



BAU BAHÇEŞEHİR
UNIVERSITY

SDG 3: GOOD HEALTH AND WELL-BEING



2023–2024

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 6 universities (Istanbul, Washington D.C., Berlin, Cyprus, Batumi, Plymouth), 5 liaison offices (BAU Global Azerbaijan, Jordan, Uzbekistan, Mongolia, Pakistan) and 5 language schools.

As one of the leading universities in Türkiye, BAU aims primarily to improve the living standards of the local and global society by integrating the sustainable development goals into its corporate processes and culture, educational programs, academic research practices and stakeholder collaborations. BAU with its staff members, students and alumni is a big academic community who are raised as good global citizens committed to each other and the world around them and always act with the utmost sense of ethics and social responsibility.

BAU WITH NUMBERS

- 7 campuses in Istanbul
- 10 faculties, 1 conservatory, 2 vocational schools
- 54 BA programs, 187 MA programs, 30 PhD. programs
- 28 research and application centers
- 149 labs, workshops/studios, incubation centers
- 229 Erasmus partner universities, 96 world exchange partners
- 854 full-time faculty members, 449 administrative staff members
- 19.287 undergraduate students, 3.500 graduate students, 478 doctora degree students
- 81 student clubs
- 238 externally funded projects between 2023-2024
- 410 industry partnerships & projects between 2023-2024

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 801-1000 band in the World University Rankings, 59th in the Impact Rankings and the 173th in the Young University Rankings 2024. Also, BAU is ranked among the top 5 universities in Türkiye.

The university continuously increases its standing in categories related to the UN Sustainable Development Goals. As of 2025, BAU holds the following standings in the THE Impact Rankings;

- 7 th in Quality Education
- 50 th in Peace, Justice and Strong Institutions
- 2nd in Gender Equality
- Ranks between 101-200 in Reducing Inequalities
- Ranks between 201-300 in Industry, Innovation and Infrastructure
- Ranks between 401-600 in Sustainable Cities and Communities

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.

GOOD HEALTH AND WELL-BEING

Overview

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.

Free 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.

GOOD HEALTH AND WELL-BEING

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

GOOD HEALTH AND WELL-BEING

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

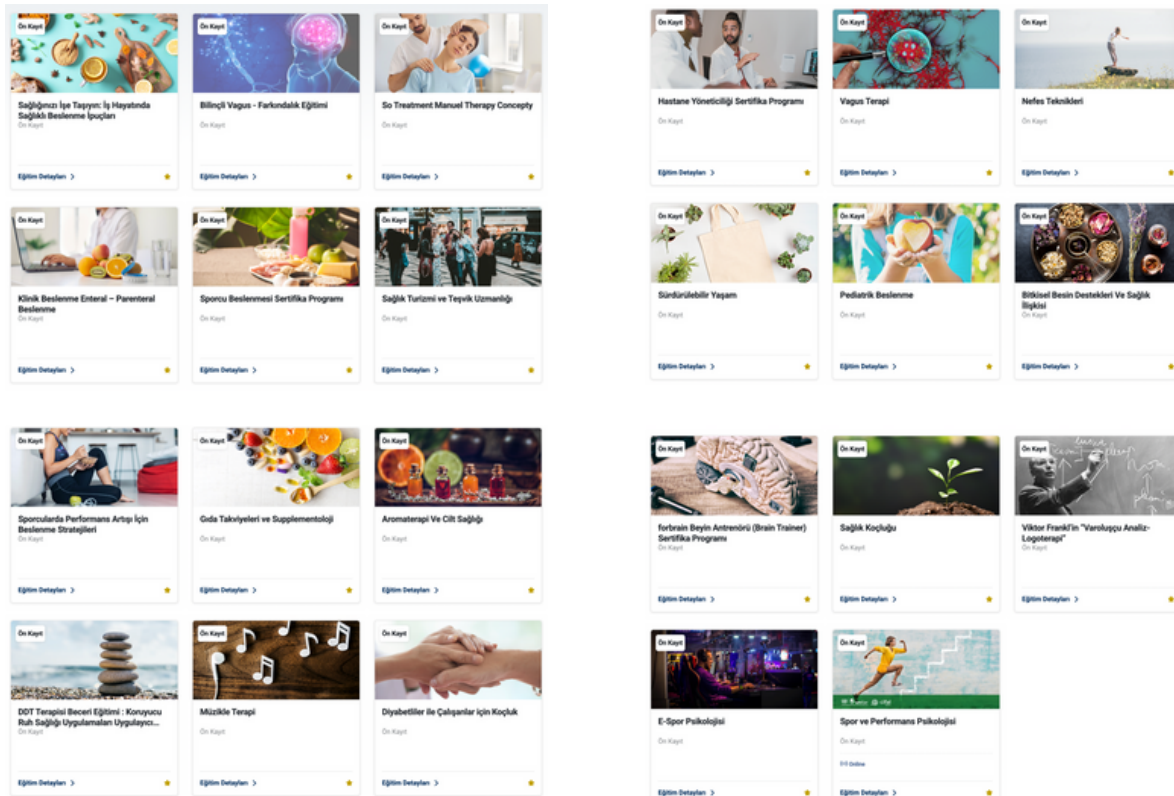
Overview:

Bahçeşehir University's School of Professional Studies (BAUPRO), operating under BAUSEM – Bahçeşehir University Continuing Education Center, serves as a hub for lifelong learning by providing professional development opportunities across diverse disciplines. BAUPRO's mission is to equip individuals with contemporary knowledge and practical competencies that align with global standards and sustainable development objectives.

Under the Health category, BAUPRO offers 23 comprehensive certificate programs 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 health programs cultivate professional expertise in areas such as clinical nutrition, ergonomics, 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://bausem.bau.edu.tr/egitimler/butun-egitimler.html>



GOOD HEALTH AND WELL-BEING

Selected Examples:

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



Bahçeşehir University's School of Professional Studies (BAUPRO) 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://bausem.bau.edu.tr/egitim/ofis-sagligi-icin-hareket-edin-isyerinde-saglikli-hareket-ve-egzersiz-yollari.html>

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



Bahçeşehir University's School of Professional Studies (BAUPRO) 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://bausem.bau.edu.tr/egitim/sagliginizi-ise-tasiyin-is-hayatinda-saglikli-beslenme-ipuclari.html>

GOOD HEALTH AND WELL-BEING

Herbal Nutritional Supplements and Their Relationship to Health



Bahçeşehir University's School of Professional Studies (BAUPRO) offered the certificate program "Herbal Nutritional Supplements and Their Relationship to Health," addressing the growing global trend of turning to nature-based remedies for preventive and therapeutic purposes. The course examined the increasing consumption of herbal products—many of which are sold without prescription or professional guidance—and the potential risks associated with their unregulated use. Participants explored topics such as the extraction and active ingredients of herbal supplements, their mechanisms of action, dosage, side effects, contamination risks, and drug-nutrient interactions. By promoting scientific literacy and responsible use of herbal products, this program supported the prevention of health complications related to supplement misuse and encouraged an evidence-based approach to natural health practices, reflecting the broader goal of ensuring safety and well-being in public health.

<https://bausem.bau.edu.tr/egitim/bitkisel-besin-destekleri-ve-saglik-iliskisi.html>

.Health Coaching



Bahçeşehir University's School of Professional Studies (BAUPRO) introduced the "Health Coaching" program, designed to integrate behavioral science and evidence-based coaching methods into health-oriented approaches. The training equipped participants with practical tools for guiding patients and clients toward sustainable lifestyle changes, especially following medical diagnoses or during chronic disease management. By emphasizing the psychological and social dimensions of behavior change, participants learned to design interventions that enhance adherence to treatment plans, improve well-being, and empower individuals to take an active role in their own health journey. Through its holistic and science-based methodology, this program fostered a deeper understanding of preventive care, mental resilience, and sustainable health practices, advancing the broader mission of improving overall health and quality of life within the framework of good health and well-being.

