



3 GOOD HEALTH
AND WELL-BEING



Message From the Rector

In an era when the world faces mounting environmental, social, and economic challenges, the role of universities has become more vital than ever. Institutions of higher education are not only centers of learning but also agents of transformation — shaping knowledge, values, and actions that define the future of our planet and humanity.

At Biruni University, we embrace this global responsibility with determination and vision. Guided by the United Nations Sustainable Development Goals (SDGs), we are committed to advancing sustainability through excellence in education, innovative research, and community-centered impact.

Our mission extends beyond academic achievement; it is about producing knowledge that heals, transforms, and sustains life in all its forms.

As a pioneering health sciences university, we channel our scientific expertise toward creating solutions that enhance well-being and social equity. Our multidisciplinary approach allows us to integrate health, innovation, and sustainability — transforming research into real-world benefits for people and communities. The projects and studies we carry out, particularly in the fields of medicine, health, and technology, stand as concrete reflections of this commitment.

Our understanding of sustainability transcends academic boundaries. It is woven into the fabric of our campuses, hospitals, and community initiatives — from energy efficiency and environmentally friendly infrastructure to nurturing students with the awareness and capacity to become responsible global citizens.

Through the dedication of our academic and administrative teams, and the unwavering support of our partners, Biruni University continues to build a resilient, inclusive, and sustainable future. Together, we reaffirm our pledge to serve humanity through science and compassion — today and for generations to come.



Prof. Dr. Adnan Yüksel
Rector, Biruni University

Message From the Editor

The world is entering an age of profound transformation — one that demands wisdom as much as it demands action. Climate disruption, social fragmentation, and economic imbalance have made it clear that the systems which once defined progress can no longer sustain it. Humanity needs a new compass — one that points toward balance, compassion, and collective renewal.

Universities stand at the very heart of this change. They are not merely institutions of teaching and research; they are the laboratories of humanity's future — places where science, conscience, and purpose must meet.

At Biruni University, we see sustainability not as a goal to be reached, but as a way of being. It is the thread that weaves through our research, our classrooms, our hospitals, and our partnerships. It is how we measure success —

by the difference we make in people's lives and the legacy we leave for the generations to come.

Guided by the **United Nations Sustainable Development Goals**, we are reimagining higher education as a force for healing — for reconnecting human progress with planetary well-being, for bridging innovation with empathy, and for transforming knowledge into impact.

Our mission is both scientific and moral: to cultivate minds that create, question, and care; to generate ideas that build a more equitable, peaceful, and sustainable world. Every discovery, every collaboration, every act of learning becomes part of a larger story — the story of humanity's renewal through knowledge.

This report is more than an evaluation of where we stand; it is a reflection of who we choose to be. Biruni University stands as a living commitment

to the idea that education can heal, science can serve, and together we can build a future worthy of hope.



Aslıhan Güzin ALSAN, P.h.D. FHEA
Director of Institutional Impact,
Visibility and Corporate Reputation



BİRÜNİ UNIVERSITY COMMITMENT TO GOOD HEALTH AND WELL-BEING

Health is the essence of life — the invisible architecture that holds every dream, every act of creation, and every relationship together. Without it, there can be no learning, no growth, no sustainable future. To protect health is to protect humanity itself.

At Biruni University, we view health not as the absence of disease, but as the dynamic harmony of body, mind, and society. Guided by **Sustainable Development Goal 3: Good Health and Well-Being**, we work to ensure that well-being becomes a universal right, not a privilege of circumstance.

Our mission is to bridge science and humanity — to heal not only individuals, but the systems that shape their lives. We believe that medicine must evolve from curing illness to cultivating resilience; from treating symptoms to transforming causes. Every research project, every community service, every act of care is part of this larger philosophy: healing as a form of leadership.

As a university rooted in the health sciences, Biruni stands at the intersection of innovation and empathy. Through our hospitals, faculties,

merely as healthcare professionals, but as advocates for a healthier and more humane world.



Health for us is not an isolated discipline — it is a social movement. From maternal and child health programs to mental-well-being initiatives, from digital health technologies to community education, Biruni University transforms knowledge into compassion and compassion into measurable change.

This report captures our journey of re-defining what it means to heal — a journey where science serves life, and every act of learning becomes an act of care.

and research centers, we combine clinical excellence with social awareness, developing solutions that improve not only life expectancy but life quality. Our students are trained not

Our Approach: Reimagining Health as a Shared Human Responsibility

We approach health as a continuum — one that connects the physical, emotional, and environmental dimensions of existence. Our guiding principle is simple: **healing humanity requires healing its systems.**

Our approach rests on three integrated foundations: **Prevention, Access, and Awareness.**

- **Prevention** focuses on strengthening public health through early detection, lifestyle education, and research-based interventions.
- **Access** ensures that healthcare services, information, and education reach the most vulnerable groups, especially women, children, and low-income populations.
- **Awareness** nurtures a culture of responsibility — where individuals see health not as a service they receive, but as a relationship they sustain with themselves and their communities.



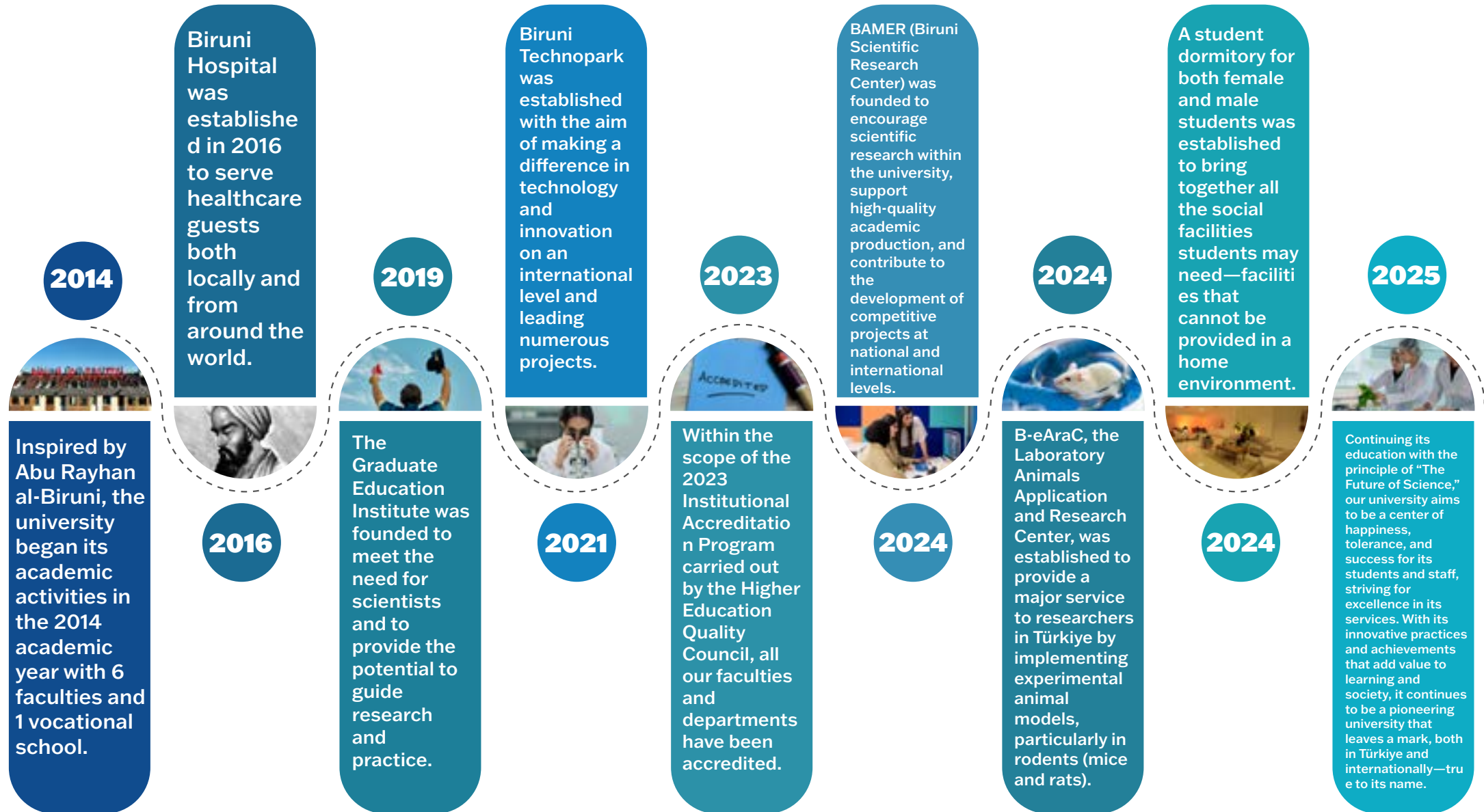
Institutional Framework: Integrating Care, Knowledge, and Innovation

Biruni University's health and well-being framework operates across interconnected levels — from research laboratories to patient care, from classroom learning to community outreach.

