange programs, a formal meeting was held at Bahçeşehir University to establish a comprehensive framework for future cooperation. By fostering international academic collaboration, shared research, and cross-cultural medical education, this partnership contributes to strengthening health systems and advancing medical knowledge that directly supports human well-being. The initiative aims to provide students with global learning opportunities, encourage interdisciplinary research, and organize joint scientific activities that address both current and emerging health challenges. Through this alliance, Bahçeşehir University demonstrates its ongoing commitment to excellence in medical education, innovation in healthcare research, and the global advancement of sustainable and equitable health practices.



“Temporal Bone Dissection on Cadaver” Course

In the 2024-2025 academic year, Bahçeşehir University Faculty of Medicine successfully hosted the “Temporal Bone Dissection on Cadaver” course at the Prof. Dr. Rhoton Laboratory. The training attracted students and young physicians interested in otorhinolaryngology and neurosurgery, offering them the opportunity to examine temporal bone anatomy in depth and practice surgical dissection under expert supervision. By strengthening practical surgical competence, enhancing anatomical understanding, and promoting precision in operative procedures, this course contributed to the development of safer and more effective medical practices that ultimately support public health.





Basic Arthroscopic Motor Skills Development Course

During the 2024-2025 academic year, Bahçeşehir University Faculty of Medicine hosted the “Basic Arthroscopic Motor Skills Development Course” in collaboration with the Istanbul branch of the Turkish Society of Sports Injuries, Arthroscopy, and Knee Surgery. Held in the Anatomy Laboratory, the training combined theoretical sessions with hands-on simulations, allowing medical students and young physicians to strengthen their surgical precision, motor control, and hand-eye coordination. By fostering the technical competence of future healthcare professionals and emphasizing safe surgical practice, the course directly supported the enhancement of healthcare quality and patient safety—key dimensions of ensuring healthy lives and promoting well-being for all. This initiative reflects Bahçeşehir University’s commitment to advancing practical medical education that builds capacity for sustainable and human-centered healthcare systems.





Neurotechnologies from a Multidisciplinary Perspective Conference

Held between 16-17 December 2025, this conference gathered experts from neuroscience, medicine, psychology, engineering, and ethics to exchange insights on how technological innovations are reshaping the understanding of the human brain. Discussions centered on emerging neurotechnological tools and their implications for diagnostics, mental health, and human–machine interaction. By emphasizing how scientific collaboration and innovation can enhance neurological well-being and cognitive resilience, the conference highlighted the essential link between technological progress and human health. Bahçeşehir University's active participation reflected its strong commitment to interdisciplinary research that unites science, ethics, and technology in the pursuit of healthier and more inclusive societies.



12th White Coat Ceremonies at BAU Faculty of Medicine



In the 2024-2025 academic year, The White Coat Ceremonies mark a symbolic milestone in the journey of every future doctor as they take their first step into professional medical life. During the ceremony, students were reminded of their vital role in building a healthier and more equitable world, in alignment with the United Nations' 2030 Agenda for Sustainable Development. The importance of key global health goals—such as reducing maternal mortality, ending all preventable deaths under five years of age, combating non-communicable diseases while promoting mental health, ensuring universal access to sexual and reproductive healthcare and education, and minimizing illnesses and deaths caused by hazardous chemicals and pollution—was highlighted as central to the medical oath they are now part of. The event emphasized that future doctors bear not only scientific but also moral responsibility to uphold these principles in their professional lives. Through these meaningful ceremonies, Bahçeşehir University demonstrates its deep commitment to nurturing compassionate, socially responsible, and globally minded physicians who will contribute to the well-being of societies worldwide.

1st Vagus Nerve Stimulation Symposium

In the 2024-2025 academic year, Bahçeşehir University Faculty of Health Sciences held the 1st Vagus Nerve Stimulation Symposium, bringing together academics, clinicians, and students to explore the therapeutic potential and clinical applications of vagus nerve stimulation across multiple medical disciplines. By focusing on innovative neuromodulation techniques that support the treatment of neurological and psychiatric conditions, the symposium contributed to advancing research and clinical understanding in areas closely linked to mental and physical well-being. Through this scientific gathering, Bahçeşehir University strengthened its commitment to promoting health innovation and interdisciplinary collaboration aimed at improving quality of life.



KayroTalks: Kinesiologic Taping Workshop

In the 2024-2025 academic year, Bahçeşehir University hosted a KayroTalks: Kinesiologic Taping Workshop led by Dr. Pelin Pişirici and moderated by Dr. Berkay Eren Pehlivanoğlu. The workshop provided participants with hands-on experience in kinesiology taping techniques used to support musculoskeletal health, enhance movement efficiency, and prevent injuries. By emphasizing the importance of non-invasive therapeutic methods that improve mobility, reduce pain, and promote physical well-being, the session contributed to advancing knowledge in rehabilitation science and preventive healthcare. Through this practical and interactive training, Bahçeşehir University continued to encourage professional development in physiotherapy and fostered learning that strengthens community health and wellness.



2023 TÜBA International Academy Award in the Health and Life Sciences Category



In the 2024-2025 academic year, Prof. Dr. Serdar Durdağı, Dean of Bahçeşehir University Faculty of Pharmacy, received the 2023 TÜBA International Academy Award in the Health and Life Sciences category, an honor granted under the auspices of the Presidency of the Republic of Türkiye. The award recognized his groundbreaking contributions to computational and medicinal chemistry, particularly his pioneering work in developing machine learning–based ligand modeling codes, virtual screening of ultra-large molecular databases, and the design of novel drug candidates. His research led to the creation of the Durdagi/Noskov hERG1 potassium ion channel models, widely adopted in academia and the pharmaceutical industry. By advancing drug discovery through innovative computational techniques that contribute to safer and more effective therapeutic development, Prof. Durdağı's work has made a lasting impact on global health and scientific progress. This prestigious recognition reflected Bahçeşehir University's dedication to fostering research excellence and supporting transformative discoveries that enhance human well-being.

Bahçeşehir University was Awarded with Silver and Bronze Medals at TEKNOFEST ISIF'24

In 2025-2025 academic year, at the Istanbul International Invention Fair (ISIF'24), held as part of Teknofest, two patents developed by researchers from Bahçeşehir University in collaboration with Çanakkale Onsekiz Mart University and the Houston Methodist Research Institute received Silver and Bronze Medals. The awarded projects reflected the innovative capacity and scientific rigor of interdisciplinary research teams working to advance medical and pharmaceutical technologies. By focusing on the development of novel therapeutic solutions and technologies that aim to prevent disease, improve treatment efficacy, and promote healthier living, these inventions contributed to strengthening innovation in health sciences.



The Food–Drug Interaction Symposium

Understanding the vital connection between nutrition and medication safety, Bahçeşehir University Faculty of Pharmacy hosted the Food–Drug Interaction Symposium In the 2024-2025 academic year, where Dr. Gülşah Selin Akyüz shared valuable insights with students on how everyday dietary choices can influence therapeutic outcomes. The session not only deepened scientific understanding but also underscored the importance of preventive awareness in protecting public health. By integrating such forward-thinking discussions into its academic life, Bahçeşehir University continues to empower future pharmacists to approach healthcare with both scientific precision and human sensitivity.



Bahçeşehir University Annual Future AI Summit

At the Bahçeşehir University Artificial Intelligence Summit 2025, panels were held featuring distinguished scholars from the fields of medicine and dentistry who explored the transformative role of AI in modern healthcare. The sessions addressed a variety of topics—from Prof. Serdar Durdağı's presentation on machine learning models for developing next-generation anti-cancer drugs, to discussions on AI-driven advancements in radiology by Dr. Abdulbaki Ağaçkıran and AI applications in ophthalmology by Prof. Kadircan H. Keskinbora. In the field of dentistry, Prof. Selçuk Basa and Assoc. Prof. İbrahim Şevki Bayrakdar delivered a joint session titled "In the Age of Selfies: The Golden Ratio and the Journey to AI-Enhanced Facial Harmony," highlighting how artificial intelligence contributes to digital aesthetics and patient-centered design. By demonstrating how technology can improve diagnostic precision, therapeutic outcomes, and overall patient well-being, the summit underscored the importance of integrating innovation into healthcare education and practice. The event reflected Bahçeşehir University's vision of preparing future medical and dental professionals to lead in an era where science and technology work hand in hand for better human health.

https://futureaisummit.org/aisummit24/tr#agenda

10:30-11:00	AI & MEDICINE - Machine Learning-Based Models for Effective Digital Experiments in the Development of New Anti-cancer Drug Candidates - Prof. Serdar Durdağı
11:00-11:30	AI & MEDICINE - In pursuit of better: Artificial Intelligence Programs in Radiology - Dr. Abdulbaki Ağaçkıran
11:30-12:00	AI & MEDICINE - AI Applications in Eye Diseases - Prof. Kadircan H. Keskinbora
12:00-13:00	AI & DENTAL - In the Age of Selfies: The Golden Ratio and the Journey to AI-Enhanced Facial Harmony - Prof. Selçuk Basa / Artificial Intelligence in Dentistry - Assoc. Prof. İbrahim Şevki Bayrakdar



Introducing Youth to the Field of Dentistry

As part of the orientation and workshop activities for prospective students considering the Faculty of Dentistry in the 2024–2025 Academic Year, participants were introduced to the core principles, responsibilities, and global relevance of the dental profession. The discussions emphasized how oral health is deeply connected to overall physical well-being and how strengthening access to dental care contributes to reducing preventable diseases and promoting healthier communities, aligning with the targets of the UN 2030 Agenda.



Digital Transformation Reflected on Orthognathic Surgery from Different Perspectives Conference

During 2024-2025 academic year, on October 19-20, Bahçeşehir University hosted the conference "Digital Transformation Reflected on Orthognathic Surgery from Different Perspectives," where orthodontists and maxillofacial surgeons came together to explore the influence of modern technologies on surgical practice. The two-day event featured expert speakers, live surgical demonstrations, and interactive discussions that bridged digital innovation with clinical application. By emphasizing how digital transformation enhances surgical precision, patient safety, and recovery outcomes, the conference underscored the essential role of technological integration in advancing healthcare quality. Through such forward-thinking initiatives, Bahçeşehir University continues to foster professional collaboration and drive progress in the future of oral and maxillofacial surgery.





Awareness Session on How Cancer Patients Can Protect Their Dental Health

Protecting oral health is an inseparable part of cancer care, a message emphasized by Bahçeşehir University Faculty of Dentistry during its recent awareness program. Through patient-centered discussions, participants learned about managing oral complications, maintaining hygiene, and reducing treatment-related side effects during cancer therapy. The event did more than inform—it invited empathy and collaboration, reminding future dentists and healthcare professionals that healing extends beyond clinical procedures. By integrating education with compassion and preventive awareness, Bahçeşehir University once again demonstrated that comprehensive care begins with understanding the person, not just the illness.