<https://bausem.bau.edu.tr/egitim/saglik-koclugu.html>

GOOD HEALTH AND WELL-BEING

BAU Dean of Bahçeşehir University Faculty of Medicine Meets with Students of Çağaloğlu Anatolian High School (05.01.2024)



Prof. Dr. Türker Kılıç, Dean of Bahçeşehir University Faculty of Medicine and Head of the Department of Neurosurgery, delivered an inspiring lecture titled “Why Would a Successful High School Student Aspire to Become a Scientist and a Neurosurgeon?” to prospective students from Çağaloğlu Anatolian High School. During his speech, he encouraged young participants to cultivate curiosity, perseverance, and scientific thinking—key foundations for a meaningful career in medicine and neuroscience. By highlighting the role of science in improving mental and physical health, and by motivating youth to pursue careers dedicated to healing and discovery, this initiative contributed to fostering a generation aware of the value of health sciences for individual and societal well-being. Bahçeşehir University remains devoted to empowering young minds through science-driven education that nurtures compassion, innovation, and a lifelong commitment to human health.

GOOD HEALTH AND WELL-BEING

Forced Displacement and Health: Learning from Country Experiences to create a Better Future (30.01.2024)



Bahçeşehir University Faculty of Medicine and BAUMUS, in collaboration with Johns Hopkins University's Center for Humanitarian Health, organized an international panel titled "Forced Displacement and Health: Learning from Country Experiences to Create a Better Future." The event brought together experts and scholars to discuss the intersections of migration, health systems, and humanitarian response, highlighting best practices from around the world. By addressing the health challenges faced by displaced populations and promoting equitable access to essential healthcare services, the panel underscored the university's dedication to improving public health outcomes and supporting vulnerable communities. Through such global collaborations, Bahçeşehir University reinforces its commitment to advancing health equity, knowledge exchange, and capacity building in humanitarian contexts.



GOOD HEALTH AND WELL-BEING

Istanbul Regional Meeting “Let’s Not Overlook HIV/AIDS” (19.01.2024)

KLİNİK MİKROBİYOLOJİ UZMANLIK DERNEĞİ STY/ŞAĞS VE BİLİMSEL ETKİNLİKLERİ İSTANBUL KÜLTÜR YATIRIMLARI, 19 Ocak 2024 HIV/AIDS Göz Ardı Etmeyelim		
KAYIT AÇILIŞ OTURUMU (12:30-13:00)		
Açılış, kapsam ve amaçlar	Gülden ÇELİK	BAU Tıp Fakültesi Tıbbi Mikrobiyoloji Anabilim Dalı
Tıp Fakültesi Dekanı Konuşması	Türker KILIÇ	Bahçeşehir Üniversitesi Tıp Fakültesi Dekan
Klimud Yönetim Kurulu Üyesi	Nurver ULGER	Marmara Üniversitesi Tıp Fakültesi Tıbbi Mikrobiyoloji Anabilim Dalı
MİKROBİYOLOJİ UZMANLARI OTURUMU Oturma Başkanı: Dilek ARMAN (13:00-14:30)		
HIV/AIDS Tanı	Gülden ÇELİK	BAU Tıp Fakültesi Tıbbi Mikrobiyoloji Anabilim Dalı
HIV/AIDS Tanı	Rabia CAN	BAU Tıp Fakültesi Tıbbi Mikrobiyoloji Anabilim Dalı
Yeni antitürvaler ve antitürval dirençde güncel durum	Volkan KÖRTEN	Marmara Üniversitesi Tıp Fakültesi Enfeksiyon Hastalıkları ve Klinik Mikrobiyoloji Anabilim Dalı
Kurumların 2021-2023 yılı verileri	Aysel KARATAŞ	Prof. Dr. Cemil Taşoğlu Şehir Hastanesi Tıbbi Mikrobiyoloji Lab.
	Seyhan ÖRDEKÇİ	İstanbul SBU Mehmet Akif Ersoy Göğüs Kalp ve Damar Cerrahisi Eğitim ve Araştırma Hastanesi
KAHVE MOLASI (14:30-15:30) SİYİL TOPLUM ÖRGÜTLERİ OTURUMU Oturma Başkanı: Selma KARABEY (15:30-16:30)		
Sağlık çalışanlarının eğitiminde HIV/AIDS'in sosyal boyutu	Özge KARADAĞ	BAU Tıp Fakültesi Halk Sağlığı Anabilim Dalı
HIV bizi ne kadar ilgilendiriyor??	Cüdem ŞİMŞEK	Postif-iz
Küresel HIV/AIDS cevabında toplumların önemi	Arda KARAFINAR	Kırıkkale
KLİMUD AİLE MECLİSİ, GENEL DEĞERLENDİRME VE KAPANIŞ		

In collaboration with the Clinical Microbiology Specialists Association (KLİMUD), Bahçeşehir University Faculty of Medicine hosted the Istanbul Regional Meeting titled “Let’s Not Overlook HIV/AIDS” on January 19, 2024. The event brought together medical experts, academics, and civil society representatives to discuss current approaches to HIV/AIDS prevention, diagnosis, and treatment, as well as the social dimensions of the epidemic. Through fostering dialogue on public awareness, prevention strategies, and the importance of reducing stigma surrounding HIV, this initiative contributed to advancing community health and promoting equitable access to medical care. Bahçeşehir University’s Faculty of Medicine remains steadfast in its commitment to strengthening medical education and research aimed at protecting public health and improving the well-being of all individuals.

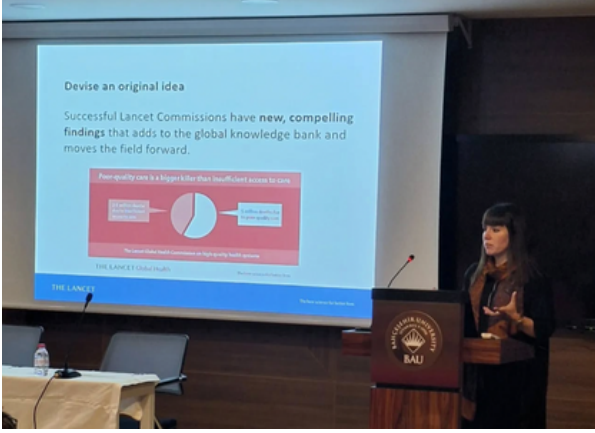
“The Use of the RAPID Technique in Liver Transplantation” Conference at King’s College Hospital in London (26.01.2024)



Prof. Dr. Deniz Balci, Head of the Department of General Surgery at Bahçeşehir University Faculty of Medicine, delivered a conference titled “The Use of the RAPID Technique in Liver Transplantation” at King’s College Hospital in London on January 26, 2024. During his presentation, Prof. Balci shared insights on innovative surgical methods and advances in transplantation medicine, emphasizing their potential to improve patient outcomes and recovery processes. By promoting knowledge exchange in complex surgical procedures and supporting international collaboration in the field of organ transplantation, this initiative contributed to the global efforts toward enhancing healthcare quality and saving lives through advanced medical practice. Bahçeşehir University continues to uphold its dedication to excellence in medical education, research, and clinical innovation that prioritizes human health and patient well-being.

GOOD HEALTH AND WELL-BEING

“Global Health Challenges and Solutions” with the Editors of The Lancet (29.01.2024)



On January 29, 2024, the faculty members and students of Bahçeşehir University Faculty of Medicine met with the editors of The Lancet to engage in a discussion on “Global Health Challenges and Solutions.” The meeting provided an invaluable opportunity for participants to explore pressing issues such as healthcare accessibility, disease prevention, and the impact of global crises on public health. By fostering dialogue between academia and international medical publishing experts, this event enhanced participants’ understanding of evidence-based healthcare practices and encouraged critical thinking on how to strengthen health systems worldwide. Through such meaningful academic exchanges, Bahçeşehir University reaffirms its commitment to advancing health education, promoting scientific collaboration, and supporting initiatives that aim to improve quality of life on a global scale.

“The Contribution of Brain Research to Building a New Model of Life” at the symposium “A Holistic Approach to Education and Artificial Intelligence” (31.01.2024)

XXII. GELENEKSEL ANTALYA EĞİTİM SEMPOZYUMU

Dekanımız Beyin - Sinir Cerrahisi ABD Bşk. Prof. Dr. Türker Kılıç, Türkiye Özel Okullar Derneği'nin düzenlemiş olduğu “Eğitime Bütünsel Yaklaşım ve Yapay Zeka” başlıklı sempozyumda “Yeni Bir Yaşam Modeli Oluşturmada Beyin Araştırmalarının Katkısı” adlı konuşmasını gerçekleştirecektir.