- **Research Excellence:** Our faculty lead interdisciplinary studies in preventive medicine, mental health, nutrition, and digital health technologies. These projects aim not only to publish findings, but to shape policies and practices that improve population health.
- **Clinical Leadership:** The Biruni University Hospital and affiliated clinics serve as living laboratories for applied science. They deliver equitable healthcare services while providing real-world learning experiences for students.
- **Community Engagement:** Through mobile health units, screenings, and public education programs, we reach thousands of individuals annually — offering preventive care, early diagnosis, and empowerment through knowledge.
- **Education for Well-Being:** Curricula across our medical, dental, pharmacy, and health sciences faculties are infused with the principles of sustainability, ethics, and compassion — ensuring that every graduate becomes both a healer and a changemaker.

Health is thus not only what we teach — it is how we live, how we research, and how we serve.

O U R S T O R Y



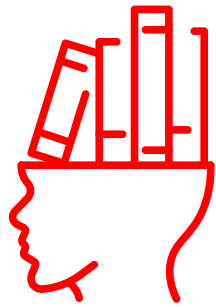
O u r V i s i o n

To be a pioneering university that, true to its name, leaves a lasting mark — leading change through knowledge, innovation, and impact.

O u r M i s s i o n

To be an innovative and leading university that cultivates qualified individuals through transformative education, produces original knowledge at both national and international levels, and contributes to solving societal challenges with scientific and ethical responsibility.

C O R E V A L U E S



K n o w l e d g e

Commitment to learning, discovery, and the pursuit of truth as the foundation of progress.



W i s d o m

Using knowledge with depth, reflection, and ethical judgment to serve humanity.



H u m a n i t y

Placing human dignity, empathy, and compassion at the heart of education, research, and service.



A c a d e m i c F r e e d o m

Protecting the right to think, question, and create freely within an environment of respect and integrity.



P i o n e e r i n g S p i r i t

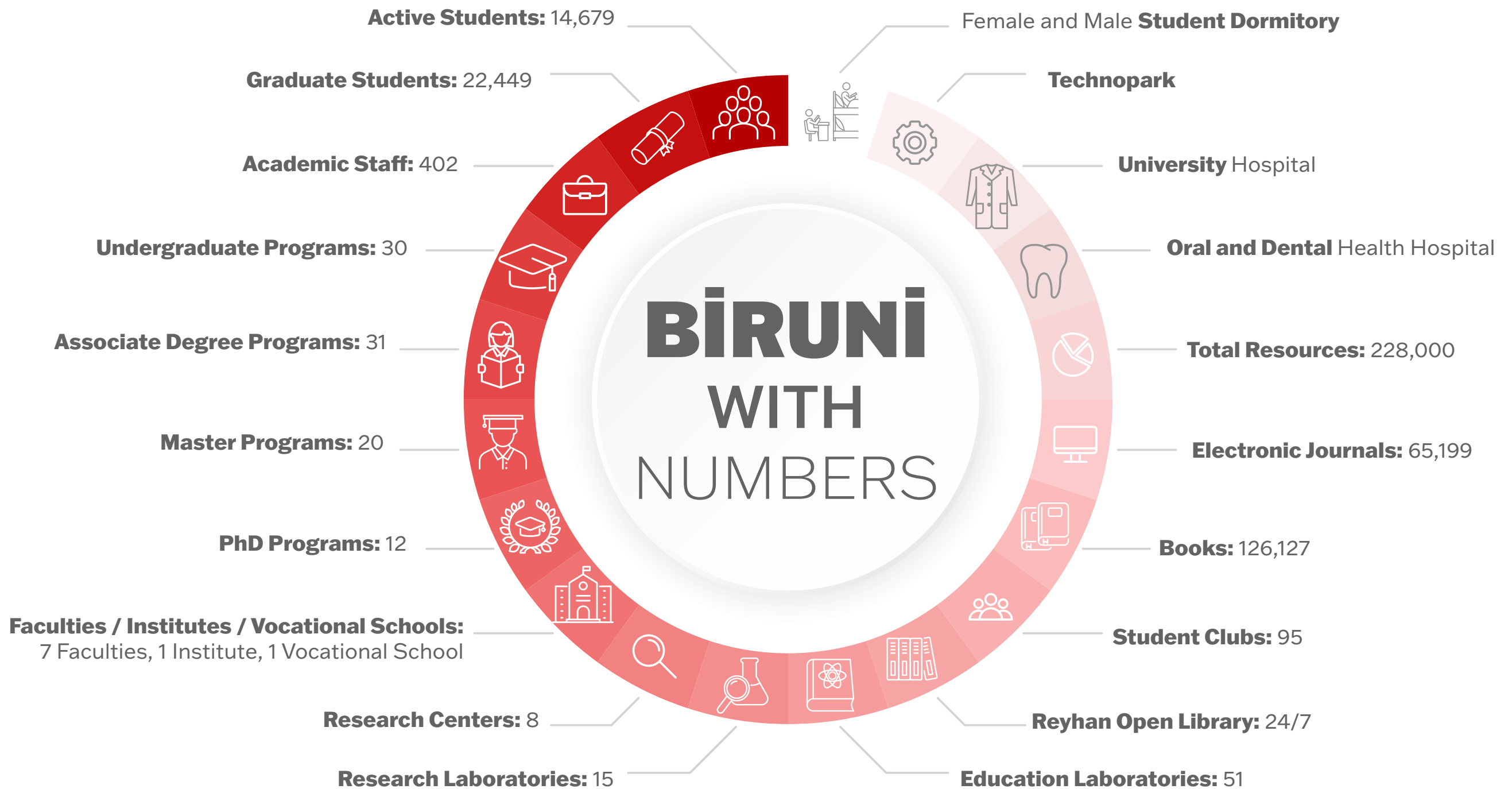
Challenging conventions with creativity and vision; leading transformative change in education and science.

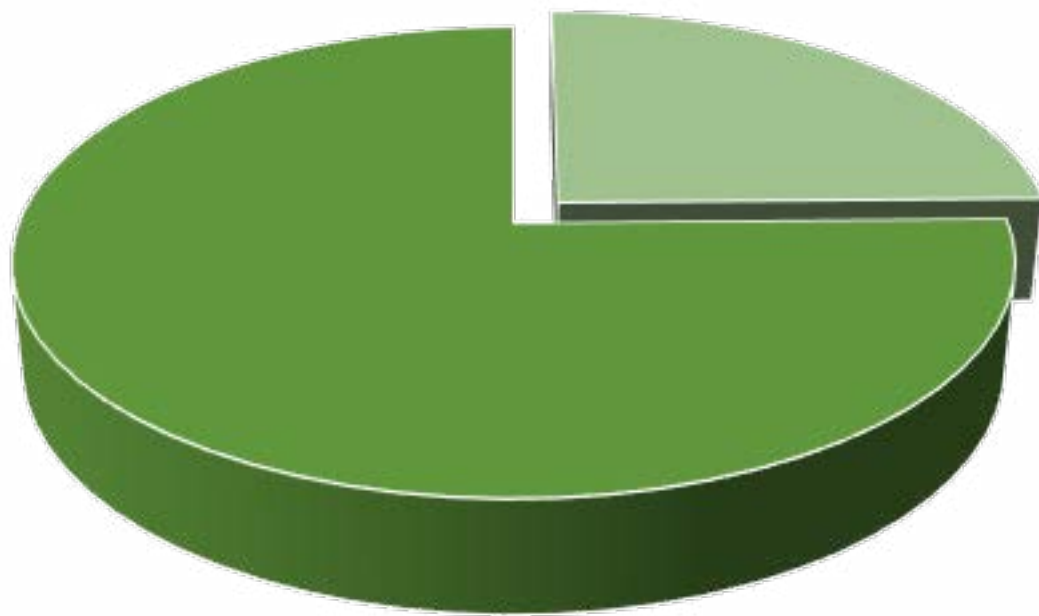


C o u r a g e

Acting with integrity and resilience in the face of uncertainty — daring to stand for what is right and meaningful.