Inclusive Oral Care Education for Individuals with Special Needs



During an outreach session organized in collaboration with the İZEV Foundation, Bahçeşehir University Faculty of Dentistry met with individuals with special needs to share practical and accessible guidance on oral and dental care. The discussion focused on creating awareness about daily hygiene routines and preventive practices, presented in a clear and engaging way that encouraged active participation. By focusing on inclusive health education and ensuring that information was understandable and empowering, the initiative reflected the belief that everyone deserves equal access to well-being and confident smiles. It was a moment where science, empathy, and education came together—true to the values that define Bahçeşehir University's approach to community health.

Oral Health Screening and Care Planning at Sarıyer İzzet Baysal Nursing Home

In 2024-2025 academic year, at Sarıyer İzzet Baysal Nursing Home, the Bahçeşehir University Faculty of Dentistry carried out a comprehensive oral health screening for residents, followed by personalized treatment planning and informative consultations. The team focused on promoting comfort, preventive care, and awareness of daily oral hygiene practices among elderly individuals. By addressing the specific oral health challenges faced in advanced age, the initiative highlighted the importance of early intervention and continuous care in maintaining both quality of life and overall well-being. The visit reflected Bahçeşehir University's dedication to compassionate healthcare that values dignity, accessibility, and the right to a healthy smile at every stage of life.



Dental Screening and Preventive Care for Individuals with Down Syndrome

In collaboration with the Turkish Down Syndrome Association, Bahçeşehir University Faculty of Dentistry conducted oral and dental screenings for individuals with special needs, creating tailored treatment plans and offering detailed guidance on oral care. The team emphasized the importance of early diagnosis, gentle preventive practices, and regular follow-up to ensure comfort and long-term oral health. By promoting accessible and compassionate dental care, the initiative reinforced the principle that health equality begins with understanding and inclusion. Through such meaningful community engagement, Bahçeşehir University continues to combine science and empathy in its mission to enhance the well-being of all individuals.



Celebrating Children's Day with Dental Health Awareness at SEY Foundation

In 2024-2025 academic year, Bahçeşehir University Faculty of Dentistry visited scholarship students registered with the SEY Foundation to celebrate the world's first national holiday dedicated to children while raising awareness about oral health. Through interactive discussions and fun educational activities, the team helped children understand the importance of daily dental care and healthy habits. The initiative not only highlighted the link between oral hygiene and overall well-being but also empowered young participants to take responsibility for their own health with confidence and joy. It was a heartfelt blend of education and celebration—reflecting Bahçeşehir University's belief that a healthy smile is one of the greatest gifts to every child.



Exploring Tolerance of Uncontrollability and Psychopathology at the 54th EABCT Congress, Belgrade, Serbia



How individuals cope with uncertainty plays a defining role in their psychological resilience and vulnerability to mental disorders. Held in the 2024-2025 academşc year, this theme was central to the research presented by Bahçeşehir University Psychology Department's research assistant Gamze Şener at the 54th European Association of Cognitive Behavioral Therapy (EABCT) Congress. Her study, titled "Tolerance of Uncontrollability and Psychopathology," examined the relationship between one's capacity to accept uncontrollable situations and the development of cognitive and emotional symptoms. The presentation encouraged professionals to rethink therapeutic approaches that strengthen tolerance and adaptability—an insight that aligns with Bahçeşehir University's ongoing dedication to advancing evidence-based interventions that promote mental health and emotional balance.

BAU Bridge Certificate Programme: 2024 Fall Term Level I Neuropsychology Training

In 2025, Under the coordination of Prof. Dr. Metehan Irak, Bahçeşehir University Psychology Application and Research Center (BAU-PUAM) launched the 2024 Fall Term Level I Neuropsychology Training Program to strengthen the academic and professional development of third- and fourth-year psychology students. Designed as a blend of theoretical and practical instruction, the program introduced participants to fundamental neuropsychological concepts, assessment techniques, and test applications. While theoretical modules were conducted online, hands-on sessions took place at the BAU Beşiktaş Campus, within the Brain and Cognitive Research Laboratory, allowing students to directly engage with real-world practices in neuropsychological evaluation.

This initiative highlighted the critical role of neuropsychology in understanding cognitive and emotional processes that influence mental well-being, aligning closely with the principles of promoting psychological health and cognitive resilience. Through such rigorous and applied programs, Bahçeşehir University continues to prepare its psychology students not only as future practitioners but also as professionals equipped to contribute to research and clinical innovation in mental health sciences.



Organizational Psychology Training on Workplace Safety and Behavioral Interventions

In the 2024-2025 academic year, Bahçeşehir University Psychology Department organized a specialized training program designed to help psychology students understand how organizational psychology practices can be integrated into occupational health and safety initiatives. The program aimed to strengthen participants' ability to develop and implement strategies that reduce unsafe behaviors among employees while fostering a culture of psychological awareness and accountability in the workplace. By highlighting the connection between mental processes, behavioral change, and workplace safety, the training reinforced the importance of psychological insight in promoting healthier, safer, and more productive environments. Prof. Dr. İdil Işık made a key contribution to this program with her session titled "Interventions for Changing Unsafe Behavior: Goal Setting and Feedback Based on Safety Performance, and Social Comparison Feedback," offering students a deeper understanding of how evidence-based psychological methods can shape organizational well-being.





Raising Awareness on Cyberbullying at TEB Ataşehir Anatolian High School





In the 2024-2025 academic year, Research assistant Yaren Sever from the Bahçeşehir University Psychology Department participated as a speaker in a seminar on cyberbullying held at TEB Ataşehir Anatolian High School. During the session, she discussed the psychological effects of online harassment, the importance of digital empathy, and strategies for creating safer virtual environments for adolescents. By addressing how online behaviors influence mental and emotional well-being, the seminar underscored the growing need for psychological literacy in the digital age. Through such outreach initiatives, Bahçeşehir University continues to extend its commitment beyond the classroom—supporting youth awareness, emotional resilience, and the promotion of healthy digital citizenship.

Talking About Sexual Health





In the 2024-2025 academic year, Bahçeşehir University's Psychological Counseling and Guidance Center (BAU PDRM) hosted the seminar "Talking About Sexual Health", led by Prof. Dr. Sebahat Dilek Torun from the Faculty of Medicine. The session provided a safe and inclusive space for students to discuss sexual well-being, bodily awareness, and consent—key elements of holistic health and personal empowerment. By normalizing conversations around sexual health and encouraging informed decision-making, the event reflected Bahçeşehir University's dedication to nurturing awareness, empathy, and respect as essential parts of individual and community well-being.

PDRM Days

Bahçeşehir University's Psychological Counseling and Guidance Center (BAU PDRM) organized "PDRM Days" in 2024-2025 academic year, on 24-25 October 2024, a two-day event series that explored diverse aspects of emotional and psychological well-being through interactive workshops and experiential sessions. The program featured topics such as self-compassion, emotional awareness, body image, psychodrama, mindful movement, and inner exploration—each designed to guide participants toward deeper self-understanding and emotional balance.

From "Meeting Our Inner Universe" and "Journey to Our Inner Home with The Little Prince" to "Interoceptive Yoga: Discovering the Wisdom of the Body", the sessions offered creative and reflective approaches to mental wellness. On the second day, participants engaged in workshops such as "Exploring the Inner World: Body Image and Emotional Eating", "Art and Movement in Self-Discovery", and "Psychological Resilience." Through these sessions, the program emphasized the importance of nurturing emotional intelligence, practicing mindfulness, and building psychological strength—core elements of mental health and well-being.

By bringing together professionals and students in an open, supportive environment, Bahçeşehir University reaffirmed its commitment to cultivating a compassionate and self-aware community that values mental health as a vital part of holistic education and personal growth.









Understanding Anxiety & Performance Pressure



Hosted by Bahçeşehir University's Psychological Counseling and Guidance Center (BAU PDRM), the seminar "Understanding Anxiety and Performance Pressure" brought together students at the Galata Campus for an insightful discussion led by Clinical Psychologist Aylin Gülenç. The session focused on recognizing the roots of anxiety, understanding its impact on daily life, and developing healthy coping strategies to navigate performance-related stress in academic and personal contexts. Through practical techniques and guided reflection, participants explored how awareness and emotional regulation can transform anxiety into motivation and resilience. The event reflected Bahçeşehir University's dedication to fostering mental well-being and empowering students to manage psychological challenges with confidence and balance in their personal and professional lives.

Supporting Through Challenges: Growing Stronger

In 2024-2025 academic year, Bahçeşehir University's Psychological Counseling and Guidance Center (BAU PDRM) launched a meaningful three-week workshop series titled "Supporting Through Challenges: Growing Stronger Together," led by Doctoral Candidate–Clinical Psychologist Sevcan Aktaş Kandil and Psychological Counselor Ceren Kılıç. The sessions explored creative and therapeutic methods of healing, focusing on themes such as finding personal strength, seeking support through art, and building resilience after difficult life events.

By emphasizing collective recovery and emotional growth, the program provided participants with tools to navigate hardship through empathy, creativity, and self-expression. The initiative reflected Bahçeşehir University's commitment to fostering psychological well-being and community resilience—nurturing an environment where compassion, mental health, and mutual support remain at the heart of education.

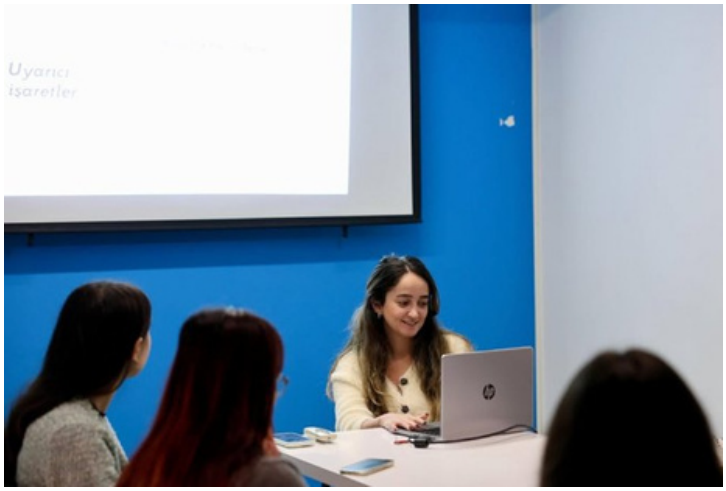


Suicide Awareness Seminar

In 2024-2025 academic year, Bahçeşehir University's Psychological Counseling and Guidance Center (BAU PDRM) organized an insightful seminar on "Suicide Awareness," guided by Doctorate–Clinical Psychologist Sevcan Aktaş. The session provided a safe space to explore vital questions such as how to recognize early warning signs, respond effectively in moments of crisis, and support individuals who may be struggling with suicidal thoughts.