TARİH: 31 OCAK 2024
SAAT: 14:00 - 15:00
KAYA PALAZZO OTEL/ ANTALYA



BAU TIP

TÜRKİYE ÖZEL OKULLAR DERNEĞİ

GAES

GOOD HEALTH AND WELL-BEING

Prof. Dr. Türker Kılıç, Dean of the Faculty of Medicine and Head of the Department of Neurosurgery at Bahçeşehir University, delivered a keynote speech titled "The Contribution of Brain Research to Building a New Model of Life" at the symposium "A Holistic Approach to Education and Artificial Intelligence," organized by the Association of Private Schools of Turkey. In his talk, Prof. Kılıç emphasized the importance of neuroscience in shaping future learning systems and understanding human cognition within the era of artificial intelligence. By connecting the advances in brain research with mental well-being, cognitive development, and education, his contribution underscored the vital link between science and the enhancement of healthy minds in society. Bahçeşehir University continues to promote interdisciplinary learning and scientific inquiry that supports human flourishing and the advancement of knowledge for societal well-being.

BAU Liver Days 2024 (02.03.2024)



On March 2, 2024, Bahçeşehir University Faculty of Medicine hosted BAU Liver Days at the South Campus, bringing together leading experts to discuss the latest developments in the diagnosis and treatment of liver diseases. The comprehensive program addressed gastroenterological perspectives on liver disorders, innovative surgical approaches, and recent advancements in transplantation medicine. By focusing on early detection, treatment innovation, and the improvement of long-term patient outcomes, the conference emphasized the importance of advancing healthcare standards and strengthening clinical research in hepatology. Through initiatives like this, Bahçeşehir University reaffirms its commitment to promoting medical excellence, professional collaboration, and scientific progress that enhance both individual and public health.

GOOD HEALTH AND WELL-BEING

Açılış	Açılış konuşması	Hikmet Akkız	
8.30-8.50	Karaciğer kanserlerinde güncel gelişmeler	Deniz Balcı	
		Levent Doğanay	
Oturum 1	Karaciğer hastalıkları: Güncel Problemler ve Çözümler		Ramazan Söğüt
8.50-10.10			Cengiz Belli
9.50-10.10	Yakın Karaciğer Hastalığında Yeni Terapötik ve Güncel Tedavi	Abdullah Seneş	
9.30-9.50	Karaciğer fibrozisinin non invazif değerlendirilmesi	Levent Doğanay	
9.30-9.50	Parital hipertansiyona yaklaşımda yenilikler	Güçlü Adalı	
9.50-10.10	Hepatik ensefalopati profilaksisi ve tedavisinde yenilikler	Feyaz Diller	
Kahve arası			
10.10-10.30			
Oturum 2	Karaciğer Kanserlerinde Klinik Değerlendirme		Yılmaz Çakıroğlu
10.30-12.30			Çihangir Yarıdoğru
10.30-10.50	HCC ve CCC de laboratuvar ve görüntüleme bulguları ile tanımlı yaklaşımlar	Ömer Kızılın	
10.50-11.30	HCC tedavisinde güncel klinikler ve tedaviye yaklaşım	Fatih Güzelbulut	
11.30-11.50	HCC ve CCC de evre kısıtlama: Nasıl seçilir?	Ali Özgen	
11.30-11.50	Sarılıklı gelen CCC hastalarında tanı ve tedavi planlamasında endoskopik yöntemler	Hakan Şentürk	

11.50-13.30	Öğle Yemeği		
Oturum 3	HCC ve CCC güncel tedavi yaklaşımları		Kaan Karayıldırım
13.30-15.00			Eser Namlı
13.30-13.50	HCC ve CCC de evre kısıtlamada sistemik tedavilerin yeri	Seyda Gündüz	
13.50-14.10	HCC de ve CCC de Karaciğer Nakline güncel yaklaşım	Fatih Oğuz Önder	
14.10-14.30	HCC de ve CCC de güncel cerrahi yaklaşımlar	Deniz Balcı	
14.30-14.50	HCC ve CCC de adjuvan tedavide yenilikler	Mesut Şeker	
Kahve arası			
14.50-15.10			
Oturum 4	Karaciğer transplantasyonunda Güncel Gelişmeler		Cumhur Yeğin
15.10-15.50			Alpaslan Tanoğlu
15.10-15.30	Karaciğer nakli endikasyonları-kontraindikasyonları	Ali Atalay	
15.30-15.50	Transplant Onkolojide neredeyiz	Umut Demirci	
15.50-16.10	Karaciğer Naklinde yeni kavramlar, yeni kriterler	Deniz Balcı	
16.10-16.30	Post transplant uzun dönem takipte nelere dikkat edelim?	Gökhan Kabacam	

"Contemporary Technical Advancements in Neurosurgery and the Changing Face of the Discipline" Lecture at the Turkish Neurosurgery Academy's 3rd Educational Camp for Medical Students

**TÜRK NÖROŞİRÜRJİ
AKADEMİSİ TIP FAKÜLTESİ
ÖĞRENCİSİ NÖROŞİRÜRJİ
III. EĞİTİM KAMPİ**

**Nöroşirürjide Çağdaş Teknik İlerlemeler
Nöroşirürjinin Değişen Yüzü**

2 MART 2024

10:25

USİM / BURSA

PROF. DR. TÜRKER KILIÇ

Prof. Dr. Türker Kılıç, Dean of the Faculty of Medicine and Head of the Department of Neurosurgery at Bahçeşehir University, delivered a lecture titled "Contemporary Technical Advancements in Neurosurgery and the Changing Face of the Discipline" at the Turkish Neurosurgery Academy's 3rd Educational Camp for Medical Students. His presentation explored recent technological innovations in neurosurgery and their implications for improving patient care and surgical precision. By emphasizing the integration of cutting-edge techniques that enhance neurological health and recovery, his talk highlighted the essential role of scientific advancement in sustaining human well-being. Through such educational contributions, Bahçeşehir University continues to foster medical excellence and inspire future healthcare professionals dedicated to advancing the field of neuroscience for the benefit of society.

GOOD HEALTH AND WELL-BEING

TOTDER-SET Educational Meeting titled "Diagnosis and Treatment of Developmental Hip Dysplasia" (30.03.2024)

30 Mart 2024 Cumartesi 09:30	
Düzenleyen: Bahçeşehir Üniversitesi Tıp Fakültesi A.B.D.	
Yer: Bahçeşehir Üniversitesi Tıp Fakültesi, Beşiktaş Kampüsü, B Konferans Salonu	
Konu: Gelişimsel Kalça Displazisinde Tanı ve Tedavi	
Moderatör: Dr. Merter Yalçınkaya	
Konuşmacılar:	
Kalça eklem anatomisi ve embriyolojisi Dr. Atakan Ezici	GKD'nin erken dönem tedavisi Dr. Kubilay Beng
GKD'de etiyoloji ve klinik muayene Dr. Özgür Korkmaz	GKD'nin cerrahi tedavisi ve komplikasyonlar Dr. Ozan Ali Erdal
GKD'de radyolojik tanı Dr. Yavuz Sağlam	Türkiye'deki USG tarama programı ve sonuçlar Dr. Hakan Şenaran
Tartışma	Tartışma

Hosted by the Department of Orthopedics and Traumatology at Bahçeşehir University Faculty of Medicine, in collaboration with the Turkish Orthopedics and Traumatology Association (TOTDER), the TOTDER-SET Educational Meeting titled "Diagnosis and Treatment of Developmental Hip Dysplasia" was held at the BAU Beşiktaş South Campus B Conference Hall. The program featured leading experts who discussed the anatomy and embryology of the hip joint, etiology and clinical examination of developmental dysplasia, radiological diagnosis, early-stage and surgical treatment options, as well as the outcomes of Turkey's national ultrasound screening program. By emphasizing early diagnosis, effective rehabilitation, and advanced surgical interventions, this meeting supported the enhancement of musculoskeletal health and the prevention of long-term mobility impairments. Through such collaborative scientific gatherings, Bahçeşehir University reaffirms its commitment to advancing medical knowledge, improving patient care, and contributing to the development of healthier communities.

[https://www.totder.org.tr/tr/haber/"gelisimsel-kalca-displazisinde-tani-ve-tedavi"-bahcesehir-%C3%BCniversitesi-tip-fakultesi-ortopedi-ve-travmatoloji-anabilim-dali/22875](https://www.totder.org.tr/tr/haber/)



GOOD HEALTH AND WELL-BEING

7th BAU Hands-on Microsurgery Course (26-2809.2024)



Hands-on Microsurgery

26 - 28 September 2024

Prof. Rhoton Laboratory – Bahçeşehir University – İstanbul/Türkiye

Learn the key skills in microsurgery with emphasis on hands-on training.
Designed for residents and specialists in neurosurgery, ENT, plastic surgery, hand surgery, gynaecology and urology.