BİRÜNİ WITH NUMBERS





%62,22
**Number of Graduates
In Health Proffesions**

1.652
**Number of
Graduates**

1.028
**Number of Graduates
in Health Proffesions**

Smoke-Free, Healthy And Hygiene Campus Policy

Biruni University is committed to providing a smoke-free, hygienic, and healthy campus environment where students, faculty, and administrative staff can learn and work in a healthy environment. This policy aims to maintain the highest standards of hygiene by preventing smoking on campus and promoting healthy lifestyle habits. Our university remains committed to creating a safe, clean, and healthy environment for all community members.

Core Values

Biruni University's Smoke-Free, Healthy and Hygiene Campus Policy is based on the following core values:

1. Health and Well-Being: The University prioritizes the physical and mental health of all individuals. It aims to enhance well-being on campus by promoting healthy lifestyle habits.

2. Smoke- and Tobacco-Free Environment: Our university is committed to creating a smoke-free campus by limiting the use of cigarettes and other tobacco products. This policy aims to both

reduce tobacco use and prevent secondhand smoke.

3. Hygiene and Cleanliness: The university ensures the highest standards of hygiene



and cleanliness throughout the campus. This ensures a safe and healthy environment for students and staff.

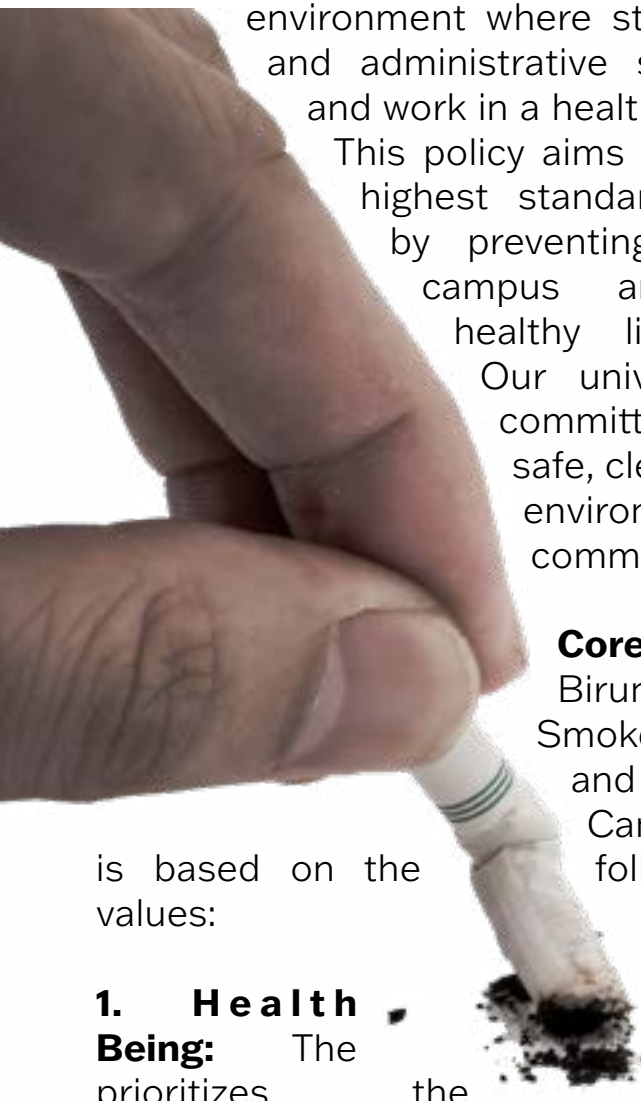
4. Awareness and Education: Continuing education programs are organized to raise awareness about healthy living, hygiene, and a tobacco-free environment. Our university places great importance on awareness-raising activities in these areas.

5. Environmental Sustainability: Environmental sustainability principles are adhered to to prevent polluting waste such as cigarette butts. Hygiene and cleaning policies are implemented using environmentally friendly products and methods.

Smoke-Free, Healthy and Hygienic Campus Policy Strategies

Biruni University implements the following strategies to create a healthy and hygienic campus:

1. Smoke-Free Campus Areas: Smoking and tobacco products are not permitted in indoor or outdoor areas on the university campus. This rule applies to all interior buildings, classrooms, laboratories, dining halls, dormitories, athletic facilities, and open spaces



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2. Smoking and Tobacco Use Prevention Programs: The university offers educational and counseling programs to support smoking cessation. These programs, aimed at encouraging healthy lifestyle habits among students and staff, encourage tobacco use reduction.

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Investigation of the Anti-Cancer and Anti-Bacterial Activity of Golden Berry and Black Garlic Extracts in Combination with Drugs

Aim:

To study the synergistic therapeutic effects of golden berry and black garlic extracts combined with conventional medications.

Concept:

This study applies bioactive compound analysis and pharmacological testing to explore natural compound-drug synergy for cancer and infection control.

Impact:

The findings promote integrative medicine and open pathways for natural, sustainable treatment alternatives.

SDG 3 Contribution:

The project contributes to SDG 3 by supporting safe, effective, and sustainable health solutions grounded in scientific research.



Association of Problems, Coping Styles, and Preferred Online Activity with Depression, Anxiety, and Other Psychological Disorders in Turkish Adolescents Diagnosed with Chronic Kidney Disease



Research Outcomes:

This study analyzes how coping mechanisms, online behaviors, and social interaction patterns affect the emotional health of adolescents living with chronic kidney disease. The results show that adaptive coping and balanced digital engagement significantly reduce anxiety and depressive symptoms.

Impact:

Supports integrative pediatric care, combining medical treatment with mental health support and digital wellness strategies.

SDG 3 Contribution:

Emphasizes the psychosocial aspects of chronic disease management, reinforcing SDG 3's target of achieving mental and physical well-being for individuals with long-term conditions.

Investigation of the Cytotoxic Effects of Broccoli Sprouts Combined with Drugs on Lung Cancer Cells

Aim:

To evaluate the combined anti-cancer potential of broccoli sprout extracts and pharmaceutical agents on lung cancer cell lines.