Addressing such a critical topic reflected the essence of global health and well-being efforts, aligning with the vision of building resilient societies that prioritize mental health as an inseparable part of holistic well-being. By equipping participants with practical knowledge and empathy-based approaches, this initiative contributed to advancing emotional awareness, reducing preventable loss of life, and promoting a campus environment grounded in care, understanding, and psychological safety—core values upheld by Bahçeşehir University.





Addiction Awareness Seminar Series

Bahçeşehir University's Psychological Counseling and Guidance Center (BAU PDRM) held a comprehensive three-session seminar series between 11 and 15 December 2025, titled "Addiction Awareness," featuring sessions by Psychologist Sena İlik, Psychological Counselor Elif Yağız, and Clinical Psychologist Aylin Gülenç. The program approached addiction as a multidimensional issue — extending beyond substance dependence to include behavioral patterns — and explored its psychological, social, and emotional dimensions.

Through these discussions, the seminar underscored the urgent need to strengthen prevention and treatment efforts against substance abuse in alignment with the United Nations 2030 Agenda for Sustainable Development, particularly Target 3.5 ("Prevent and treat substance abuse") and Target 3.A ("Implement the WHO Framework Convention on Tobacco Control").

By creating an open and reflective environment, the event encouraged participants to question their perceptions, recognize the impact of addictive behaviors on mental health, and identify strategies for prevention and recovery. This initiative not only highlighted the importance of collective awareness but also reaffirmed Bahçeşehir University's commitment to advancing health, well-being, and informed action for a resilient society.



Sexual Health Talk Series

In the 2024-2025 academic year, Bahçeşehir University's Faculty of Health Sciences, Department of Nursing, organized a two-part seminar series titled "Sexual Health Talks", dedicated to enhancing awareness and education around sexual health, well-being, and social responsibility.

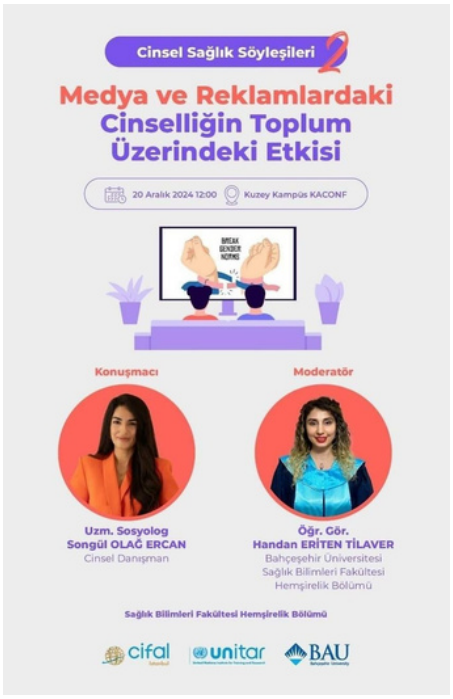
The first session, "Sexually Transmitted Infections and Protection Methods," held on December 2, 2024, featured insightful talks from Dr. Selcen Bahadır (Acıbadem Fulya Hospital) and Lecturer Handan Eriten Tilaver (BAU Faculty of Health Sciences). Participants learned about prevention strategies, the importance of early diagnosis, and the role of health education in reducing infection risks within communities.

The second session, "Sexuality in Media and Its Impact on Society," held on December 20, 2024, focused on the influence of media and advertising on public perceptions of sexuality. Sociologist and Sexual Counselor Songül Olağ Ercan and Lecturer Handan Eriten Tilaver encouraged participants to critically evaluate how social narratives around sexuality are shaped and to explore ways to promote more inclusive, respectful representations.

This seminar series directly supported the United Nations Sustainable Development Goal 3's Target 3.7: Universal access to sexual and reproductive care, family planning, and education. By creating a space for open dialogue and evidence-based learning, the program highlighted the crucial link between education, sexual health, and equality. Through such initiatives, Bahçeşehir University reaffirmed its role as an institution committed to advancing health literacy and empowering individuals to make informed choices for their overall well-being.







Big Little Hearts – Animation & AR Workshop

During the 2024-2025 academic year Bahçeşehir University organized the Big Little Hearts – Animation & AR Workshop in collaboration with the Turkish Children's Heart Foundation to raise awareness of congenital heart disease through creative and interactive learning methods. Bringing together animation, augmented reality, and health communication, the workshop encouraged participants to explore how visual storytelling can make complex health issues more understandable, emotionally accessible, and socially visible.

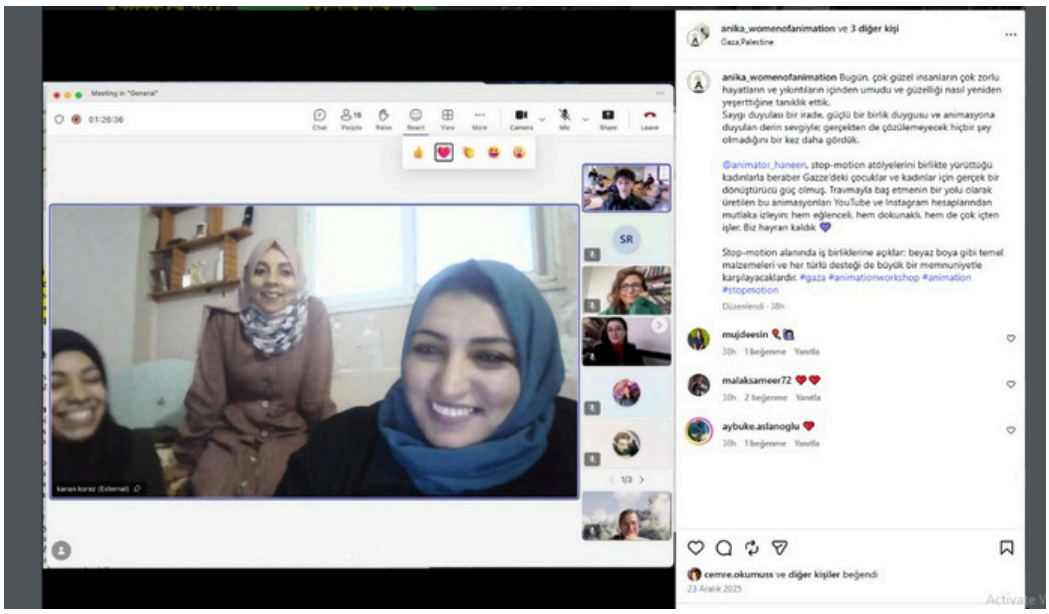
By using art and digital technologies to support empathy, awareness, and public engagement around children's heart health, the workshop contributed to SDG 3: Good Health and Well-Being by highlighting the importance of early awareness, health literacy, and community sensitivity toward congenital conditions. At the same time, the event reflected Bahçeşehir University's interdisciplinary approach to sustainable development, connecting health with SDG 4: Quality Education through experiential learning and SDG 9: Industry, Innovation and Infrastructure through the use of animation and AR as tools for social impact.



Open Public Informational Seminar: Art as a Tool for Psychosocial Healing—Gaza Stop-Motion Animation Seminar for Solidarity

In the 2024-2025 academic year Bahçeşehir University organized the Art as a Tool for Psychosocial Healing: Gaza Stop-Motion Animation Seminar for Solidarity as an open informational session focusing on humanitarian stop-motion workshops led by animator Haneen for displaced children and women in Gaza. The open-seminar explored how animation and participatory art practices can support emotional expression, trauma processing, and psychosocial relief in communities affected by conflict, while also drawing attention to the mental health needs of vulnerable groups in humanitarian crises.

By framing creative production as a pathway for healing, dignity, and resilience, the session contributed to SDG 3: Good Health and Well-Being, particularly through its emphasis on mental health, psychosocial support, and trauma-informed approaches. The event also reflected Bahçeşehir University's broader commitment to socially engaged education and global responsibility by connecting artistic practice with SDG 4: Quality Education, SDG 5: Gender Equality, SDG 10: Reduced Inequalities, and SDG 16: Peace, Justice and Strong Institutions, while mobilizing support for access to essential art materials as tools for recovery and solidarity.



Introduction to LÖSEV's FAYDA Project

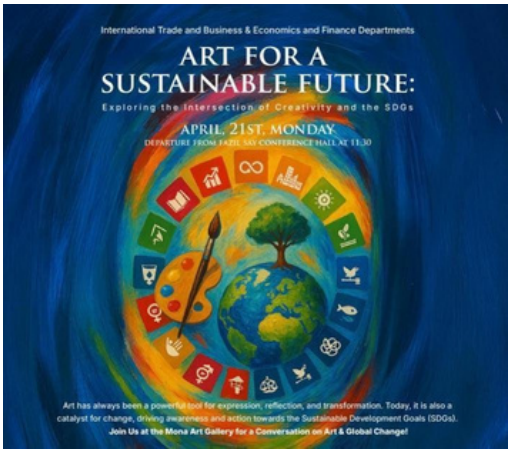
On 17 April 2025, BAU TOSAM and LÖSEV held a seminar introducing LÖSEV's FAYDA Project. The session aimed to raise cancer awareness among university students, explain the organisation's community activities and social support mechanisms, and encourage voluntary participation in efforts to support people affected by cancer. It also introduced students to the role of civil society in addressing health-related needs.

The activity supported SDG 3: Good Health and Well-Being through health awareness and information about social support. Its educational content contributed to SDG 4: Quality Education, while cooperation between the university and LÖSEV and the encouragement of volunteering related to SDG 17: Partnerships for the Goals.



Art, Society, and Future: Creative Approaches to Sustainable Development Goals

Organized by the Bahcesehir University Departments of International Trade and Business and Economics and Finance in cooperation with CIFAL within the framework of World Art Day on April 21, 2025, this event brought students together around the intersection of the Sustainable Development Goals and art. The event addressed the positive impacts of art on individuals' mental health, social welfare, and overall well-being. The event highlighted the positive effects of art on mental health, social welfare, and overall well-being, contributing to SDG 3 (Good Health and Well-being). The collaboration between the academic departments and CIFAL also reflects the institutional partnership and cooperation emphasized under SDG 17 (Partnerships for the Goals).



Time Travel: Youth and Wisdom Meeting—Intergenerational Inclusion and Solidarity



As part of a social responsibility and community outreach initiative, students and faculty members from Bahçeşehir University's Department of International Trade and Business visited Darülaceze on April 10 2025. The meeting brought younger and older generations together in an environment of conversation, companionship and mutual learning, enabling participants to share experiences and strengthen intergenerational understanding.

By creating opportunities for meaningful social interaction, the visit supported the social connections, sense of belonging and psychological well-being of elderly individuals. The initiative also recognized older people not merely as recipients of social support but as valued members of society whose experiences and knowledge can contribute to younger generations. In this respect, the programme promoted reciprocal learning while addressing the loneliness and social isolation that can affect older adults.