Program – Day 1	Program – Day 2	Program – Day 3
Hands-on training on silicone materials	Hands-on training on in-vitro models	In-vivo Hands-on training on rats
Hands-on training on in-vitro models	In-vivo Hands-on training on rats	Certification

International Faculty
Heber Ferraz-Leite, MD
Medical University of Vienna / Austria
Tomas Menovsky, MD, PhD
Antwerp University Hospital / Belgium
Filip Thiessen, MD, PhD
Antwerp University Hospital & ZNA Hospitals / Belgium

Local Faculty
Akin Akalin, MD
MedicalPark Glöçpe University Hospital / Turkey
Demir Kaya, MD
MedicalPark Glöçpe University Hospital / Turkey
Türker Kılıç, MD, PhD
Dean of Medicine, Bahçeşehir University / Turkey

Course Director
Süleyman Sener, MD
GDA Hospitals Antwerp / Belgium
Bahçeşehir University / Turkey

For information and registration:
www.microsurgery.be
bau.microsurgery@gmail.com
gerije.heylen@gxa.be
Please include both e-mails in correspondence

Number of participants is limited to 15 to ensure individualized instruction and teaching.
Registrations are handled on a first come first serve basis.

Language: English

Participation fee:
Specialist: € 800,00 (VAT incl.)
Residents & Students: € 600,00 (VAT incl.)
Accommodation is not included in the course fee.

Venue:
Prof. Rhoton Laboratory
Bahçeşehir University, Fac. Of Medicine,
Sahrayıcedit Mah. Batman Sokak 66-68
Glöçpe/İstanbul - Türkiye

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.



3rd Intern Symposium (3-7.06.2024)



Bahçeşehir University Faculty of Medicine organized the 3rd Intern Symposium between June 3 and 7, 2024, at the Göztepe Campus in Istanbul. The symposium provided a week-long, comprehensive learning experience for future physicians, offering a combination of conferences, seminars, and workshops focused on acute medical conditions, pediatric care, neurological and cardiological emergencies, medical law, and ethical challenges in healthcare. By strengthening practical skills in emergency response, promoting awareness of preventive medicine, and discussing the ethical responsibilities of healthcare professionals, the symposium played a significant role in cultivating a new generation of physicians dedicated to protecting and enhancing human well-being. The event also encouraged multidisciplinary collaboration and knowledge-sharing across various fields of medicine, ensuring that interns gain a holistic understanding of health systems and patient-centered care. Through such initiatives, Bahçeşehir University continues to uphold its commitment to advancing health education, improving access to quality healthcare, and nurturing a culture of empathy and responsibility among future doctors who aim to safeguard both individual and public health.

GOOD HEALTH AND WELL-BEING

Participation in 26th European Society for Clinical Virology (ESCV) Conference (17-21.09.2024)



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 (16-20.10.2024)



From October 16 to 20, 2024, 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.

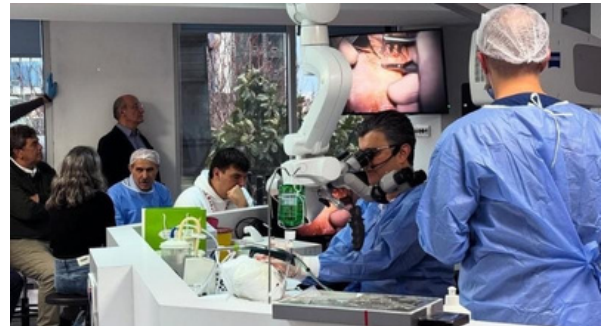
GOOD HEALTH AND WELL-BEING

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 (17.11.2024)



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.

GOOD HEALTH AND WELL-BEING

Basic Arthroscopic Motor Skills Development Course (22-23.11.2024)



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 (16-17.12.2025)



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.

GOOD HEALTH AND WELL-BEING

11th & 12th White Coat Ceremonies at BAU Faculty of Medicine (May & November 2024)



The White Coat Ceremonies mark a symbolic milestone in the journey of every future doctor as they take their first step into the professional medical life. During the ceremonies, 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 events 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.



GOOD HEALTH AND WELL-BEING

Summer Applied Course and German Language Program in Cologne, Germany (July-September 2024)



Between July 1 and September 22, 2024, Bahçeşehir University Faculty of Health Sciences conducted a Summer Applied Course and German Language Program in Cologne, Germany. Designed for students from the Departments of Nutrition and Dietetics, Physiotherapy and Rehabilitation, and Nursing, the 12-week program offered an integrated curriculum combining professional training and linguistic development. Through hands-on learning experiences in clinical and community settings, participants strengthened their practical skills, deepened their understanding of patient-centered care, and explored how communication plays a vital role in effective healthcare delivery. By promoting cultural exchange and equipping future health professionals with global competencies, Bahçeşehir University advanced its mission of preparing students to contribute meaningfully to healthier and more inclusive societies.

The Launch of Speech and Language Disorders Application and Research Center (26.02.2024)



On February 26, 2024, Bahçeşehir University officially inaugurated the Speech and Language Disorders Application and Research Center with a launch event held at the BAU North Campus. The opening ceremony featured university leadership and faculty members, celebrating the establishment of a center dedicated to advancing education, research, and clinical practice in speech and language therapy. By supporting research and applied studies focused on improving communication abilities, early diagnosis, and intervention for individuals with speech and language disorders, the center has strengthened efforts to ensure inclusive and equitable access to health and rehabilitation services. This initiative reflected Bahçeşehir University's commitment to promoting scientific innovation and expanding the reach of quality healthcare for all.

GOOD HEALTH AND WELL-BEING

TÜBİTAK-supported “Posture and Ergonomics Training” Project (17.04.2024)



On April 17, 2024, the Department of Physiotherapy and Rehabilitation at Bahçeşehir University Faculty of Health Sciences completed the TÜBİTAK-supported project “Posture and Ergonomics Training” with an event held at the North Campus. The program featured expert presentations on identifying proper posture, addressing musculoskeletal problems common among office workers, implementing ergonomic adjustments in workplace environments, and performing posture-improving exercises. By raising awareness of preventive strategies against posture-related disorders and promoting physical well-being in professional settings, the project contributed to reducing risks of chronic pain and disability associated with sedentary lifestyles. Through such initiatives, Bahçeşehir University continued to emphasize the importance of preventive health education and the promotion of healthier living and working conditions for all.

Bahçeşehir University Faculty of Health Sciences 4th Multidisciplinary Symposium (25.04.2024)



The full-day event brought together students, academics, and healthcare professionals to discuss a wide range of topics, including nutrition, thyroid health, pregnancy and diabetes, obesity, liver function, rational drug use, and osteoporosis. Through expert-led panels exploring preventive healthcare, maternal and child health, non-communicable diseases, and the role of nutrition and lifestyle in long-term well-being, the symposium encouraged participants to view health from an integrated, preventive, and sustainable perspective. By fostering dialogue across disciplines and emphasizing collaboration in public health and clinical practice, Bahçeşehir University strengthened its commitment to holistic health education and to nurturing future professionals who contribute to the improvement of community health.