Concept:

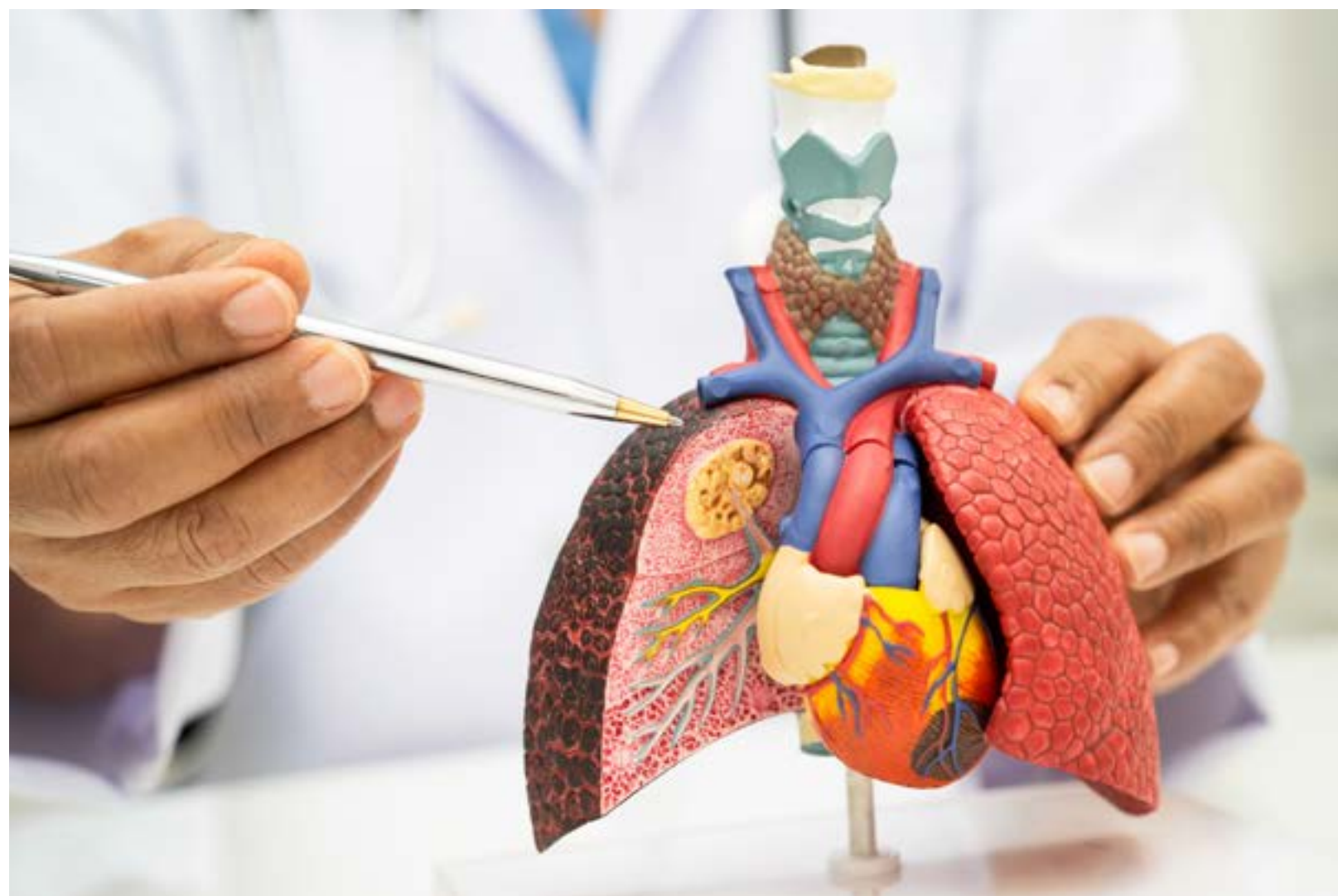
This study explores nutraceutical-pharmaceutical synergy to enhance cancer treatment outcomes while minimizing side effects.

Impact:

It contributes to innovative cancer research, offering a sustainable approach to developing safer, plant-based therapeutic strategies.

SDG 3 Contribution:

By supporting cancer prevention and treatment innovation, the project directly advances SDG 3 targets related to reducing premature mortality from noncommunicable diseases.



Digital Screening and Patient-Centered Treatment Methods – Improving Clinical Performance



Aim:

To enhance clinical outcomes through digital screening tools and patient-centered treatment strategies.

Concept:

This project integrates AI-assisted diagnostic systems, telemedicine, and real-time health data to improve patient monitoring and clinical workflows.

Impact:

It increases efficiency, accessibility, and personalization in healthcare delivery, aligning medical systems with the digital transformation era.

SDG 3 Contribution:

By fostering digital health innovation, the project supports equitable, efficient, and high-quality medical care under SDG 3.

Early Detection of Fetal Health Conditions Using Machine Learning for Classifying Imbalanced Cardiocotocographic Data

Research Outcomes:

By employing advanced machine learning algorithms, this research enhances the interpretation of cardiocotocographic data for early detection of fetal distress. It addresses the challenge of imbalanced datasets and improves clinical decision-making accuracy in prenatal care.

Impact:

Promotes AI integration in obstetrics, data equity in healthcare, and safer pregnancy monitoring systems.

SDG 3 Contribution:

Supports maternal and child health by introducing data-driven tools that can predict and prevent fetal complications.



Examination of the Mental Health Status of University Students Directly or Indirectly Affected by the Earthquake



Research Outcomes:

This research evaluates psychological distress, trauma symptoms, and coping behaviors among students exposed to earthquake-related experiences. Results highlight the prevalence of post-traumatic stress and the necessity for institutionalized counseling and peer support mechanisms in academic settings.

Impact:

Guides post-disaster mental health policies, university counseling frameworks, and emergency preparedness programs with a focus on youth well-being.

SDG 3 Contribution:

Advances mental health promotion and resilience-building strategies following natural disasters, directly contributing to the “well-being for all” objective of SDG 3.

Examination of the Cytotoxic Effects of Drug Combinations on Skin Cancer Cells

Aim:

To analyze how different drug combinations impact the viability of skin cancer cells.

Concept:

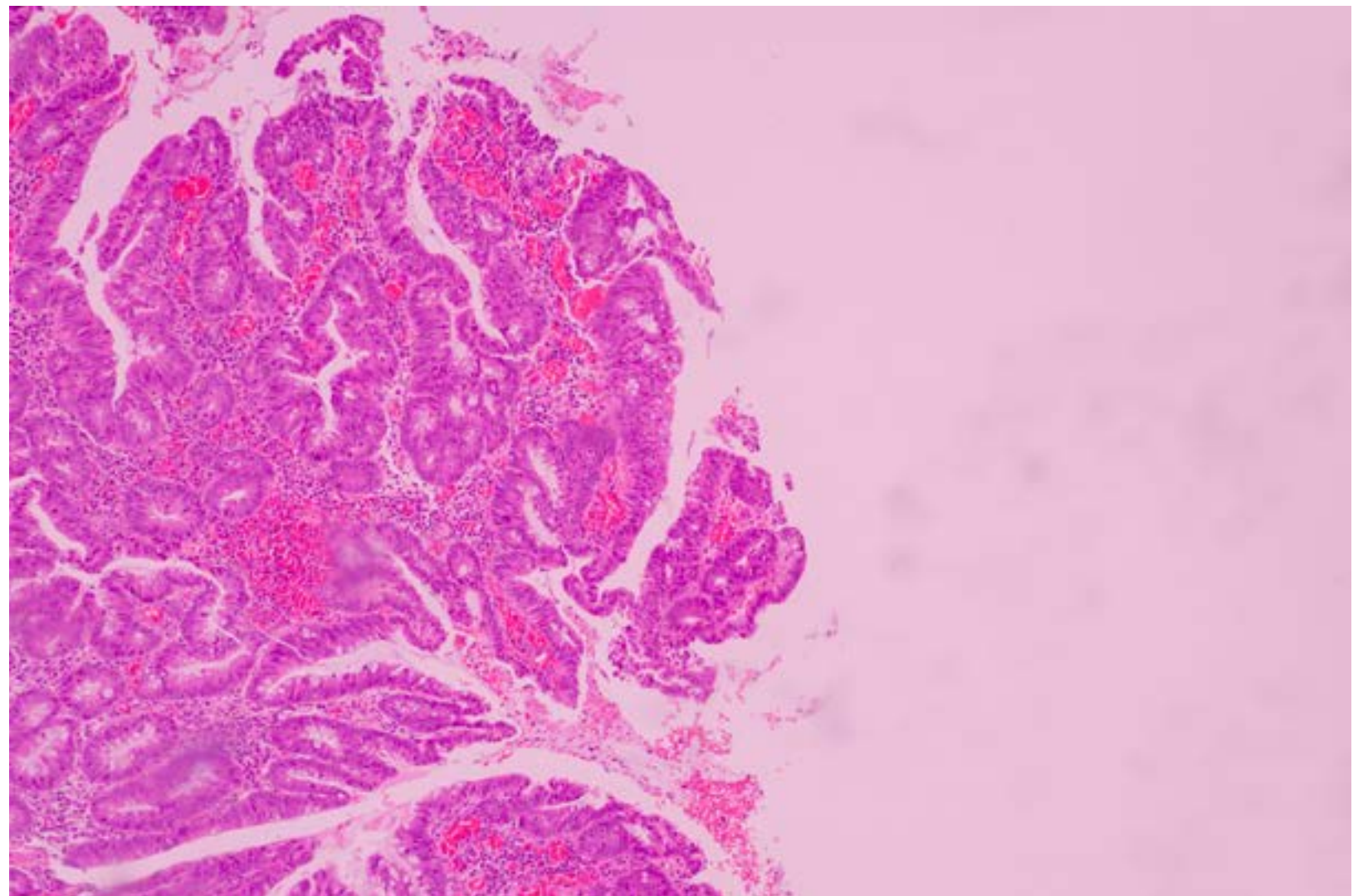
Using cell culture and cytotoxicity assays, the project tests novel therapeutic combinations to enhance treatment outcomes while minimizing toxicity.