The activity contributed to SDG 10: Reduced Inequalities by supporting the social inclusion of older people, who may face age-based exclusion and reduced participation in community life. It also aligned with SDG 3: Good Health and Well-being through its emphasis on psychological well-being, social connection and active engagement. Through this intergenerational outreach, Bahçeşehir University strengthened community solidarity and encouraged a more inclusive understanding of aging.

International Trauma Studies Training Program

In 2025, Coordinated by Prof. Dr. Ayten Zara (Department of Psychology), this specialized program offered comprehensive theoretical and applied training on psychological trauma, acute crisis intervention, and long-term psychosocial recovery. Designed for graduate students, field practitioners, and mental health caregivers, the curriculum emphasized community-based trauma prevention models to support populations exposed to disasters, interpersonal violence, and protracted crisis conditions.

Through its focus on enhancing clinical competencies, trauma-informed interventions, and mental health resilience, the International Trauma Studies Training Program directly contributes to SDG 3 (Good Health and Well-Being) by equipping professionals to foster psychological recovery and long-term well-being across diverse populations.



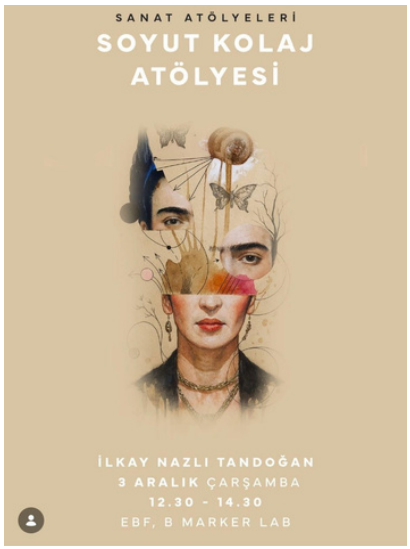




Campus Well-Being and Expressive Arts Workshop Series

Organized within the Faculty throughout the 2024–2025 academic year, the Expressive Arts and Well-Being Workshop Series provided students and campus members with structured creative platforms to support mental health, mindfulness, and emotional well-being. The initiative featured a comprehensive continuum of twelve hands-on sessions across the Fall and Spring terms, including Charcoal Drawing (Kara Kalem - 31.10.2024), Watercolor (Sulu Boya - 21.11.2024 & 21.03.2025), Sculpture (Heykel - 28.11.2024 & 05.12.2024), Mask Making (Maske - 12.12.2024 & 07.03.2025), Stone Painting (Taş Boyama - 19.12.2024 & 28.02.2025), Canvas Painting (Tuval - 14.03.2025), 3D Objects (3D Objeler - 18.04.2025), and Tote Bag Design (Bez Çanta - 05.05.2025). By utilizing non-verbal, tactile, and expressive therapeutic modalities, the workshop series served as an accessible campus health intervention aimed at relieving academic stress, preventing emotional burnout, and enhancing community resilience. This initiative directly contributes to SDG 3: Good Health and Well-Being (Indicator 3.3.5: Mental Health Support) by delivering campus-wide creative and psychological well-being programs. It also aligns with SDG 4: Quality Education and SDG 11: Sustainable Cities and Communities.







On-Campus Mental Health Service: Individual Psychological Counseling Practice “I Wish Someone Understood Me!”

In the 2024-2025 academic year, organized by the Department of Guidance and Psychological Counseling, the "I Wish Someone Understood Me!" initiative provided accessible, confidential, and free individual mental health support to university students dealing with stress, anxiety, emotional burnout, interpersonal conflicts, and career decisions. Delivered under academic supervision through an administrative supervision model, the service offered each participating client at least eight structured counseling sessions supported by synchronous and asynchronous seminars.

During the Fall semester, the initiative received 79 student applications and conducted 49 intake interviews. As a result, 28 students received comprehensive psychological assistance across a total of 232 individual counseling sessions, significantly fostering student mental health and emotional well-being on campus.



Strengthening Post-Disaster Psychosocial Support Beyond Campus: Professional Capacity Building in Gaziantep

On 16 November 2025, Prof. Dr. Özlem Karaırmak, representing Bahçeşehir University and the Trauma and Disaster Mental Health Studies Association (TARDE), delivered a specialized training session titled "Fundamentals of Psychosocial Work with Traumatized Children" in Gaziantep, Türkiye. The training brought together field practitioners working across earthquake-affected provinces, focusing on strengthening their professional knowledge and competencies in providing trauma-informed psychosocial support to children affected by disasters. Drawing on cognitive and somatic awareness approaches, Prof. Dr. Karaırmak addressed the importance of understanding children's psychological and emotional responses to traumatic experiences and introduced methods for responding to their post-disaster psychosocial needs. By delivering this specialized training directly in an earthquake-affected region, Bahçeşehir University extended its academic expertise beyond its campus to professionals working with vulnerable communities.

The initiative represented an important educational outreach and professional capacity-building activity, connecting university-level psychological expertise with the practical needs of professionals supporting disaster-affected children and families. Through Prof. Dr. Karaırmak's training, participants explored trauma-sensitive approaches intended to strengthen their ability to recognize children's psychosocial needs and provide appropriate support during recovery processes. The programme emphasized the importance of equipping local practitioners with specialized knowledge applicable to community-based psychosocial services and child-focused recovery activities. By bringing professional education directly to practitioners in Gaziantep, the initiative facilitated knowledge transfer beyond formal higher education settings and supported the development of local capacities for long-term psychosocial recovery.

The initiative directly contributed to SDG 4: Quality Education by providing specialized professional development opportunities, promoting lifelong learning, and strengthening practitioners' competencies in trauma-informed approaches that can support children's emotional well-being and educational development. It demonstrated Bahçeşehir University's commitment to making academic knowledge accessible to professionals outside the university community, particularly those working in regions experiencing significant social and educational challenges. Furthermore, the programme strongly aligned with SDG 3: Good Health and Well-Being by supporting psychosocial recovery and mental health awareness, and SDG 11: Sustainable Cities and Communities by contributing to the development of resilient community support systems in earthquake-affected areas. Through this initiative, Bahçeşehir University reinforced its role in connecting academic expertise with community needs and supporting sustainable, inclusive post-disaster recovery through education.





Expressive Arts Therapy Workshop: "In Search of Our Selves: Inner Journey with Matryoshkas"

Facilitated by Bahçeşehir University academicians Prof. Dr. Özlem Karaırmak and Asst. Prof. Dr. Gamze Alçekiç Yaman, the experiential workshop "In Search of Our Selves: Inner Journey with Matryoshkas" (Benliklerimizin İzinde: Matruşkalarla İçsel Yolculuk) brought participants together in Istanbul for a full-day session grounded in Expressive Arts Therapy on 18 October 2025. Using the metaphor of Russian nesting dolls, the workshop invited participants to explore layered aspects of the self through creativity, symbolic expression, and guided reflection.

By creating a supportive space for emotional expression, self-awareness, and reflective dialogue, the workshop contributed to SDG 3: Good Health and Well-Being, particularly through its focus on mental health, psychological resilience, and psychosocial well-being. Its arts-based therapeutic approach also reflected Bahçeşehir University's commitment to interdisciplinary learning and human-centered education, linking the event to SDG 4: Quality Education by demonstrating how creative methods can strengthen personal development and lifelong well-being.



Panel by Bahçeşehir University Scholars: "Is Anyone Listening?: Relationship Violence, Trauma, and Suicide Among Youth"

Between 15 and 17 October 2025, as part of the 12th Psychological Counseling and Guidance in Higher Education Congress (XII. Yükseköğretimde Psikolojik Danışma ve Rehberlik Kongresi), the panel "Is Anyone Listening?: Relationship Violence, Trauma, and Suicide Among Youth" brought together Prof. Dr. Azize Nilgün Canel as moderator and speaker, alongside BAU Scholars Prof. Dr. Özlem Karaırmak and Prof. Dr. Ayten Zara. The session addressed relationship violence, trauma, and suicide risk among university youth, drawing attention to the need for early recognition, preventive guidance, and accessible support systems in higher education settings.

The panel contributed directly to SDG 5: Gender Equality by focusing on relationship-based violence, a form of harm closely linked to unequal power relations, gender norms, and the need for safer interpersonal environments. By discussing how violence affects young people's mental health, sense of safety, and capacity to participate fully in university life, the session highlighted the importance of institutional awareness and survivor-sensitive approaches.

The event also related to SDG 3: Good Health and Well-being through its emphasis on trauma, suicide prevention, and psychological support, and to SDG 4: Quality Education by underlining the role of universities in creating safe, informed, and responsive learning environments. Through this contribution, Bahçeşehir University supported dialogue on preventing relationship violence and strengthening the protective structures needed for young people's well-being and equality.



National Mental Health Practitioner Training: “Post-Disaster Psychosocial Support for Children”

Organized jointly by TARDE, UNICEF, and the Ministry of Family and Social Services between 12 and 16 May 2025,, this specialized practitioner training took place in Ankara with the participation of 50 mental health professionals from the Ministry. Coordinated by Prof. Dr. Özlem Karaırmak alongside trainers Şenol Demirhan, Sevcan Aktaş, and Rıdvan Şahin, the program focused on implementing the “Post-Disaster and Emergency Psychosocial Support Guide for Children” and strengthening professional capacity to respond to the emotional needs of children affected by crises.

By equipping practitioners with structured and evidence-based psychosocial intervention skills, the training contributed to SDG 3: Good Health and Well-Being through its emphasis on child mental health, trauma-informed care, and psychological resilience after disasters and emergencies. The initiative also supported SDG 4: Quality Education by expanding professional learning in crisis response, SDG 10: Reduced Inequalities by addressing the needs of children in vulnerable situations, and SDG 17: Partnerships for the Goals through collaboration among academic expertise, UNICEF, and public institutions.



Presentation: “Psychological and Social Impacts of the February 6 Earthquakes: A Field Study Example”

Held on 11 April 2025 as part of the 4th Türkiye Traumatic Stress Congress and Workshop on the First Three Days of the Istanbul Earthquake, the presentation “Psychological and Social Impacts of the February 6 Earthquakes: A Field Study Example” was delivered during the “Earthquake and Mental Health” panel. Drawing on empirical field research conducted in the disaster region, the presentation examined the psychological and social consequences of the February 6 earthquakes for affected communities.

By focusing on post-traumatic stress, coping strategies, and factors shaping mental health recovery after disasters, the presentation contributed to SDG 3: Good Health and Well-Being through its emphasis on trauma awareness, psychosocial support, and evidence-based approaches to mental health care. It also connected to SDG 11: Sustainable Cities and Communities by addressing disaster resilience and community recovery, while supporting SDG 4: Quality Education through the dissemination of field-based research to professionals and academics working in traumatic stress, emergency response, and public mental health.