GOOD HEALTH AND WELL-BEING

Participation in the 3rd Symposium on Updates in Nursing (02.05.2025)



1. Oturum Başkanları	Konuşmacılar
Prof. Dr. Fatma Eti ASLAN <i>Bahçeşehir Üniversitesi</i>	K-1) Öğr. Gör. Melis ÇETİNKAYA <i>Fenerbahçe Üniversitesi (BAÜ Doktora Öğrencisi)</i>
Öğr. Gör. Dr. Ömer TAŞÇI <i>Muş Alparslan Üniversitesi</i>	K-2) Uzm. Hemşire Gamze ATAMAN YILDIZ <i>Mehmet Akif Ersoy Göğüs Kalp ve Damar Cerrahisi Eğitim ve Araştırma Hastanesi (BAÜ Doktora Öğrencisi)</i>
	K-3) Öğr. Gör. İmren BAPLI <i>Muş Alparslan Üniversitesi</i>
2. Oturum Başkanları	Konuşmacılar
Dr. Öğr. Üyesi Hayat YALIN <i>Bahçeşehir Üniversitesi</i>	K-1) Dr. Öğr. Üyesi Hamdiye Banu KATRAN <i>Marmara Üniversitesi</i>
Hem. Sevda ASRAK <i>Muş Devlet Hastanesi</i>	K-2) Uzm. Hemşire Özlem KIVANÇ <i>Acibadem Maslak Hastanesi (BAÜ Doktora Öğrencisi)</i>
Sağlık Bakım Hizmetleri Müdürü	K-3) Öğr. Gör. Meryem KOÇASLAN TORAN <i>Üsküdar Üniversitesi (BAÜ Doktora Öğrencisi)</i>
	K-4) Dr. Öğr. Üyesi Alev SİVASLI <i>Nişantaşı Üniversitesi</i>
3. Oturum Başkanları	Konuşmacılar
Dr. Öğr. Üyesi Evrim KORKMAZ <i>Bahçeşehir Üniversitesi</i>	K-1) Hemşire Yavuz SÜNE <i>MUŞ UMKE</i>
Dr. Öğr. Üyesi Mustafa DURMUŞ <i>Muş Alparslan Üniversitesi</i>	K-2) Hemşire Şerife SUBAŞI <i>Muş Devlet Hastanesi</i>
	K-3) Uzm. Hemşire Hayvane KULAKSIZOĞLU <i>Çatalca İlyas Çokay Devlet Hast. (BAÜ Doktora Öğrencisi)</i>
	K-4) Araş. Gör. Ahmet AYTEPE <i>Muş Alparslan Üniversitesi</i>

On May 2, 2024, Bahçeşehir University's Faculty of Health Sciences, including the Nursing Department, participated in the 3rd Symposium on Updates in Nursing held at Muş Alparslan University's 1071 Congress and Cultural Center under the theme "2024 Vision." The gathering featured expert talks and panel discussions on emerging trends, clinical best practices, and professional development in nursing. By emphasizing the role of evidence-based practice, continuous learning, and strong nursing systems in reducing preventable deaths, managing non-communicable diseases, and improving maternal and child health, the symposium reinforced the vital contribution nurses make to health equity and sustainable well-being. Through its active involvement, Bahçeşehir University reaffirmed its dedication to elevating nursing education, supporting clinical excellence, and empowering health professionals who are committed to addressing both current and future health challenges.

GOOD HEALTH AND WELL-BEING

Nursing Week: From Past to Future in Nursing (09.05.2024)



Bahçeşehir University Faculty of Health Sciences celebrated *Nursing Week* with a special program titled *"From Past to Future in Nursing."* The event brought together faculty members, students, and healthcare professionals to honor the legacy of nursing and reflect on its evolving role in modern healthcare systems. By addressing the importance of compassionate care, evidence-based practice, and the professional empowerment of nurses in ensuring quality healthcare and improving patient outcomes, the program underscored the essential contribution of nursing to the protection and promotion of human health. Through this celebration, Bahçeşehir University reaffirmed its appreciation for the nursing profession and its dedication to educating future nurses who are committed to advancing public health and well-being.

1st Vagus Nerve Stimulation Symposium (20.12.2024)



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.

GOOD HEALTH AND WELL-BEING

Bahçeşehir University Faculty of Pharmacy – 2024 Academic Publications Overview

Month	Journal	Article Title	DOI / Link
March 2024	ChemMedChem	Developing Dynamic Structure-based Pharmacophore and ML-Trained QSAR Models for the Discovery of Novel Resistance-Free RET Tyrosine Kinase Inhibitors	DOI
	Archiv der Pharmazie	Efficient, rapid, and high-yield synthesis of aryl Schiff base derivatives and their in vitro and in silico inhibition studies of hCA 1, hCA 2, AChE and BuChE	DOI
April 2024	Journal of Molecular Graphics and Modelling	Covalent docking-driven virtual screening of extensive small-molecule libraries against Bruton tyrosine kinase for identifying novel therapeutic candidates	DOI
	ACS Omega	Synthesis of Novel Hydrazone-Hydrazone Compounds and Investigation of their Biological Activities against AChE, BChE, and hCA I and II	DOI
	ChemistrySelect	The suppressive effect of novel hydrazones-tethered imidazoles in colorectal cancer cells: synthesis, biological activity, and molecular modeling	Link
May 2024	Molecules	Are Terminal Alkynes Necessary for MAO-A/MAO-B Inhibition? A New Scaffold Is Revealed	DOI
	Nature Communications	Discovering Allotastatin Type-C Receptor Specific Agonists	DOI
July 2024	Toxicology Research	Walnut oil: a promising nutraceutical in reducing oxidative stress and improving cholinergic activity in an in vitro Alzheimer's model	DOI
	Journal of Molecular Structure	Walnut oil: a promising nutraceutical in reducing oxidative stress and improving cholinergic activity in an in vitro Alzheimer's model	DOI
	Archives of Microbiology	Enterocin DD14 can inhibit the infection of eukaryotic cells with enveloped viruses	DOI
	Methods in Molecular Biology	Isolation of Human Hematopoietic Stem Cells from an Apheresis Sample	DOI
	Turkish Journal of Biology	A novel algorithm for the virtual screening of small molecules against ERCC1/XPF for anticancer discovery	Link
	ChemBioChem	Identifying Potential SOS1 Inhibitors via Virtual Screening of Multiple Small Molecule Libraries against KRAS-SOS1 Interface	DOI
	Phosphorus, Sulfur, and Silicon and the Related Elements	Synthesis of New 4-Aminobenzoic Acid (PABA) Hydrazone-Hydrazone/Sulfonate Hybrids and Antimicrobial Evaluation	DOI
August 2024	Toxicology Research	Comparative in silico and in vitro evaluation of possible toxic effects of bisphenol derivatives in HepG2 cells	PubMed
	Cancer Medicine	Enhancing chemotherapeutic efficacy: Niosome-encapsulated Dox-Cis with MUC-1 aptamer	PubMed
September 2024	ACS Omega	Synthesis and Evaluation of Piperazine-Substituted Naphthoquinone Derivatives as Potential PARP-1 Inhibitors	DOI
	Cell Biochemistry and Biophysics	Chondrogenic induction and IL-10 expression in exosomes via TGF- β /SMAD and Wnt/ β -catenin pathways	DOI
	Macromolecular Bioscience	Innovative fluorescent polymers in niosomal carriers: a novel approach to enhancing cancer therapy and imaging	DOI
	International Journal of Environmental Health Research	Unveiling connections: bisphenol A and vitamin D dynamics in breast milk among healthy lactating mothers	DOI

In 2024, the Bahçeşehir University Faculty of Pharmacy published a total of 20 scientific articles in prestigious international journals, covering a wide range of research areas such as drug design, molecular modeling, pharmaceutical chemistry, toxicology, nutraceuticals, and biomedical innovation. These publications reflected the faculty's strong commitment to advancing pharmaceutical sciences and contributing to the development of safer and more effective therapies that promote human health and well-being. Through interdisciplinary research focusing on disease prevention, therapeutic innovation, and the improvement of global healthcare standards, the Faculty of Pharmacy continued to play a vital role in supporting scientific progress aligned with sustainable health objectives.

GOOD HEALTH AND WELL-BEING

2023 TÜBA International Academy Award in the Health and Life Sciences Category (27.12.2024)



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



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.

GOOD HEALTH AND WELL-BEING

The Food-Drug Interaction Symposium (13.11.2024)



Understanding the vital connection between nutrition and medication safety, Bahçeşehir University Faculty of Pharmacy hosted the Food-Drug Interaction Symposium, 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'24 (16-17.04.2025)

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. Abdalbaki Ağaçkiran	✓
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 Bayraktar	✓

At the Bahçeşehir University Artificial Intelligence Summit 2024, 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. Abdalbaki Ağaçkiran and AI applications in ophthalmology by Prof. Kadircan H. Keskinbora. In the field of dentistry, Prof. Selçuk Basa and Assoc. Prof. İbrahim Şevki Bayraktar 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.

GOOD HEALTH AND WELL-BEING

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>



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.