Impact:

The results may inform next-generation oncology therapies, leading to more efficient and sustainable cancer care.

SDG 3 Contribution:

The study contributes to SDG 3 by supporting research in effective cancer treatment and reducing disease-related mortality.



Nutritional and Antioxidant Analysis of Sprouted Cowpea (Vigna Unguiculata)

**Aim:**

To assess the nutritional, phenolic, and antioxidant properties of sprouted cowpea for health-promoting applications.

Concept:

Through biochemical assays and food science research, the project examines the potential of sprouted cowpea as a functional food supporting disease prevention and nutritional balance.

Impact:

The project promotes healthy dietary practices and sustainable nutrition, supporting long-term well-being.

SDG 3 Contribution:

By advancing nutrition-based disease prevention, it contributes to SDG 3 goals for promoting health and reducing malnutrition-related risks.

Multi-Screen Dependency and Ultra-Processed Food Consumption in Young Adults

Aim:

To examine the relationship between multi-screen addiction and consumption of ultra-processed foods among young adults.

Concept:

This study integrates behavioral data, nutrition science, and psychological analysis to explore how digital behavior impacts dietary habits and health outcomes.

Impact:

Findings support public health awareness, preventive interventions, and healthier lifestyle programs targeting young populations.

SDG 3 Contribution:

The project contributes to SDG 3 by promoting mental health and nutrition awareness, reducing risk factors linked to lifestyle-related diseases.



Early Detection of Parkinson's Disease Using Machine Learning and Image Processing

**Aim:**

To apply machine learning techniques to medical imaging for the early detection of Parkinson's disease.

Concept:

Through advanced image processing and feature extraction, the system identifies subtle motor and neurological indicators invisible to the human eye. Early diagnosis significantly improves treatment effectiveness.

Impact:

The project promotes timely and personalized medical intervention, reducing long-term disability and improving quality of life for patients.

SDG 3 Contribution:

By advancing AI-assisted early diagnosis of neurological diseases, the project contributes to ensuring healthy lives and well-being at all ages.

How Reliable and Useful Are Social Media Videos About Stuttering? A Comprehensive Evaluation of Content and Credibility

Research Outcomes:

This study systematically examines the quality, credibility, and educational accuracy of stuttering-related content across popular social media platforms. It reveals widespread misinformation and underlines the necessity for expert-led digital health communication.

Impact:

Improves digital health literacy, supports fact-checking mechanisms for online medical content, and advocates responsible communication by healthcare professionals in digital environments.

SDG 3 Contribution:

Ensures equitable access to trustworthy health information and promotes awareness of speech and communication disorders, directly contributing to SDG 3's focus on health education.



Impact of Upper Extremity Robotic Rehabilitation on Respiratory Parameters, Functional Capacity and Dyspnea in Patients with Stroke: A Randomized Controlled Study



Research Outcomes:

This research explores the use of robotic rehabilitation technologies to assist post-stroke recovery, focusing on respiratory efficiency, endurance, and overall functional improvement. Results indicate that robotic therapy enhances pulmonary parameters, increases oxygen capacity, and reduces dyspnea during activity.

Impact:

Advances rehabilitation science, accelerates patient recovery, and improves accessibility to advanced physiotherapy options through robotics and digital health tools.

SDG 3 Contribution:

Supports innovation in rehabilitation and aligns with SDG 3's emphasis on ensuring healthy lives for all by integrating technology into therapeutic solutions for non-communicable diseases.

Investigation of the Effects of Combined Treatment with Quercetin, Vitamin C, and Doxorubicin on Breast Cancer Cell Lines

Aim:

To investigate the synergistic therapeutic effects of Quercetin, Vitamin C, and Doxorubicin in combination therapy on breast cancer cell lines, aiming to enhance treatment efficacy while minimizing drug-related toxicity.

Concept:

This project explores an innovative combination therapy model that integrates natural antioxidant compounds (Quercetin and Vitamin C) with the widely used chemotherapeutic agent Doxorubicin. Through cell culture experiments, cytotoxicity analyses, and molecular assays, the research evaluates how these compounds interact to improve anti-cancer activity and reduce oxidative stress in breast cancer cells. The study also investigates the potential of such combinations to mitigate the adverse effects commonly associated with conventional chemotherapy.

Impact:

The findings of this project may contribute to the development of safer, more sustainable, and patient-centered cancer treatments. By combining bioactive natural compounds with existing pharmaceuticals, the research supports the transition toward integrative oncology, fostering therapies that are both effective and less harmful. The project also provides valuable data for future pharmacological and clinical research in cancer prevention and treatment.

SDG 3 Contribution:

Aligned with SDG 3: Good Health and Well-Being, this project advances efforts to reduce premature mortality from noncommunicable diseases, particularly cancer, through research and innovation. By promoting safe and sustainable therapeutic strategies, it contributes to the development of accessible, effective, and scientifically validated healthcare solutions that enhance the overall quality of life and support sustainable health systems.



Creation of a Gene Panel for Breast Cancer Testing



Aim:

To develop a comprehensive gene panel to facilitate early detection and personalized treatment of breast cancer.

Concept:

The project utilizes genetic sequencing and bioinformatics to identify key mutations associated with breast cancer, improving diagnostic speed and accuracy.

Impact:

It enhances genomic medicine capacity and supports personalized healthcare, leading to better prevention and targeted therapy strategies.

SDG 3 Contribution:

By empowering early detection and reducing cancer mortality, this project directly contributes to SDG 3 targets on noncommunicable disease prevention.

Deep Learning-Based Brain Tumor Segmentation from MRI Images

Aim:

To develop a deep learning-based system that accurately segments brain tumors from MRI scans, assisting early diagnosis and treatment planning.

Concept:

This project utilizes convolutional neural networks (CNNs) and medical image processing to automate tumor segmentation, reducing human error and diagnostic time. By integrating advanced AI models into radiology, it enhances the precision and efficiency of clinical workflows.

Impact:

The project supports early detection, improved patient outcomes, and AI-assisted clinical decision-making. It contributes to the digital transformation of healthcare diagnostics and strengthens sustainable medical infrastructure.

SDG 3 Contribution:

By promoting early diagnosis and data-driven medical innovation, this project advances Good Health and Well-Being (SDG 3) through safer, more accurate, and accessible healthcare technologies.