Art-Based Support Group for Field Workers in Post-Disaster Area

Led by BAU Academician Prof. Dr. Özlem Karaırmak and organized in collaboration with the Trauma and Disaster Mental Health Studies Association (TARDE), an "Art-Based Support Group for Field Workers" (Sanat Temelli Çalışana Destek Grup Çalışması) was conducted on March 7, 2025, at the Kahramanmaraş Airport Container City. Held across two sessions (10:30–11:30 and 11:30–12:30), the initiative specifically targeted field professionals from public institutions and civil society organizations who provide ongoing psychosocial support services in the earthquake-affected region. Through structured art-based therapeutic practices, the workshops provided essential psychosocial care and burnout prevention for frontline workers responding to disaster-induced trauma.



Online Training: “Trauma-Sensitive School System”

On 20 March 2025, organized within the framework of TÖZÖK Academy Trainings in collaboration with the Middle School Commission of the Association of Turkish Private Schools (TÖZÖK), the live-streamed online seminar “Trauma-Sensitive School System” was delivered by Prof. Dr. Özlem Karaırmak from Bahçeşehir University, a specialist in trauma and disaster studies. Addressing school administrators, teachers, and school staff via YouTube Live, the session focused on how educational institutions can recognize the effects of trauma and create safer, more supportive learning environments.

By emphasizing trauma awareness, psychosocial safety, and protective school practices, the training contributed to SDG 3: Good Health and Well-Being through its focus on student mental health and emotional resilience. It also supported SDG 4: Quality Education by strengthening educators’ capacity to respond to students’ psychosocial needs, while its accessible online format and focus on school-wide support systems reflected Bahçeşehir University’s contribution to more inclusive and responsive educational communities.



Research on the Psychological and Social Impacts of the February 6 Earthquakes

In 2024-2025 academic year, UNICEF and the Association for Trauma and Disaster Mental Health Studies (TARDE) organized a scientific event at Bahçeşehir University to examine the psychological and social impacts of the February 6 earthquakes. Bringing together university faculty and students, TARDE field teams, UNICEF representatives, and specialists from public institutions and civil society organizations, the programme shared findings from a social impact analysis of mental health and psychosocial support activities carried out by UNICEF and TARDE over the preceding eighteen months.

By focusing on field-based evidence, continuing needs, emerging challenges, and possible response strategies, the event contributed to SDG 3: Good Health and Well-Being through its emphasis on post-disaster mental health, psychosocial support, and trauma-informed recovery. The gathering also reflected Bahçeşehir University's role as a platform for research, dialogue, and applied knowledge exchange, supporting SDG 4: Quality Education and SDG 17: Partnerships for the Goals through collaboration among academic, international, public, and civil society actors working to strengthen disaster response and community resilience.



Expressive Arts-Based Workshop: After the February 6 Earthquakes : Psychological and Social Impacts

In 2024-2025 academic year, Held as part of the event “After the February 6 Earthquakes: Psychological and Social Impacts,” the Expressive Arts-Based Workshop used creative expression as a reflective and supportive method for engaging with the emotional and social dimensions of the earthquakes. Through arts-based practices, the workshop created a space for participants to process experiences, share perspectives, and explore the psychosocial effects of disaster in a structured and sensitive environment.

By addressing the psychological impact of the earthquakes through expressive and participatory methods, the workshop contributed to SDG 3: Good Health and Well-Being, particularly in relation to mental health, emotional recovery, and psychosocial resilience after trauma. It also supported SDG 4: Quality Education by demonstrating how experiential and interdisciplinary learning can deepen understanding of disaster-related mental health needs and strengthen community-oriented approaches to healing.



Communication Within the Family Workshop: Staff at Bahçeşehir University Dental Hospital

As part of Bahçeşehir University's institutional well-being and community engagement initiatives, Asoc. Prof. Dr. Arzu Buyruk Genç delivered an interactive seminar and professional development workshop titled "Family Communication: BAU Dental Hospital Staff" on December 24, 2025. The training was conducted with approximately 20 participants comprising administrative and healthcare professionals from the BAU Dental Hospital. The session focused on active listening, constructive conflict resolution, and healthy relational dynamics, supporting frontline personnel in managing stress and sustaining a healthy work-life balance.

Through this initiative, Bahçeşehir University underscored its institutional commitment to workplace mental health and employee well-being. Facilitated in a small-group, interactive setting, the workshop strengthened participants' interpersonal communication and coping mechanisms. This approach enhanced individual emotional resilience within the family sphere while fostering mutual empathy, job satisfaction, and positive communication within the clinical care environment.

This initiative directly contributes to SDG 3: Good Health and Well-being by prioritizing the psychosocial health and emotional well-being of healthcare staff. It also strongly supports SDG 8: Decent Work and Economic Growth by cultivating a dignified, supportive, and sustainable workplace culture, while advancing SDG 16: Peace, Justice, and Strong Institutions through the promotion of constructive dialogue and effective conflict management skills.





"Online Psychological Counseling: Technological Tools in Counseling with Children and Families" Seminar

Within the framework of institutional community engagement and international multi-stakeholder collaboration, Dr. Arzu Buyruk Genç delivered a specialized training seminar titled "Online Psychological Counseling: Technological Tools in Counseling with Children and Families" on December 3, 2025, organized in partnership with UNICEF.

The programme was specifically designed for approximately 90 field practitioners, including psychologists and psychological counselors working under the Ministry of Family and Social Services who actively support vulnerable children and families. The training focused on expanding access to mental health services and integrating interactive, ethical, and secure digital tools into remote child- and family-centered counseling practices.

Through this initiative, Bahçeşehir University has reinforced its commitment to multi-sectoral partnerships with public institutions and international organizations, substantially enhancing the digital competencies and frontline capabilities of public social service providers. The seminar equipped practitioners with evidence-based, contemporary digital methodologies, thereby directly fostering systemic resilience, safeguarding ethical standards in remote care, and expanding the societal reach of essential mental health support.

This initiative directly contributes to SDG 3: Good Health and Well-being by advancing accessible and high-quality psychological support for vulnerable populations, and SDG 17: Partnerships for the Goals through effective collaboration between academia, public governance, and an international agency (UNICEF). Furthermore, it strongly supports SDG 4: Quality Education through specialized continuous professional development, SDG 10: Reduced Inequalities by reinforcing protective mechanisms for at-risk children and families.

TÜBİTAK 1001 Research Project on Cyberbullying and Adolescent Bystanders

In 2025, Bahçeşehir University's research project "A Field Study on the Effect of Perceived Legitimization of Cyberbullying on Adolescents' Cyber Bystander Roles," led by Seda Gökçe Turan, was awarded funding under the TÜBİTAK 1001 Scientific and Technological Research Projects Funding Programme in August 2025. Planned to run for 13 months, the project investigates how adolescents' perceptions of cyberbullying as acceptable, justified, or normalized influence their responses when they witness harmful online behavior. By examining the factors that shape young people's roles as digital bystanders, the research aims to generate evidence that can inform cyberbullying prevention strategies, digital citizenship education, and interventions that promote responsible online conduct.

The project contributes to SDG 3: Good Health and Well-Being by addressing cyberbullying as a significant risk factor for adolescents' psychological well-being, emotional development, and sense of safety in digital environments. It also supports SDG 4: Quality Education by helping to create safer and more inclusive learning communities through research-based approaches to digital awareness, social responsibility, and online harassment prevention. In addition, the project aligns with SDG 16: Peace, Justice and Strong Institutions by encouraging nonviolence and responsible behavior in digital spaces, while contributing to SDG 10: Reduced Inequalities through its potential to reduce online victimization, exclusion, and discriminatory behavior among young people.



Strengthening Teacher Professional Development through Research on Emotions and Self-Regulation

In 2024-2025 academic year, the research article titled “Teacher Emotions and Teacher Self-Regulation: Insights from Teachers’ Perspectives,” authored by Nihal Yurtseven and Seda Saraç from Bahçeşehir University, was published in the International Electronic Journal of Elementary Education, Volume 16, Issue 5, pages 561–571. The study examined the relationship between teachers' emotional experiences and their capacity for professional self-regulation, drawing on survey data from 403 elementary school teachers and focus group discussions with eight educators. The findings revealed that positive professional emotions, particularly pride and love for teaching, were associated with teacher self-regulation, although they explained only a limited proportion of its variation. Qualitative findings further highlighted the influence of external working conditions and individual characteristics on teachers' emotional experiences, emphasizing the complexity of emotional and behavioral regulation within educational environments.

The publication directly contributed to SDG 4: Quality Education by providing research-based insights into the psychological and professional factors influencing teachers' educational practices and development needs. By examining the relationship between emotions, self-regulation, and teaching experiences, the study highlighted the importance of supporting educators' emotional awareness, reflective practices, and professional well-being as part of efforts to improve educational quality. Its findings can inform teacher professional development programmes and institutional support strategies that recognize the role of emotional and contextual factors in creating effective and sustainable teaching environments. The research also relates to SDG 3: Good Health and Well-Being through its consideration of teachers' emotional experiences and professional well-being.

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iejee

International Electronic Journal of Elementary Education

Teacher Emotions and Teacher Self-Regulation: Insights from Teachers' Perspectives

Nihal Yurtseven, Seda Saraç

Abstract

Keywords:

Introduction

Doctoral Research on Climate Change, Eco-Anxiety and Mental Well-Being

Completed within Bahçeşehir University's Guidance and Psychological Counselling Doctoral Programme, Dr. Hande Korkmaz Çakır's dissertation, supervised by Prof. Dr. Berna Güloğlu and defended in January 2025, examined the psychological dimensions of climate action. Titled "Predictors of Being an Individual Climate Activist in the Fight Against Climate Change: A Structural Equation Modelling," the study used data from 752 participants aged 18–36 across Türkiye to explore the relationships among climate-change awareness, fundamental world assumptions, connectedness to nature, general anxiety, eco-anxiety, and individual climate action.

By focusing on eco-anxiety and climate-related emotional distress among young people, the dissertation contributes strongly to SDG 3: Good Health and Well-Being, highlighting the growing importance of mental health within climate resilience. The findings show that while climate awareness, positive world assumptions, and connectedness to nature can encourage pro-environmental behaviour, eco-anxiety may also function as a psychological mechanism that transforms environmental concern into action. In this sense, the research positions climate change not only as an environmental challenge, but also as a public mental health issue requiring attention from counselling, education, and policy fields.

The study also supports SDG 13: Climate Action by generating evidence on the psychological factors that shape personal engagement in climate-change mitigation and adaptation. Its emphasis on psychologically resilient and environmentally engaged individuals further relates to SDG 11: Sustainable Cities and Communities, as sustainable and climate-resilient communities depend on people who are both informed about climate risks and supported in coping with the emotional pressures they create.