GOOD HEALTH AND WELL-BEING

Implant Camp at Giresun (9-11.03.2024)



Faculty members of Bahçeşehir University Faculty of Dentistry gathered for the Implant Camp held between 9-11 March at Kulakkaya Plateau's Zifin Hotel in Giresun. The program provided an intensive environment for academic exchange and practical training on the latest innovations in implantology. By promoting advanced dental techniques that improve patients' quality of life and contribute to oral health sustainability, the camp supported the broader goal of ensuring access to safe, effective, and modern healthcare practices. This initiative reflected Bahçeşehir University's dedication to continuous professional development and its commitment to shaping competent and socially responsible dental practitioners.

The Opening of "Dental Campus", the BAU Oral and Dental Health Hospital



Bahçeşehir University Faculty of Dentistry proudly announced the opening of Turkey's first and only Dental Campus, the BAU Oral and Dental Health Hospital, which has officially begun accepting patients. Located in Beşiktaş/Balmumcu, the hospital features 181 dental units, 2 general anesthesia rooms, 1 sedation unit, multidisciplinary dental clinics, and an advanced prosthesis production center, all operating under SGK coverage. By providing accessible, high-quality oral healthcare and integrating clinical service with academic excellence, the hospital strengthens efforts toward universal health coverage and preventive care, aligning with global goals to improve public well-being. This milestone stands as a testament to Bahçeşehir University's commitment to innovation in healthcare education and its mission to advance the standards of modern dentistry in Türkiye.

GOOD HEALTH AND WELL-BEING

Digital Transformation Reflected on Orthognathic Surgery from Different Perspectives Conference (19-20.10.2024)



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.



GOOD HEALTH AND WELL-BEING

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.

GOOD HEALTH AND WELL-BEING

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



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.

GOOD HEALTH AND WELL-BEING

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



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.

"After the Earthquake" Symposium: Understanding the Psychological Impact of Disaster (9-10.02.2024)

DEPREMİN ARDINDAN

KATILIM FORMU

SAAT 10:30 - 15:00

CUMA-CUMARTESİ 9-10 ŞUBAT 2024

BAHÇEŞEHİR ÜNİVERSİTESİ HUKUK KONFERANS SALONU

9 ŞUBAT

PROF. DR. CÖHAN MALKOÇ
6 ŞUBAT KAHIRMANMARAŞ DEPREMLERİNDE PSİKO SOSYAL UYGULAMA MODELİ DEĞİŞİMİ

UZMAN SANAT TERAPİSTİ
AFET TRAVMA UZMANI
LEYLA AKCA
AFET SONRASI RUH SAĞLIĞI VE PSD LABİRENTİ

DR. KLİNİK PSİKOLOG
PINAR ARSLANTÜRK
ÖTEKİN YOKLUĞUNDA

10 ŞUBAT

KLİNİK PSİKOLOG
SUZİ AMADO
TRAVMA VE SANAT TERAPİSİ

KLİNİK PSİKOLOG
ERSİN BAYRAMKAYA
VAROLUŞÇU PERSPEKTİFTEN TRAVMA İLE ÇALIŞMAK

KLİNİK SOSYAL PSİKOLOG
ZEYNEP İCRALE İNÇİOĞLU
ACIL DURUM SAHAŞINDA İNSANI YARDIM PERSPEKTİFİ
KATAY ÖRNEKÇİ

Seminer yalnızca psikoloji alanında lisans / yüksek lisans sunumunda veya tamamlanmış olan katılımcılara açık olarak gerçekleştirilecektir. Kontenjan sınırlıdır ve katılım ücretsizdir.

BAU

Seminerin her iki gününe katılım sağlanan katılımcılara katılım belgesi online olarak verilecektir.

On February 9-10, Bahçeşehir University hosted the symposium "After the Earthquake," marking the first anniversary of the February 6 disaster. Experts from the fields of psychology and mental health came together to explore the emotional and psychological effects of large-scale trauma and to discuss the responsibilities of mental health professionals in post-disaster recovery. By focusing on collective resilience, coping mechanisms, and trauma-informed care, the event highlighted the essential role of mental health support in rebuilding communities and fostering long-term well-being after crisis. Organized by the undergraduate and graduate psychology programs, the symposium created a meaningful space for dialogue, empathy, and professional growth within the Bahçeşehir University community.

GOOD HEALTH AND WELL-BEING

Exploring the Psychology of Elite Sports at the Association of European Qualitative Researchers in Psychology Conference, Milan, Italy (28.06.2024)

The Demands of Elite Athletes
Istanbul Bilgi University, Project Intern, Istanbul, Turkey¹ - Istanbul Bilgi University, Project Director, Istanbul, Turkey² - Demiroğlu Bilim University, Project Researcher, Istanbul, Turkey³

The Demands of Elite Athletes

Keywords: Demands, Psychosocial Safety, Athletes

The Job Demands-Resources (JD-R) model, as developed by Evangelia Demerouti and her colleagues, is a significant framework in occupational health psychology. It focuses on the dynamics of job demands and job resources and how they influence employee well-being and job performance.

These are the physical, psychological, social, or organizational aspects of a job that require sustained physical and/or psychological effort and are associated with certain physiological and/or psychological costs. Examples include workload, time pressure, emotional demands, and challenging work environments.

Elite athletes, just like any employee of an organization, may experience organizational problems and face various demands. In the project titled "Psychosocial Safety at Sports: Modeling the Determinants of Psychological Health in Elite Sports" which was approved by TÜBİTAK with the code 221K434 we are examining psychosocial status and needs of elite athletes. The study followed a qualitative methodology informed by a phenomenological approach to achieve the explorative and descriptive purpose of the study.

In the data collection and analysis process face to face, semi-structured interviews were conducted and analysed with 44 athletes (19 women, 25 men), 22 coaches and 22 sport experts (psychologists, dietitians, etc.).

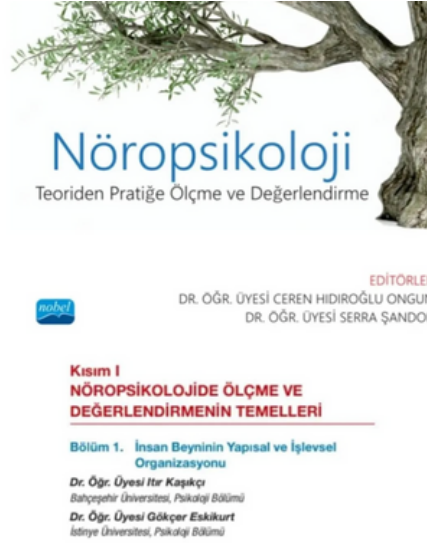
In the analysis, under The load carried by athletes, four sub-themes came to fore; Training tempo and load, physical demands, emotional demands and mental demands. In terms of emotional demands athletes talk about being under intense emotional pressure from their coaches and experiencing burnout. And in physical demands, issues such as the training demands not only coming of coaches and also families of athletes.

Prof. Dr. İdil Işık represented Bahçeşehir University at the Association of European Qualitative Researchers in Psychology Conference held in Milan, where she presented two studies titled "Psychosocial Safety at Sport: The Demands of Elite Athletes" and "Social Gender Affect on Elite Sport: The Türkiye Example." Her presentations shed light on the psychological challenges faced by professional athletes and the influence of gender dynamics in high-performance environments. By addressing mental health within competitive sports, the research emphasized the importance of psychological safety, emotional regulation, and inclusive practices in promoting athletes' overall well-being.



GOOD HEALTH AND WELL-BEING

New Publication: Neuropsychology: Assessment and Evaluation from Theory to Practice



The book “*Neuropsychology: Assessment and Evaluation from Theory to Practice*” was published with contributions from Bahçeşehir University’s Dr. İtir Kaşıkçı, offering an in-depth exploration of neuropsychological assessment methods that bridge theoretical knowledge and clinical application. The work provides valuable insights into understanding cognitive processes, brain-behavior relationships, and evidence-based evaluation techniques. By emphasizing the significance of accurate psychological assessment in diagnosing and supporting individuals with neurological and cognitive disorders, the publication contributes to improving mental health care and rehabilitation practices. This scholarly achievement highlights Bahçeşehir University’s dedication to integrating science, clinical expertise, and innovation in advancing the field of neuropsychology.

Presenting on Meta-Emotions and Workplace Dialogue at the ISRE 2024 Conference (25.07.2024)



At the *International Society for Research on Emotion (ISRE) 2024 Conference*, Dr. Sibel Çalışkan from Bahçeşehir University presented her study titled “*A Glance at Meta-Emotions: Leader-Employee Emotion Dialogue from an Intercultural Perspective*.” Her work examined how emotional awareness and expression shape communication between leaders and employees across different cultural contexts.