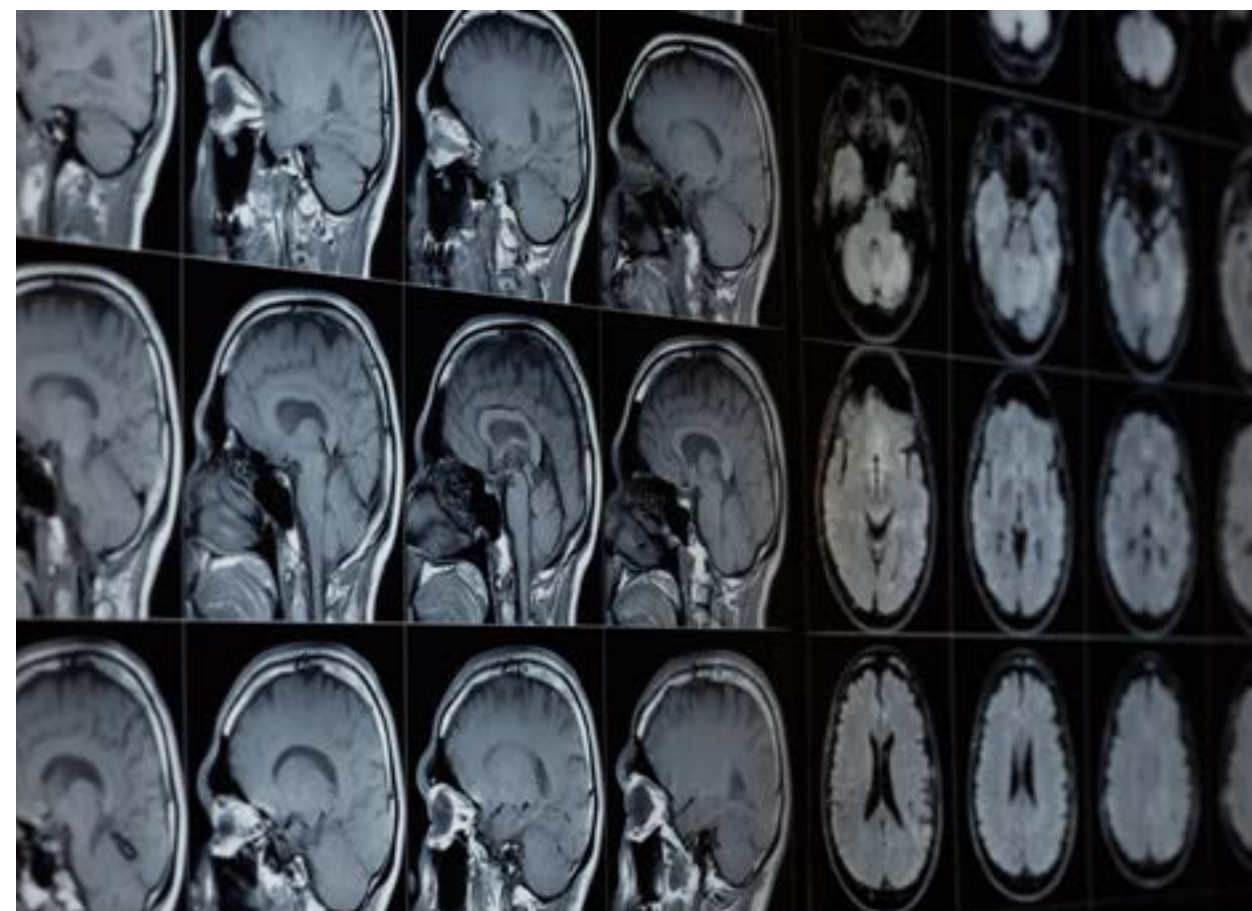


Image Processing–Based Deep Learning Approaches for the Study of Neurological Diseases

**Aim:**

To apply deep learning and image processing methods for the identification and analysis of neurological disorders.

Concept:

The project combines neuroimaging and AI algorithms to uncover disease markers and structural brain patterns associated with neurological conditions.

Impact:

It contributes to non-invasive diagnostics and early treatment planning, improving patient outcomes in neurological healthcare.

SDG 3 Contribution:

By promoting innovative health technologies for early detection, this project strengthens SDG 3 efforts toward healthy lives and well-being for all.

Obesity-Related Disorders in Türkiye: A Multi-Center, Retrospective, Cross-Sectional Analysis from the OBREDI-TR Study

Research Outcomes:

This large-scale national study identifies the prevalence, comorbidities, and socioeconomic factors influencing obesity across Türkiye. The results underline the urgency of implementing preventive measures and lifestyle modification programs to combat obesity-related diseases.

Impact:

Informs public health strategies, strengthens national policy on nutrition and physical activity, and promotes early detection and intervention in obesity management.

SDG 3 Contribution:

Addresses the rising burden of non-communicable diseases and supports healthier population outcomes through prevention-focused research.



Quantum Drugs (Q-Drugs): A New Discovery and Taboo-Breaking Approach; Producing Carbon Quantum Dots from Drug Molecules



Research Outcomes:

This pioneering study introduces the concept of “Quantum Drugs,” demonstrating the conversion of pharmaceutical compounds into carbon quantum dots with enhanced therapeutic efficiency and bioavailability. It represents a paradigm shift in drug design and nanomedicine.

Impact:

Advances molecular medicine, supports the development of next-generation nanodrugs, and bridges sustainability with pharmaceutical innovation.

SDG 3 Contribution:

Encourages scientific innovation to improve treatment efficacy and medical safety, aligning with SDG 3’s objective of ensuring universal access to effective medicines.

Sensitive, Low-Cost and Disposable Electrochemical Dopamine Sensor Based on Ag-NP/f-MWCNT/Poly(L-Cysteine)/PGE

Research Outcomes:

The study develops a novel electrochemical dopamine sensor that is low-cost, sensitive, and disposable, capable of detecting neurotransmitter levels efficiently. This breakthrough holds potential for early diagnosis of neurological disorders such as Parkinson's and depression.

Impact:

Improves neurological diagnostics, reduces cost barriers in healthcare technology, and contributes to preventive medicine.

SDG 3 Contribution:

Advances equitable access to diagnostic technologies and aligns with SDG 3's goal of promoting innovation in public health systems.



Discovery and Validation of Protein Biomarkers for Differential Diagnosis of Serous Epithelial and Borderline Ovarian Tumors

Aim:

To identify novel protein biomarkers that can improve the accuracy of ovarian cancer diagnosis.

Concept:

Using proteomic and molecular analysis, the study seeks reliable biomarkers to distinguish between malignant and borderline tumors, enabling earlier and more accurate treatment.

Impact:

The project enhances precision medicine and improves women's health outcomes through targeted diagnostics.

SDG 3 Contribution:

By advancing molecular-level diagnostics in oncology, this project strengthens access to high-quality, personalized healthcare under SDG 3.

Oral and Dental Health Screenings for Children with Autism – In Collaboration with TOHUM Autism Foundation

[Click Here](#)

Aim:

To provide free oral and dental health screenings for children with autism spectrum disorder.

Concept:

In collaboration with the TOHUM Autism Foundation, this social responsibility project delivers preventive dental care and awareness programs for children and their families.

Impact:

The initiative promotes inclusive healthcare access and raises awareness about the importance of oral hygiene in special needs communities.

SDG 3 Contribution:

By improving health equity and accessibility, this project supports SDG 3 goals related to universal health coverage and inclusive well-being.



The Effect of Music and Mandala Activity on Stress and Stress-Coping Levels of Infertile Women Who Had an Embryo Transfer: A Randomized Clinical Trial



Research Outcomes:

This study investigates how music therapy and mandala drawing reduce anxiety and improve emotional resilience in women undergoing in-vitro fertilization (IVF). Participants reported decreased stress scores and enhanced coping mechanisms following the intervention, highlighting the psychological importance of creative and holistic therapeutic methods in fertility treatments.

Impact:

Encourages the inclusion of art-based therapies in reproductive health programs and contributes to patient-centered approaches in women's healthcare.

SDG 3 Contribution:

Promotes mental health and emotional well-being, especially within reproductive medicine contexts, by integrating non-pharmacological stress management techniques.

The Effect of Perineum Massage Applied With and Without an Instrument in the Active Phase of Labor on Birth Outcomes: A Randomized Clinical Trial

Research Outcomes:

This study compares manual and instrument-assisted perineal massage during the active phase of labor to evaluate its effect on perineal trauma, labor duration, and maternal comfort. The intervention group showed a lower incidence of lacerations and improved postnatal recovery, suggesting that targeted maternal care techniques can enhance both physiological and psychological outcomes during childbirth.