T.C.
BAHÇEŞEHİR ÜNİVERSİTESİ
LİSANSÜSTÜ EĞİTİM ENSTİTÜSÜ
EĞİTİM BİLİMLERİ ANABİLİM DALI

İKLİM DEĞİŞİKLİĞİ İLE MÜCADELEDE BİREYSEL İKLİM AKTİVİSTİ OLMANIN YORDAYICILARI: BİR YAPISAL EŞİTLİK MODELLEMESİ

DOKTORA TEZİ
HANDE KORKMAZ ÇAKIR

İSTANBUL 2025

Research on AI Methods for Health Applications

During the 2024-2025 academic year, Bahçeşehir University researchers contributed to a series of health-oriented artificial intelligence studies between December 2024 and December 2025, addressing areas such as endoscopic disease detection, depression detection through electroencephalography signals, brain tumour classification, scoliosis diagnosis from spinal radiographs, and the interpretability of medical AI models. These outputs examine how AI-based methods can support the analysis of complex medical data, improve diagnostic workflows, and strengthen the evaluation of digital health technologies.

The research contributes directly to SDG 3: Good Health and Well-Being by advancing computational methods that may support earlier detection, more accurate classification, and more transparent interpretation of health-related conditions. Studies on endoscopic lesions, neurological depression indicators, brain tumours, scoliosis, and medical imaging interpretability demonstrate how AI can be used to enhance evidence-based healthcare and improve the reliability of diagnostic support systems. By focusing not only on model performance but also on interpretability, the work also addresses an important requirement for responsible medical AI: ensuring that clinicians and researchers can better understand how automated systems reach their outputs.

This body of research also supports SDG 9: Industry, Innovation and Infrastructure by contributing to innovation in medical data analysis, explainable AI, and health technology development. Through publications and conference outputs, Bahçeşehir University strengthens the connection between engineering, computer science, and healthcare, positioning AI research as a tool for improving health systems while supporting the responsible digital transformation of medical practice.

The following are the researches and studies published by BAU scholars:

Selective RGB Channel Jittering for Robust Endoscopic Disease Detection Across Multiple Lesion Types

29 December 2025; early publication 11 December 2025 | Sakarya University Journal of Computer and Information Sciences, 8(4), 785–797

10.35377/saucis...1771175

Interpretable deep learning for depression detection in neurological patients using EEG signals

December 2025 | MethodsX, 15, 103736

10.1016/j.mex.2025.103736

Task-Specific Architecture Analysis for Brain Tumor Classification

First online 28 October 2025 | MCO 2025 proceedings, LNNS 1689, 323–334

10.1007/978-3-032-08384-5_27 Bibliographic year 2026; first published online within this reporting period.

Harnessing CNNs and Decision Trees for Autonomous Scoliosis Diagnosis on Spinal Radiographs

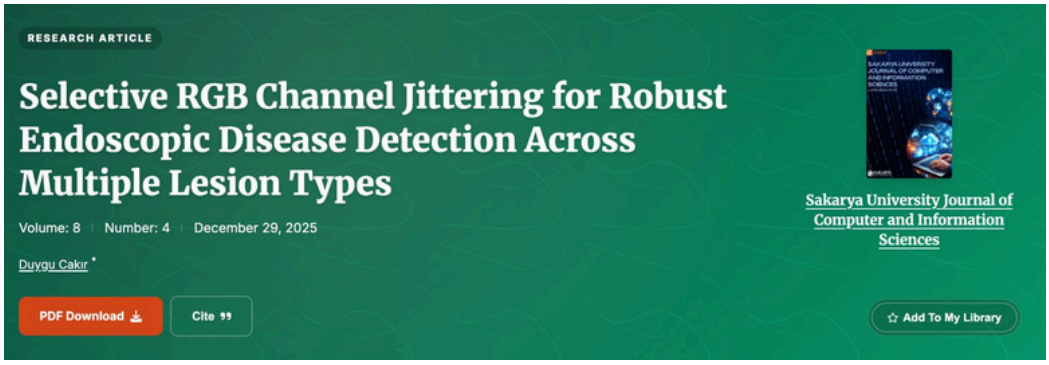
6–7 December 2024 conference | ISAS 2024, 1–7

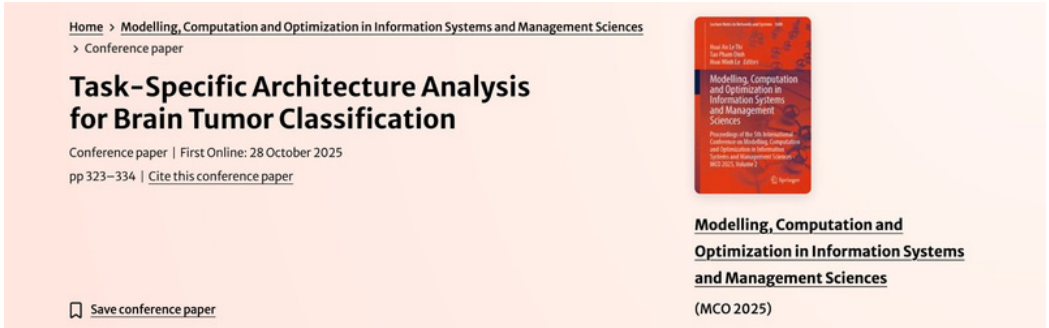
10.1109/ISAS64331.2024.10845516

Enhancing medical AI interpretability using heatmap visualization techniques

2025 | Explainable AI in Healthcare Imaging for Medical Diagnoses, 71–91

10.1016/B978-0-443-23979-3.00004-X





Ninth Annual Istanbul Meeting on Human Capital: Economics of Education, Health, and Worker Productivity



NINTH ANNUAL ISTANBUL MEETING ON HUMAN CAPITAL:
ECONOMICS OF EDUCATION, HEALTH, AND WORKER PRODUCTIVITY

Organizers:

Naci Mocan, Ozan Bakış, Ayça Akarçay

Friday, October 24, 2025

Bahçeşehir University, Beşiktaş Campus- Block A Conference Hall

8:30–8:50	Welcome Coffee
8:50–9:00	Opening Remarks

Friday, October 24, 2025

Bahçeşehir University, Beşiktaş Campus- Block A Conference Hall

8:30–8:50	Welcome Coffee
8:50–9:00	Opening Remarks
9:00–10:00	**Okan Akarsu, Central Bank of the Republic of Türkiye** "Weather Anomalies, Climate Risk, and Inflation Expectations of Household and Firms" with Yusuf Emre Akgündüz (Central Bank of the Republic of Türkiye), Seyit Mümin Cilasun (TED University) and Saide Simin Bayraktar (Central Bank of the Republic of Türkiye)
10:00–11:00	**Selcen Çakır, Boğaziçi University** "Hidden Pay, Random Matches"
11:00–11:15	Coffee Break
11:15–12:15	**Muhammet Enes Çıraklı, Central Bank of the Republic of Türkiye** "Heterogenous Convergence in the Public-Private Wage Gap: Identifying the Impact of Turkiye's 2016 Minimum Wage Increase" with Müşerref Küçükbayrak (Central Bank of the Republic of Türkiye)
12:15–13:30	Lunch
13:30–14:30	**Mustafa Özer, Kilis Yedi Aralık University** "Does Immigration Affect Natives' Mental Health? Causal Evidence from Forced Syrian Migration to Turkey" with Jan Fidrmuc (Université de Lille)

On 24 October 2025, the Ninth Annual Istanbul Meeting on Human Capital brought together economists and researchers to examine how education, health, skills and labour-market conditions shape worker productivity and long-term economic development. Hosted at Bahçeşehir University's South Campus and organised by Bahçeşehir University, the Bahçeşehir University Center for Economic and Social Research (BETAM), the World Bank Office of the Chief Economist for the Europe and Central Asia Region and the University of Ottawa, the meeting created an international forum for presenting research, receiving expert feedback and discussing evidence relevant to human-capital policy. Its central focus reflected a fundamental dimension of SDG 8: sustainable economic growth depends not only on investment and production, but also on a healthy, skilled and productive workforce with equitable opportunities to participate in employment.

The programme approached human capital through several interconnected stages of life. Research on the expansion of caesarean-section use in Türkiye examined changes in neonatal mortality, drawing attention to how healthcare access and early-life health outcomes can influence individual well-being and later human-capital development. Good health from the beginning of life provides an essential foundation for educational attainment, labour-force participation and productive employment. This strand therefore connected SDG 8 with SDG 3: Good Health and Well-Being, demonstrating that health policy and economic productivity cannot be considered separately.

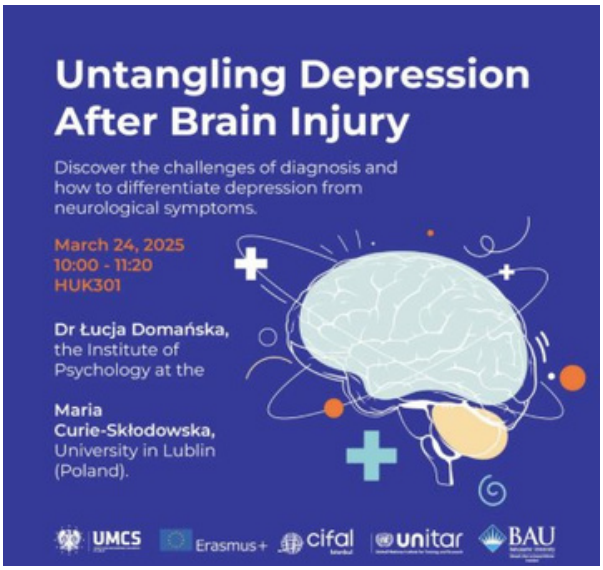
A further session focused directly on young workers in Türkiye, examining micro-enterprises, workplace training and employer demand for skills. This subject is especially relevant to SDG 8 because micro-enterprises constitute an important source of employment, yet young people's

prospects within them depend on access to training, opportunities to develop applicable skills and alignment between education and labour-market demand. By encouraging evidence-based discussion of these issues, the meeting addressed the conditions needed to improve youth employability, facilitate the transition from education to work and strengthen productivity in smaller businesses. It also highlighted the importance of investing in learning within the workplace so that young employees can adapt to changing occupational and technological requirements.

The relationship between schooling and maternal employment was explored through research on the effects of school entry. By examining how children's participation in education can influence mothers' ability to engage in paid work, the session drew attention to the close connection between education systems, care responsibilities and women's labour-force participation. Accessible schooling can have wider economic effects by reducing constraints on parents—particularly women—and enabling more equal access to employment and income. The programme also included research based on PISA 2022 examining behavioural factors associated with student performance, contributing to discussion of how motivation, attitudes and learning outcomes affect the skills that young people carry into further education and working life. These themes linked SDG 8 with SDG 4: Quality Education and SDG 5: Gender Equality.