GOOD HEALTH AND WELL-BEING

By exploring the role of meta-emotions in fostering empathy, psychological safety, and workplace well-being, the research highlighted the growing importance of emotional intelligence in organizational health.



EABCT Congress, Belgrade, Serbia (4-7.09.2024)



How individuals cope with uncertainty plays a defining role in their psychological resilience and vulnerability to mental disorders. 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.

GOOD HEALTH AND WELL-BEING

BAU Bridge Certificate Programme: 2024 Fall Term Level I Neuropsychology Training (November 27 – December 25)

Bahçeşehir Üniversitesi İktisadi, İdari ve Sosyal Bilimler Fakültesi

BAU – BAU
Psikoloji Uygulama ve Araştırma Merkezi
Sertifika Programı

2024 Güz- I. Düzey
Nöropsikoloji Eğitimi

Bahçeşehir Üniversitesi Psikoloji Uygulama ve Araştırma Merkezi (BAU-PUAM) tarafından Psikoloji bölümü 3. ve 4. Sınıf öğrencilerinin mesleki ve bireysel gelişimlerine katkı sunmak amacı ile temel düzey nöropsikoloji eğitimi gerçekleştirilecektir. Kuramsal dersler online MsTeams üzerinden, uygulamalı dersler ise BAU Beşiktaş Kampüsü, Beyin ve Biliş Araştırmaları Laboratuvarında yüz yüze gerçekleştirilecektir.

Program İçeriği:

1. 27 Kasım 2024 Temel Nöropsikolojiye Giriş, Online • 2 saat
2. 4 Aralık 2024 Şebekeler, Online • 2 saat
3. 11 Aralık 2024 Nöropsikolojik Değerlendirmeye Giriş: Anamnez ve Testlerin Teorik Bilgisi; Stroop Testi, Yüz yüze • 2 saat
4. 18 Aralık 2024 Testlerin Teorik Bilgisi; Sayı Dizisi Testi – WMS Görsel Bellek Alt Testi Yüz yüze • 2 saat
5. 25 Aralık 2024 Test Uygulamaları ve Süpervizyon, Yüz yüze • 3 saat

Program Eğitmenleri:

Psikolog Büşra Bayram - Psikolog H. Melisa İpek - Psikolog Nisa Hacı
Koordinatör: Prof. Dr. Metehan Irak

 **BAU PUAM**
Bahçeşehir Üniversitesi Psikoloji Uygulama ve Araştırma Merkezi

 **BAU Bridge**
BAHÇEŞEHİR UNIVERSITY
RESEARCH INNOVATION DIVERSITY
GLOBAL ENTREPRENEURSHIP

 **BAU**
Bahçeşehir University
Research, Innovation, Diversity
Global Entrepreneurship

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.

GOOD HEALTH AND WELL-BEING

Organizational Psychology Training on Workplace Safety and Behavioral Interventions (21.11.2024)



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.

GOOD HEALTH AND WELL-BEING

Raising Awareness on Cyberbullying at TEB Ataşehir Anatolian High School (05.12.2024)



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.

Exploring the Role of Shame and Anger in Interpersonal Problems at the 33rd International Congress of Psychology, Prague, Czech Republic (21-26.06.2024)



Assoc. Prof. Dr. Miray Akyunus represented Bahçeşehir University at the 33rd International Congress of Psychology held in Prague, one of the most prestigious global gatherings in the field, organized every four years. In her presentation, she shared findings from a study exploring how self-efficacy influences interpersonal difficulties through the mediating roles of shame and anger, offering valuable insights into the emotional mechanisms underlying social behavior and psychological adjustment.

GOOD HEALTH AND WELL-BEING

The research contributed to a deeper understanding of how self-perception and emotional regulation shape mental health and interpersonal functioning. This participation not only reflected Bahçeşehir University's strong presence in international academic platforms but also its dedication to advancing psychological research that connects emotion, cognition, and well-being.



Nature-Based Art Therapy Workshop (15.02.2024)



The Nature-Based Art Therapy Workshop, organized by Bahçeşehir University's Department of Psychological Counseling and Guidance (BAU PDRM), invited participants to reconnect with their inner world through the healing power of nature and creativity. Led by psychological counselors Gaye Güner and Elif Yağız, the workshop encouraged reflection, emotional expression, and mindfulness through art activities inspired by the natural environment. By merging ecological awareness with emotional growth, the session emphasized the link between mental well-being, self-expression, and our relationship with nature. This meaningful experience reflected Bahçeşehir University's holistic approach to psychological counseling, where sustainable living and mental health are nurtured hand in hand.

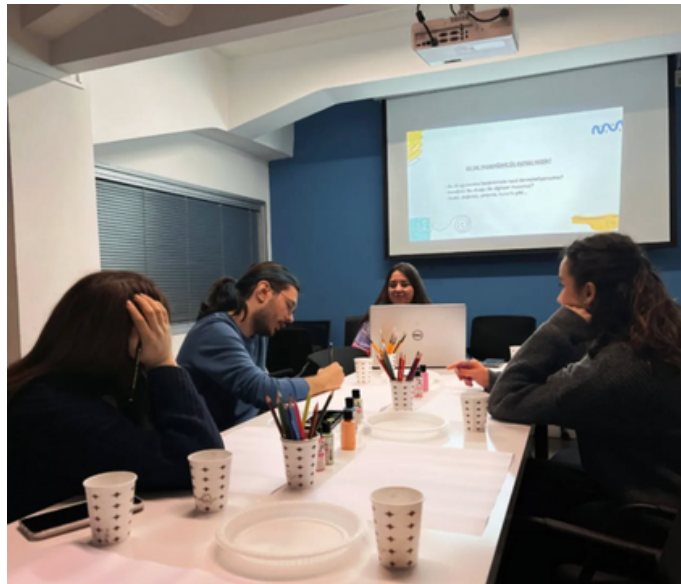


GOOD HEALTH AND WELL-BEING

.Workshop on Our Inner World: Emotions (08.03.2024)



Held on March 8 at Bahçeşehir University's South Campus, the "Our Inner World – Emotions Workshop" invited participants to explore the power of emotional awareness under the guidance of Clinical Psychologist Aylin Gülenç. Centered around the theme "I feel, therefore I am," the session encouraged attendees to connect with their emotions, recognize their internal patterns, and express themselves in a safe and reflective environment. The workshop emphasized the importance of emotional literacy and self-compassion as essential elements of mental well-being, aligning with the goals of SDG 3 by promoting psychological health and resilience. Through initiatives like this, Bahçeşehir University continues to provide spaces that foster empathy, self-understanding, and holistic personal development.



GOOD HEALTH AND WELL-BEING

Cinema and Psychology Workshop – 12 Angry Men (05.04.2024)



On April 5, Bahçeşehir University's Department of Psychological Counseling and Guidance (BAU PDRM) hosted the Cinema and Psychology Workshop led by Clinical Psychologist Esat Küçükali. Centered around the classic film 12 Angry Men, the session invited participants to examine prejudice, decision-making, and minority influence through a psychological lens. Rather than a full screening, selected film scenes were analyzed to explore how individual biases, emotional regulation, and social dynamics shape human behavior and moral judgment. By connecting cinematic storytelling with psychological theory, this workshop not only deepened participants' understanding of cognitive and social processes but also underscored the relevance of critical thinking and empathy in everyday decision-making. Through such initiatives, Bahçeşehir University continued to encourage students to bridge mental awareness, reflection, and real-world insight – key pillars in fostering sustainable mental well-being and social understanding.

"Our Body Image" Photography Exhibition



Organized by the Bahçeşehir University Department of Psychological Counseling and Guidance (BAU PDRM), the "Our Body Image" Photography Exhibition invited participants to reflect on how media shapes perceptions of the human body and self-worth. Through a series of impactful photographs, the exhibition encouraged visitors to critically examine the influence of visual culture on mental health and self-image. By fostering dialogue on media literacy and self-acceptance, the event emphasized the importance of building a positive relationship with one's body and mind, echoing the goals of SDG 3 on ensuring mental well-being. Through initiatives like this, Bahçeşehir University strengthened its commitment to promoting psychological awareness and empowering individuals to challenge harmful societal standards.