Impact:

Promotes evidence-based midwifery practices, patient-centered obstetric education, and improved maternal outcomes in healthcare systems.

SDG 3 Contribution:

Contributes directly to maternal health by supporting safe delivery practices, reducing preventable complications, and improving the quality of obstetric care.



The Effectiveness of Sibling Skills Support Training Programme (KABEP) in Children with Autism Spectrum Disorder



Research Outcomes:

This research evaluates the Sibling Skills Support Training Programme (KABEP), which aims to enhance communication, empathy, and problem-solving abilities among siblings of children diagnosed with Autism Spectrum Disorder (ASD). The program strengthens familial bonds and provides guidance on managing behavioral challenges through structured interaction models and psychoeducational sessions. Findings show significant improvements in sibling understanding, emotional regulation, and cooperation within family dynamics.

Impact:

Contributes to community-based psychosocial health, inclusive education, and mental health advocacy for families affected by ASD.

SDG 3 Contribution:

The study aligns with SDG 3 by addressing mental and emotional well-being, promoting inclusive health strategies, and supporting families of children with developmental disorders.

The Effect of Baduanjin Exercise Training on Balance and Fall Risk in Elderly Individuals: A Randomized Controlled Trial

Research Outcomes:

This randomized controlled trial investigates how the ancient Baduanjin exercise—rooted in traditional Chinese medicine—affects postural stability, muscle strength, and fall risk among older adults. Results demonstrate measurable improvements in balance, joint mobility, and confidence in movement after an 8-week training program.

Impact:

Empowers active aging initiatives, reduces healthcare burdens caused by fall injuries, and encourages the inclusion of culturally diverse exercise programs in elder care.

SDG 3 Contribution:

By fostering preventive health and functional independence among aging populations, this study supports SDG 3's target of promoting healthy lives and well-being across all ages.



Medical Diagnosis and Treatment Simulation

**Aim:**

To create an interactive simulation system for medical diagnosis and treatment, supporting medical education and clinical skill development.

Concept:

This project combines virtual simulation and AI-driven modeling to replicate real-world medical cases. It enables medical students and professionals to practice diagnostics, treatment selection, and patient management in a safe, controlled environment.

Impact:

The system enhances clinical training, reduces medical errors, and promotes evidence-based decision-making in healthcare education. It improves the quality of healthcare delivery through better-trained professionals.

SDG 3 Contribution:

By improving medical education and clinical competence, the project supports universal access to quality healthcare and safe medical practice, directly contributing to SDG 3.

Sleep Quality Monitoring and AI-Based Analysis

Aim:

To develop an artificial intelligence-based platform that monitors and analyzes sleep patterns to improve sleep health.

Concept:

The system uses wearable sensors and machine learning algorithms to collect physiological data and provide personalized sleep quality reports. It identifies sleep disorders and lifestyle correlations in real time.

Impact:

This project enhances preventive healthcare by helping users detect potential health risks early and adopt healthier sleep routines, contributing to overall mental and physical well-being.

SDG 3 Contribution:

The project aligns with SDG 3 by supporting health promotion and early intervention, reducing risks associated with sleep deprivation and stress-related illnesses.



Computer-Aided Design of New and Selective Antipsychotic Drugs with Low Side-Effect Profiles



Aim:

To develop computational models for designing next-generation antipsychotic medications with minimized side effects.

Concept:

By applying molecular docking and AI-based pharmacological modeling, the project identifies compounds with improved safety and efficacy profiles for treating psychiatric disorders.

Impact:

The project contributes to mental health improvement and drug safety, aligning science with ethical medical innovation.

SDG 3 Contribution:

It advances SDG 3 by addressing mental health challenges through safer and more effective therapeutic development.

Wound-Healing Solution Formulation Using Carbon Quantum Dots Derived from Milk

Aim:

To formulate a novel wound-healing solution based on carbon quantum dots synthesized from milk.

Concept:

The project combines nanotechnology and biochemistry to create biocompatible, cost-effective, and eco-friendly healing formulations with strong antibacterial and regenerative properties.

Impact:

The innovation provides a sustainable and accessible healthcare product, particularly beneficial in low-resource environments.

SDG 3 Contribution:

This work supports SDG 3 by promoting innovative health solutions and expanding access to safe and effective medical treatments.



Symptom-Based Advanced Disease Diagnosis and Analysis System Using Machine Learning

Aim:

To develop an advanced machine learning system capable of diagnosing diseases based on symptom patterns.

Concept:

This AI-driven diagnostic model integrates data mining, predictive analytics, and clinical symptom mapping to provide fast, accurate preliminary diagnoses.

Impact:

It improves early detection, resource efficiency, and accessibility in healthcare systems, particularly in underserved regions.

SDG 3 Contribution:

By enabling AI-powered health innovation, the project enhances universal access to quality medical diagnostics, aligning with SDG 3 objectives.



Participation in the Symposium on Targeted Therapy Technologies for Innovative Approaches in Healthcare

Biruni University, in line with its goal of closely following scientific advancements in the healthcare field and strengthening interdisciplinary collaborations, participated in the Targeted Therapy Technologies Symposium organized by Boğaziçi University. This symposium, which brought together experts from both industry and academia, facilitated the exchange of knowledge on innovative treatment methods, biotechnological advancements, and personalized medicine applications. Aligning with the SDG 3 – Good Health and Well-being, this participation underscores Biruni University's commitment to developing sustainable healthcare solutions, combining academic knowledge with industry experience, and enhancing the quality of life for society. The event serves as a significant example of how the university's structure, which supports research and innovation at an operational level, is integrated with its vision of sustainable development.



Scientific Participation and Awareness Campaign on Rare Diseases



Biruni University participated in the Rare Diseases Symposium, organized annually by Üsküdar University, to stay updated on the latest developments in the healthcare field and to raise awareness about rare diseases. The event emphasized the importance of early diagnosis and treatment processes for rare diseases, as well as the significance of building social awareness. Expert presentations shared new information on the subject. In alignment with SDG 3 – Good Health and Well-being, this participation reinforced Biruni University's approach to supporting scientific progress, health literacy, and social sensitivity.

Strengthening Professional Awareness in the Field of Physiotherapy: Türkiye Physiotherapists' Day Event

The Türkiye Physiotherapists' Day event, organized by the Physiotherapy and Rehabilitation Society of Biruni University, was held to discuss the development of the physiotherapy profession from the past to the present and explore innovative approaches for the future. The event, attended by numerous experts in the field, provided a comprehensive evaluation of the role of physiotherapy in the healthcare system, the impact of technological advancements on practices, and its contribution to public health. Aligned with SDG 3 – Good Health and Well-being, this event not only enhanced students' professional awareness but also contributed to strengthening the sense of ethical, scientific, and social responsibility in the healthcare field.