Through these complementary research areas, the meeting contributed to SDG 8: Decent Work and Economic Growth by advancing understanding of the factors that determine workforce participation, skills formation and productivity. Its emphasis on youth training, employer skill needs, women's employment and the health and educational foundations of human capital supported a multidimensional view of economic development in which growth is strengthened by investment in people. By convening researchers from different institutions and enabling each paper to be evaluated by an expert discussant, Bahçeşehir University and BETAM also promoted rigorous knowledge exchange capable of informing labour-market, education and social policy. The international and institutional cooperation underpinning the meeting further supported SDG 17: Partnerships for the Goals, while reinforcing the University's role in connecting economic research with the pursuit of more productive, inclusive and resilient labour markets.

Untangling Depression After Brain Injury Seminar



On 24 March 2025, in partnership with Maria Curie-Skłodowska University (UMCS), Erasmus+, and Bahçeşehir University (BAU), CIFAL Istanbul, UNITAR convened the seminar "Untangling Depression After Brain Injury" to raise awareness of the complex relationship between neurological injury, mental health, and psychosocial well-being. The seminar examined the psychological, neurological, and social dimensions of depression following brain injury, offering a holistic perspective on the challenges individuals may experience during recovery.

The seminar also drew attention to the wider effects of post-injury depression on patients' families and support networks. By disseminating scientifically grounded knowledge, it highlighted the importance of early recognition, interdisciplinary assessment, appropriate psychological support, and coordinated care in strengthening recovery processes and improving quality of life.

The initiative contributed directly to SDG 3: Good Health and Well-Being by advancing awareness of mental health conditions associated with brain injury and promoting informed, multidisciplinary approaches to rehabilitation and psychosocial support. Its international academic partnerships also supported SDG 17: Partnerships for the Goals by facilitating knowledge exchange and cooperation among universities and international organizations in the fields of health and well-being.

BAU Sport Academy: Basketball Player Health 360—From Injury to Excellence



On 3 April 2025, held at Bahçeşehir University's South Campus, the BAU Sport Academy event "Basketball Player Health 360: From Injury to Excellence" approached athlete health from a comprehensive and multidisciplinary perspective. The programme brought together specialists from basketball, sports medicine, and health sciences, including representatives from the Turkish Basketball Federation, Anadolu Efes Sports Club, Bahçeşehir College Sports Club, and Bahçeşehir University.

The event explored injury prevention, clinical decision-making, rehabilitation, recovery, and performance-oriented healthcare in basketball. By facilitating knowledge exchange between academic experts and professionals working directly with athletes, the programme strengthened awareness of evidence-based practices that can reduce injury risks, support safe participation in sport, and protect athletes' physical well-being throughout their careers.

The initiative contributed directly to SDG 3: Good Health and Well-Being by promoting preventive healthcare, effective injury management, rehabilitation, and healthier sporting practices. It also supported SDG 17: Partnerships for the Goals by establishing cross-sectoral dialogue among the university, sports federation representatives, professional sports clubs, clinicians, and academic specialists.

Addiction in All Its Aspects



In the 2024-2025 academic year, the event “Addiction in All Its Aspects” examined substance, alcohol, technology, and gambling addictions through current scientific evidence. Led by a specialist in the field, the programme explored how addictive behaviours develop and considered their physical, psychological, social, and economic consequences for individuals, families, and communities.

By providing participants with evidence-based information about the causes, warning signs, and consequences of addiction, the event sought to strengthen awareness and support preventive action. It also encouraged participants to recognize behavioural risks, adopt healthier lifestyle habits, and approach addiction as a multidimensional public-health issue requiring informed individual and collective responses.

The initiative contributed directly to SDG 3: Good Health and Well-Being by supporting addiction prevention, mental and behavioural health awareness, and healthier living. It also aligned with SDG 4: Quality Education by providing an educational setting in which scientific knowledge was shared to improve participants’ health literacy and capacity to make informed decisions.

Sexually Transmitted Infections and Prevention Methods





In the 2024-2025 academic year, the event “Sexually Transmitted Infections and Prevention Methods” provided participants with comprehensive information on sexually transmitted infections (STIs), including their transmission routes, symptoms, and potential health consequences when left untreated. The programme emphasized evidence-based prevention methods such as safe sexual practices, regular screening, vaccination where available, and open communication between partners.

Beyond clinical information, the event presented sexual and reproductive health as an integral component of overall health and well-being. By addressing misconceptions, stigma, embarrassment, and misinformation, the session sought to reduce barriers that can prevent individuals from accessing testing, treatment, and professional advice. It also highlighted the importance of accurate, confidential, and non-judgmental healthcare services.

The initiative contributed directly to SDG 3: Good Health and Well-Being by promoting STI prevention, early diagnosis, health awareness, and responsible behaviours. It also supported SDG 5: Gender Equality by strengthening access to sexual and reproductive health information, supporting individuals’ agency in making informed decisions about their bodies, and drawing attention to the need for equitable, stigma-free preventive healthcare for people of all genders.

Who Will Save the World? Planetary Nursing





On 24 February 2025, Bahcesehir University's event "Who Will Save the World? Planetary Nursing" introduced participants to planetary health and the emerging field of planetary nursing, which recognizes the interdependence between human health and the condition of the natural environment. The programme examined how excessive resource consumption, climate change, pollution, and biodiversity loss generate growing risks for physical and mental health, particularly among environmentally vulnerable communities.

Drawing on the foundational principles of the nursing profession, the event positioned nurses as important advocates for planetary health. It emphasized that healthcare professionals can contribute not only through patient care but also by promoting environmental awareness, sustainable practices within healthcare systems, responsible resource use, and preventive approaches that address the environmental determinants of health.

The initiative contributed directly to SDG 3: Good Health and Well-Being by strengthening understanding of how environmental degradation and climate-related risks affect public health. It also supported SDG 13: Climate Action by encouraging health professionals to participate in climate-conscious practices and advocacy, SDG 15: Life on Land through its emphasis on protecting ecosystems and biodiversity, and SDG 17: Partnerships for the Goals by highlighting the need for multidisciplinary and international cooperation to safeguard both human and planetary well-being.

Psychological Determinants of Sexual Health



On May 7, 2025, Bahçeşehir University's event "Psychological Determinants of Sexual Health" examined sexual health from a psychological perspective, focusing on the internal and emotional factors that influence individuals' sexual well-being. The programme explored how self-esteem, body image, anxiety, and previous experiences of trauma or abuse may affect sexual functioning, satisfaction, and well-being across different stages of life.

Particular attention was given to communication skills, relationship dynamics, and the effects of mental health conditions such as stress and depression on sexual attitudes and behaviours. By approaching sexual health as more than a purely physical matter, the event highlighted the close relationship between emotional well-being, interpersonal relationships, mental health, and sexual health.

The initiative contributed directly to SDG 3: Good Health and Well-Being by promoting a holistic understanding of mental, emotional, and sexual well-being. It also supported SDG 4: Quality Education by strengthening future healthcare professionals' ability to recognize the psychological dimensions of sexual health and encouraging informed, sensitive, and patient-centred approaches within healthcare settings.

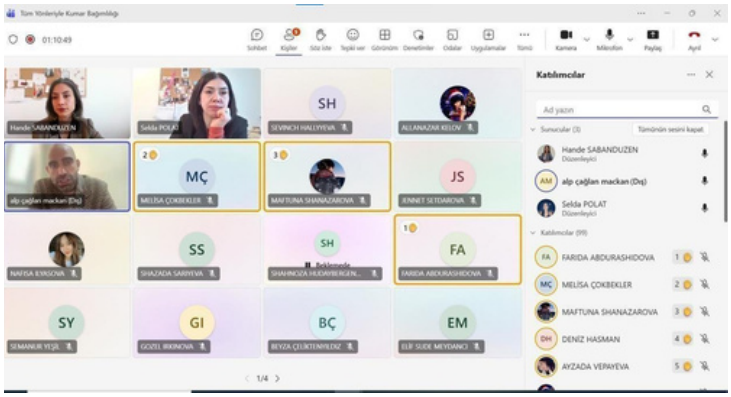
Online Event on Gambling Addiction in All Its Aspects



Held online on 18 December 2025 by Bahçeşehir University, the event "Gambling Addiction in All Its Aspects" examined gambling addiction through psychological, behavioural, social, and relational perspectives. The programme offered participants a comprehensive understanding of how problematic gambling develops, how it affects individuals' mental health and daily functioning, and how its consequences may extend to financial stability, family relationships, and wider social well-being.

Particular attention was given to addiction counselling and family counselling, highlighting that effective responses must address both the individual and the family system. By bringing together clinical and family-oriented perspectives, the event provided information on recognizing warning signs, preventing harmful gambling behaviours, accessing appropriate support, and developing healthier coping strategies for affected individuals and their families.

The initiative contributed directly to SDG 3: Good Health and Well-Being by raising awareness of behavioural addiction and promoting prevention, counselling, and psychosocial support. It also supported SDG 4: Quality Education by using an accessible online format to disseminate evidence-based knowledge on gambling-related harm and available support mechanisms to a wider audience.



Herbal Dietary Supplements and Their Health Effects: Postgraduate Seminar Series





Organized by Bahçeşehir University's Department of Nutrition and Dietetics on 17 May 2025, the "Herbal Dietary Supplements and Their Health Effects" Postgraduate Seminar Series provided a structured academic platform where 19 postgraduate dietitians presented literature-based reviews of 15 herbal and bioactive supplements to an audience of 85 participants. The presentations examined the potential health effects, appropriate uses, limitations, and safety considerations associated with herbal dietary supplements.

The programme also explored evidence-based practices for using naturally available plant-based products and dietary components to support metabolic functions, while emphasizing that "natural" does not automatically mean safe or clinically effective. Participants were encouraged to evaluate scientific evidence, appropriate dosages, possible side effects, and interactions with medications before incorporating herbal products into nutritional or healthcare practices. This approach promoted informed decision-making and discouraged unsupported health claims or unsafe self-medication.

The seminar strengthened postgraduate students' research literacy, critical appraisal, scientific communication, and professional competencies, preparing them to translate academic evidence into safe clinical and public-health practice. It was offered free of charge and open to the public online without registration, while BAU members could participate either in person or remotely. This accessible format extended the programme beyond the university, with 26 of the 85 participants attending as external guests from the wider professional community.

The initiative contributed directly to SDG 3: Good Health and Well-Being by promoting scientifically informed and safe approaches to nutrition, metabolic health, and supplement use. It supported SDG 4: Quality Education through postgraduate skills development and free learning opportunities accessible beyond the university. The seminar also related to SDG 2: Zero Hunger, particularly its nutrition dimension, by strengthening knowledge of diverse plant-based dietary resources and their responsible use in supporting healthy and nutritionally adequate diets. Furthermore, it contributed to SDG 12: Responsible Consumption and Production by encouraging participants to approach herbal products through evidence-based, conscious, and responsible consumption practices, while considering appropriate use, product safety, sustainable sourcing, and the prevention of unnecessary or excessive supplement consumption.