GOOD HEALTH AND WELL-BEING

Cinema and Psychology Workshop – Blue (17.05.2024)



On May 17, Bahçeşehir University's Department of Psychological Counseling and Guidance (BAU PDRM) held another thought-provoking session of the *Cinema and Psychology Workshop* series, moderated by Clinical Psychologist Esat Küçükali. The discussion centered on *Blue*, the first film of Krzysztof Kieślowski's iconic *Three Colors Trilogy*, exploring freedom, trauma, and the process of grief through selected scenes and symbolic storytelling. Participants examined how emotional pain and liberation intertwine in the human experience, reflecting on psychological resilience and the redefinition of identity after loss. By connecting cinematic art to the study of human emotions, Bahçeşehir University once again emphasized the importance of nurturing mental health awareness and emotional expression in line with the principles of SDG 3.

Seminar Series – Ah Şu Sınavlar!



Bahçeşehir University's Department of Psychological Counseling and Guidance (BAU PDRM) organized the seminar "Ah Şu Sınavlar!", led by Psychologist and Ph.D. Candidate Sevcan Aktaş. The event focused on helping students recognize the impact of anxiety on both mind and body, while introducing simple, effective techniques to cope with stress and maintain balance during intense exam periods. By encouraging students to care for their emotional health and develop mindful coping habits, the program strengthened BAU's mission of fostering well-being as an essential part of personal and academic growth.

GOOD HEALTH AND WELL-BEING



Talking About Sexual Health (18.10.2024)



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.



GOOD HEALTH AND WELL-BEING

PDRM Days (24-24.10.2024)

PDRM GÜNLERİ
24-25 EKİM 2024

24 EKİM PERŞEMBE

13.00-14.00
İçsel Evrenimizle Tanışmak
Klinik Psikolog Nurgül KEMALOĞLU

14.30-15.30
Küçük Prense ile
İçsel Yuvamıza Seyahat
Psikolojik Danışman Duygu DİNÇER

16.00-17.00
Kendini Şefkatle Kucakla
Klinik Psikolog Evrim KIBICI

18.00-19.00
İnteroseptif Yoga
Bedenini Bilgelikle Keşfetmek
Psikolog Aylin DAYIOĞLU

25 EKİM CUMA

12.00-13.15
Sanat ve Hareketle
Kendine Keşif Yolculuğu
Klinik Psikolog Gülay KARAMAN

14.00-15.00
İç Dünyanı Keşfet
Bedeninle ve Duygularınla Yeme
Psikolojik Danışman Tülay BERNARD

15.30-16.30
Psikodrama
Uzm. Psikolog Gülay KARAMAN

18.00-19.00
Psikolojik Sağlamlık
Uzm. Klinik Psikolog Rıyza ÇELEK

DEO BAĞÇEŞEHİR ÜNİVERSİTESİ Psikolojik Danışmanlık ve Rehberlik Merkezi

İÇSEL EVRENİMİZLE TANIŞMAK

Klinik Psikolog
Nurgül KEMALOĞLU
24 Ekim 2024 Perşembe
13.00-14.00
BAU Güney Yerleşkesi
Agora

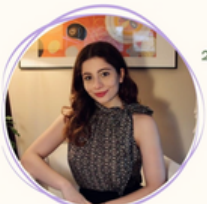




DEO BAĞÇEŞEHİR ÜNİVERSİTESİ Psikolojik Danışmanlık ve Rehberlik Merkezi

**İNTEROSEPTİF YOGA:
BEDENİN BİLCELİĞİNİ KEŞFETMEK**

Psikolog
Aylin DAYIOĞLU
24 Ekim 2024 Perşembe
18.00-19.00
BAU Güney Yerleşkesi
Agora





DEO BAĞÇEŞEHİR ÜNİVERSİTESİ Psikolojik Danışmanlık ve Rehberlik Merkezi

**SAHNE SENİN:
PSİKODRAMA**

Klinik Psikolog / Psikodramatist
Gülay KARAMAN
24 Ekim 2024 Perşembe
16.00-17.00
BAU Güney Yerleşkesi
DSO-01





DEO BAĞÇEŞEHİR ÜNİVERSİTESİ Psikolojik Danışmanlık ve Rehberlik Merkezi

Bahçeşehir University's Psychological Counseling and Guidance Center (BAU PDRM) organized "PDRM Days" 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.

GOOD HEALTH AND WELL-BEING

Understanding Anxiety & Performance Pressure (13.11.2024)



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 (04.12.2024)



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.

GOOD HEALTH AND WELL-BEING

Suicide Awareness Seminar (09.12.2024)



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.



GOOD HEALTH AND WELL-BEING

Addiction Awareness Seminar Series (11-16-15.12.2025)



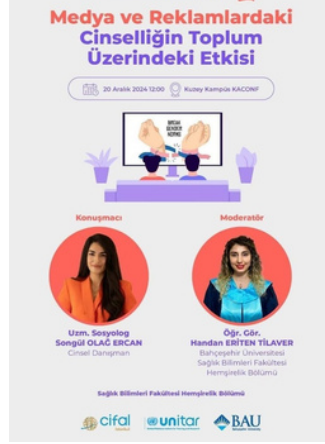
Bahçeşehir University's Psychological Counseling and Guidance Center (BAU PDRM) held a comprehensive three-session seminar series titled "Addiction Awareness," featuring sessions by Psychologist Sena İlik, Psychological Counselor Elif Yağız, and Clinical Psychologist Aylin Gülenç. The program approached 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.

GOOD HEALTH AND WELL-BEING

Sexual Health Talk Series (02&20.12.2024)



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.



GOOD HEALTH AND WELL-BEING

Mindful Movement for Well-Being: Yoga Session by BAU Lotus and Healthy Living Student Clubs (19.05.2024)



On May 19, 2024, the BAU Lotus Student Club and the BAU Healthy Living Student Club organized a yoga session promoting both physical and mental well-being. The event encouraged participants to embrace mindfulness and relaxation through movement, reinforcing the connection between a healthy body and a balanced mind. By fostering healthy lifestyle habits and emphasizing mental clarity, the event embodied the principles of holistic health education and well-being promotion, aligning closely with the objectives of Sustainable Development Goal 3 on good health and well-being.

TÜBİTAK 1001 - Scientific and Technological Research Projects Support Program: Investigation of the Role of Natural Melanin Nanoparticles in Alzheimer's Pathophysiology through MRI Evaluation

TÜBİTAK "1001 - BİLİMSEL VE TEKNOLOJİK ARAŞTIRMA PROJELERİNİ DESTEKLEME PROGRAMI" 2024 YILI 1. DÖNEM

Projenin Başlığı:
Doğal Melanin Nanoparçacıklarının Metal Şelatlama Özelliğinin Alzheimer Patofizyolojisindeki Etkisinin In Vitro ve In Vivo Modellerde Hücresel Ve Moleküler Düzeyde İncelenmesi ve Manyetik Rezonans Görüntüleme (MRG) ile Değerlendirilmesi

Projenin Bütçesi:
1.649.521,95 TL

Projenin Süresi:
24 Ay

Dr. Öğr. Üyesi Canan Bağcı
Bilgi Teknolojileri ve İletişim Kurumu
Tebrik Ederiz

TTU BAU
Tıbbi ve Sağlık Bilimleri Fakültesi

GOOD HEALTH AND WELL-BEING

Bahçeşehir University continues to advance scientific innovation in health research through the TÜBİTAK 1001 Scientific and Technological Research Projects Support Program (2024, 1st Term). The project titled "Investigation of the Effect of Metal Chelation Properties of Natural Melanin Nanoparticles on Alzheimer's Pathophysiology through Cellular and Molecular Analyses in In Vitro and In Vivo Models and Evaluation by Magnetic Resonance Imaging (MRI)", led by Dr. Canan Bağcı, aims to contribute to the early detection and treatment of Alzheimer's disease. With a total budget of 1,649,521.95 TL and a duration of 24 months, the study explores the therapeutic and diagnostic potential of melanin-based nanoparticles in combating neurodegenerative disorders. By examining how these particles interact with metals and influence Alzheimer's pathology at cellular and molecular levels, the research integrates nanotechnology with medical imaging to improve the understanding and management of this condition.

Aligned with Sustainable Development Goal 3 (Good Health and Well-Being), this project reinforces Bahçeşehir University's commitment to advancing scientific inquiry that enhances human health, promotes well-being, and supports innovative approaches in the prevention and treatment of neurological diseases.



BAU

BAHÇEŞEHİR
UNIVERSITY