Autism Spectrum Disorder from a Child Psychiatrist's Perspective



On 3 December 2025, BAUKOM hosted the seminar "Autism Spectrum Disorder from a Child Psychiatrist's Perspective," delivered by Assoc. Prof. Helin Kafalı. The face-to-face session was open to BAU fourth-year Speech and Language Therapy students and graduate students, while students from other BAU year groups could participate online. Participation was free of charge, enabling students at different educational levels to benefit from the programme.

The seminar examined autism spectrum disorder through an interdisciplinary medical perspective, addressing current diagnostic criteria and clinical considerations relevant to communication professionals. By bringing child psychiatry and speech-language therapy perspectives together, the session strengthened students' understanding of assessment, referral processes, co-occurring needs, early support, and collaborative care. This integrated approach can help future professionals provide more responsive and individualized services to autistic children and their families.

The programme placed particular emphasis on SDG 10: Reduced Inequalities by strengthening future professionals' capacity to recognize the diverse needs of autistic individuals and respond through inclusive, respectful, and informed practices. Improved professional awareness can help challenge stigma, reduce barriers to assessment and support services, and promote the equitable participation of autistic children in healthcare, education, and community life.

The initiative also contributed directly to SDG 3: Good Health and Well-Being by advancing interdisciplinary knowledge related to autism assessment, communication needs, and coordinated care. It supported SDG 4: Quality Education by equipping future speech and language therapists with the knowledge required to deliver inclusive and evidence-informed professional services.

Stuttering and Cluttering Seminar



In 2024-2025 academic year, on 25 December 2024, BAUKOM hosted Prof. Ahmet Konrot for a specialist seminar on stuttering and cluttering. The programme was designed for BAU Speech and Language Therapy students: third- and fourth-year undergraduate students and graduate students participated in person, while first- and second-year students were able to join online. Participation was free of charge, enabling students at different stages of their professional training to benefit from the session.

The seminar provided structured learning on two major fluency disorders, strengthening participants' understanding of their clinical characteristics and the issues associated with assessment and intervention. By improving future speech and language therapists' knowledge of evidence-informed and person-centred practices, the programme contributed primarily to SDG 3: Good Health and Well-Being and supported the future provision of effective communication healthcare.

The initiative also contributed to SDG 10: Reduced Inequalities by preparing future professionals to address the communication barriers, stigma, and social disadvantages experienced by individuals who stutter or clutter. Greater clinical awareness can improve access to appropriate support and promote the fuller participation of people with fluency disorders in education, employment, and social life.

Applied Behavior Analysis: Common Misconceptions—in Collaboration with Tohum Autism Foundation



On 7 May 2025, BAUKOM organized the seminar "Applied Behavior Analysis: Common Misconceptions" with Dr. Nursinem Şirin, Director of Education R&D and Projects at Tohum Autism Foundation. Held at BAU South Campus in collaboration with the Foundation, the event was open free of charge to undergraduate and graduate Speech and Language Therapy students as well as SLP graduates.

The seminar examined common misconceptions surrounding applied behavior analysis and presented contemporary perspectives on its use in educational and intervention practices related to autism. By facilitating direct engagement with expertise developed through community-based autism services and projects, the session encouraged participants to approach intervention methods in an informed, ethical, individualized, and evidence-based manner.

The initiative contributed primarily to SDG 3: Good Health and Well-Being by strengthening current and future communication-health professionals' understanding of approaches used to support autistic individuals. Improved professional knowledge can contribute to

better-informed intervention planning, coordinated support, and services that consider each individual's communication needs, well-being, and quality of life.

The seminar also supported SDG 10: Reduced Inequalities by promoting informed and inclusive professional practices that can help reduce misconceptions, stigma, and barriers encountered by autistic individuals. It contributed to SDG 17: Partnerships for the Goals through cooperation between Bahçeşehir University and Tohum Autism Foundation and to SDG 4: Quality Education by providing free specialist learning and professional development opportunities.

Interdisciplinary Approaches in Family-Based Services Panel



In alignment with the Presidency's declaration of 2025 as the "Year of the Family," Bahçeşehir University's Vocational School of Health Services, Department of Child Care and Youth Services organized the "Interdisciplinary Approaches in Family-Based Services Panel." THeld on 9 May 2025, the event facilitated the sharing of interdisciplinary approaches, methods, and practices among experts working with children and families across various fields. Featuring esteemed speakers such as Lect. Ayşen Yalın, Res. Asst. Tuna Şahsuvaroğlu, Specialist Social Worker Ahmet Emin Baysal, Feryal Demir, Tuba Özel, and Eren Kutluk, the panel specifically aimed to strengthen family structures and enhance professional collaboration.

Through this initiative, Bahçeşehir University has strengthened its dedication to societal contribution and the empowerment of disadvantaged groups by advancing interdisciplinary cooperation in family and child services. The panel encouraged participants to holistically evaluate the multifaceted needs of families, promoting lifelong learning and robust community support systems. By bringing together diverse experts, the event fostered awareness of inclusive social practices and holistic well-being.

This initiative directly contributes to SDG 10: Reduced Inequalities by focusing on the empowerment of disadvantaged groups and providing support for vulnerable family structures. It also supports SDG 3: Good Health and Well-being and SDG 4: Quality Education through its emphasis on societal well-being, lifelong learning, and the continuous education of professionals and students in child and family services.

Emergency Childbirth in Pre-Hospital Emergency Care Training



During the 2024-2025 academic year in collaboration with the Paramedic Association (Paramedik Derneği), Bahçeşehir University's Vocational School of Health Services, First and Emergency Aid Program organized the "Emergency Childbirth in Pre-Hospital Emergency Care" training. Instructed by expert academicians Lect. Erdal Çalış, Lect. Tarık Balcı, and Lect. Tuğçe Sabancı, this comprehensive certification program provided both theoretical and practical education. The course was meticulously designed to upskill active healthcare professionals and current paramedic students working in pre-hospital emergency care across the country.

Through this initiative, Bahçeşehir University has strengthened its dedication to public health safety and applied vocational education. The training encouraged participants to develop critical, life-saving competencies required for managing emergency deliveries outside of hospital settings. By partnering with a leading professional association, the event fostered a culture of continuous professional development, operational readiness, and high clinical standards in maternal and neonatal emergency care.

This initiative directly contributes to SDG 3: Good Health and Well-being by advancing the critical skills of emergency medical personnel in maternal and newborn care, ultimately aiming to improve health outcomes and reduce preventable risks in emergency situations. It supports SDG 4: Quality Education by offering specialized vocational training and accessible lifelong

learning opportunities to both students and actively practicing professionals. Furthermore, the collaboration with the Paramedic Association highlights a strong commitment to SDG 17: Partnerships for the Goals, demonstrating the effectiveness of institutional alliances in enhancing the scope and impact of healthcare education.

Basic and Advanced Life Support Certificate Program



Conducted between March 21 and 22, 2025, in partnership with the Paramedic Association (Paramedik Derneği), Bahçeşehir University's Vocational School of Health Services, First and Emergency Aid Program organized the "Basic and Advanced Life Support Certificate Program." Instructed by esteemed academics Lect. Muzaffer Akkaya, Lect. Tarık Balcı, Lect. Tuğçe Sabancı, and Lect. Sinan Nural, the comprehensive certification program delivered critical theoretical knowledge and rigorous practical training. The event brought together current First and Emergency Aid program students from across Turkey alongside actively working healthcare alumni, equipping them with advanced competencies in pre-hospital emergency care and resuscitation protocols.

Through this initiative, Bahçeşehir University has strengthened its dedication to public health safety and applied medical education on a national scale. The training encouraged a diverse cohort of students and professionals to master fundamental and advanced life support interventions. By fostering rigorous hands-on practice in collaboration with a leading professional association, the event promoted high standards of operational readiness, continuous skill development, and clinical proficiency in high-stakes, life-saving procedures.

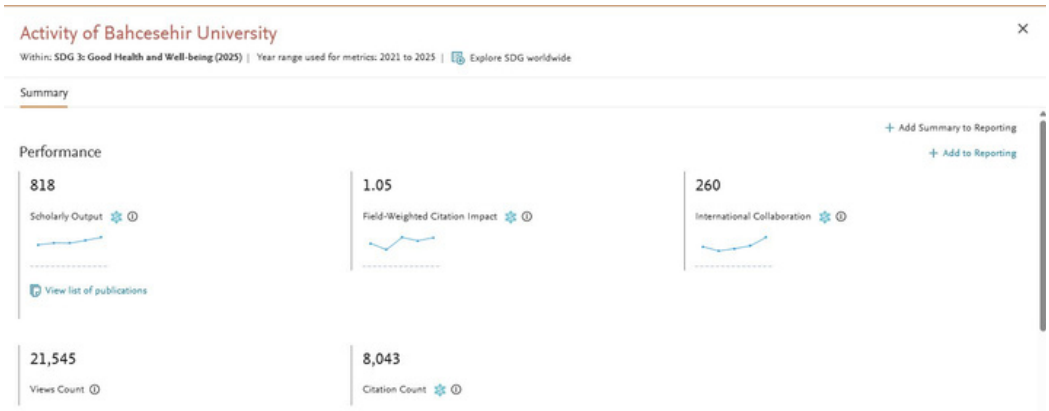
This initiative directly contributes to SDG 3: Good Health and Well-being by advancing the critical life-saving skills of participants, thereby directly improving emergency healthcare outcomes and reducing preventable mortality rates nationwide. It supports SDG 4: Quality Education by offering specialized vocational training, accessible lifelong learning opportunities, and vital certification that bridges the gap between academic study and professional practice. Furthermore, the collaboration with the Paramedic Association and the inclusion of students from across the country highlights a strong commitment to SDG 17: Partnerships for the Goals, demonstrating the effectiveness of institutional alliances in scaling the impact of healthcare education.

Bahçeşehir University's Research Performance in SDG 3: Good Health and Well-being (2021–2025)

According to SciVal data, Bahçeşehir University produced 818 publications classified under SDG 3: Good Health and Well-being during the 2021–2025 period. These publications achieved a Field-Weighted Citation Impact (FWCI) of 1.05, indicating citation performance 5% above the global average for comparable publications, adjusted for subject field, publication year and publication type.

The research output received 8,043 citations and recorded 21,545 views, reflecting its visibility and uptake within the academic community. These indicators highlight BAU's contribution to the scientific knowledge base relevant to health and well-being, providing resources for further investigation and evidence-informed discussion of healthcare challenges.

The figure below presents SciVal's overview of Bahçeşehir University's research performance under SDG 3 for the 2021–2025 period, including scholarly output, citation impact, international collaboration and publication views.





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