BİRÜNİ
ÜNİVERSİTESİ
"Bilimin Geleceği"

8 NİSAN

TÜRKİYE FİZYOTERAPİSTLER GÜNÜ ETKİNLİĞİ
DEPREM VE FİZYOTERAPİ - REHABİLİTASYON
SEMPOZYUMU

9:30 Açılış Konuşmaları

- Prof. Dr. Arzu SAZAK ÖZDİNÇLER, Biruni Üniversitesi Sağlık Bilimleri Fakültesi Fizyoterapi ve Rehabilitasyon Bölüm Başkanı
- Prof. Dr. Nezihe KIZILKAYA BEJİ, Biruni Üniversitesi Sağlık Bilimleri Fakültesi Dekanı
- Prof. Dr. Adnan YÜKSEL, Biruni Üniversitesi Rektörü

Açılış Konferansı: Depremlere Hazırlık

- Öğr. Gör. Emre Aydın, Biruni Üniversitesi Meslek Yüksekokulu İlk ve Acil Yardım Programı

KAHVE ARASI

10:30 - 12:00: 1. PANEL:
Deprem sonrası en sık karşılaşılan ortopedik sorunlar

Moderatör:
Doç. Dr. Buket AKINCI

- Dr. Öğr. Üyesi Eyyüb Pınar Koca

Ampute Rehabilitasyonu

- Dr. Öğretim Üyesi Halil Hakan UYSAL, Eskişehir Osmangazi Üniversitesi Sağlık Hizmetleri Meslek Yüksekokulu

Kompartman Sendromu - Crush Sendromu

- Doç. Dr. Zeynep HOŞBAY, Biruni Üniversitesi Sağlık Bilimleri Fakültesi Fizyoterapi ve Rehabilitasyon Bölümü

12:00 - 13:30: Öğle Arası

13:30 - 14:00 İkinci Konferans

Posttraumatik Stres Sendromu

- Dr. Öğr. Üyesi H. Sena ÖZDEMİR, Biruni Üniversitesi Eğitim Fakültesi Rehberlik ve Psikolojik Danışmanlık Bölümü

14:00 - 15:30: 2. PANEL:
Deprem sonrası en sık karşılaşılan nörolojik sorunlar

Moderatör:
Prof. Dr. Arzu Sazak Özdiñçler
Dr. Öğr. Üyesi Güzin Kaya Ayutuluğu

Spinal Kord Yaralanması

- Prof. Dr. Uğur CAYLAK, Biruni Üniversitesi Sağlık Bilimleri Fakültesi Fizyoterapi ve Rehabilitasyon Bölümü

Traumatik Beyin Yaralanmaları

- Prof. Dr. İpek YELSAN KARASÖZ, İstanbul Üniversitesi Cerrahpaşa Sağlık Bilimleri Fakültesi Fizyoterapi ve Rehabilitasyon Bölümü

Periferik Sinir Yaralanması

- Prof. Dr. Burcu Benim AKEL, İstanbul Kültür Üniversitesi Sağlık Bilimleri Fakültesi Fizyoterapi ve Rehabilitasyon Bölümü

07 Nisan 2023
Cuma
09:30 - 15:30

KATILIM
BELGESİ
VERİLECEKTİR

Innovative Approaches in Pharmacy and Applied Learning: Birpharmday-4 Event



The Birpharmday-4 event, organized by the BIRUPSA Society of Biruni University, was held to address current developments in the field of pharmacy and enhance students' professional skills. The congress, conducted with the participation of many experts in the field, featured comprehensive presentations on drug development processes, clinical pharmacy practices, and the role of pharmacists in healthcare services. The workshops organized as part of the event provided participants with hands-on learning opportunities, supporting the conversion of theoretical knowledge into practical skills. Aligned with SDG 3 – Good Health and Well-being, this event reflects Biruni University's educational approach that encourages scientific production and focuses on innovation and societal impact in the healthcare sector.

Digitalization in Healthcare Services: Nutritional Information System Operational Training

Biruni University organized the Nutritional Information System Operational Training to address the growing importance of digitalization in healthcare services. The training aimed to equip healthcare professionals with the necessary skills to effectively use digital tools in managing and monitoring nutrition-related data. The session provided practical insights into the operational use of the system, enabling participants to improve the accuracy and efficiency of nutritional tracking and management in healthcare settings. Aligned with SDG 3 – Good Health and Well-being, this training reflects Biruni University's commitment to fostering innovation in healthcare through digital transformation, ultimately enhancing the quality of healthcare delivery.



From Addiction to Organ Transplantation: Awareness in Healthcare and the New Beginning of Life



The Green Crescent Week Special: From Addiction to Organ Transplantation event, organized by the KANOPE Society of Biruni University, was held to raise awareness about organ donation and highlight the importance of healthy lifestyle habits.

With valuable contributions from Uzm. Dr. Abdullah Sert, Chief Physician of Biruni Hospital, Uzm. Dr. Koray Koçhan from the Department of Gastroenterology at Biruni University, Dr. Hasan Esin from the Department of Psychiatry at Istanbul University-Cerrahpaş University, and Prof. Dr. M. Tayyib Kadak, Vice President of the Green Crescent, the event provided participants with in-depth insights into the fight against addiction and the organ transplantation process.

Held at the Biruni University Hospital Conference Hall, the event also featured the presentation of certificates to participants. During the event, the effects of addiction on human health and the life-saving role of organ transplantation were discussed; students had an interactive learning experience with field experts.

Aligned with SDG 3 – Good Health and Well-being, this event not only aimed to create societal awareness but also encouraged individuals to adopt healthy lifestyle behaviors. The activity served as a strong reflection of Biruni University’s vision to enhance health literacy, promote awareness-based learning, and strengthen public health.

A Scientific Perspective on Skin Health: “Skin Health from a Dermatologist’s Viewpoint” Event

Organized by the Dermocosmetic Society of Biruni University in the university’s seminar hall, the “Skin Health from a Dermatologist’s Viewpoint” event with a Q&A session was held to promote skin health preservation and increase dermatological awareness. Dermatology Specialist Dr. Elif Özer, a faculty member, participated as a speaker and provided participants with comprehensive information on the fundamental principles of skin health, common skin issues, and preventive practices. Students had the opportunity to deepen their theoretical knowledge by benefiting from clinical experiences during the Q&A session.

Aligned with SDG 3 – Good Health and Well-being, this event reflects Biruni University’s educational vision of promoting awareness in the healthcare field, encouraging preventive approaches, and fostering community-based learning.



An Academic Evaluation of Language Development and Therapy Approaches in Multilingual Individuals



The event titled “Language Development, Assessment, and Therapy Process in Multilingual Individuals,” organized by Biruni University, was held to understand the dynamics of language development when working with multilingual individuals and to discuss the fundamental principles that should be considered in therapy processes. The event addressed the relationship between language development and cultural, environmental, and cognitive factors, and provided participants with scientific approaches applicable in the assessment and therapy processes of multilingual individuals.

Aligned with SDG 3 – Good Health and Well-being, this study highlighted the importance of ethical, culturally sensitive, and evidence-based practices in the field of communication and language therapy. The event served as a strong example of Biruni University’s approach to supporting multidimensional learning in health sciences and its commitment to inclusive and sustainable education.

Clinical Applications in Radiology and Experiential Learning: DENTALKS RADIOLOGY Event

The second event of the DENTALKS series, DENTALKS RADIOLOGY, organized by the Student Society of the Faculty of Dentistry at Biruni University (BUDSA), was held with active participation from students. During the opening of the event, Faculty Dean Prof. Dr. İlknur Özcan delivered a speech titled “Case Presentation with Clinical and Radiological Findings,” emphasizing the importance of radiological assessments in clinical practice. Following that, Prof. Dr. Filiz Namdar Pekiner from Marmara University presented “Oral Mucosal Diseases with Case Studies,” explaining the pivotal role of radiology in the diagnostic process through case examples. The final segment of the program featured an interactive quiz moderated by Assoc. Prof. Dr. Gazye Sezgin Keser, which allowed students to reinforce their clinical knowledge in an engaging learning environment.

Aligned with SDG 3 – Good Health and Well-being, this event was a strong reflection of Biruni University’s educational vision, supporting applied learning, scientific curiosity, and professional development in health sciences.



Current Perspectives in Physiotherapy Approaches: Changing Algorithms in Congenital Brachial Plexus Injuries



The event on “Changing Algorithms in Congenital Brachial Plexus Injuries,” organized by the Physiotherapy and Rehabilitation Society of Biruni University, was held to discuss current treatment approaches in physiotherapy and enhance students’ clinical knowledge. The event addressed new approaches in the evaluation and rehabilitation processes of congenital brachial plexus injuries, emphasizing the importance of multidisciplinary treatment models.

Aligned with SDG 3 – Good Health and Well-being, this academic event provided participants with up-to-date information on evidence-based practices, strengthening their professional awareness. The event reflects Biruni University’s educational vision of following scientific advancements in healthcare, supporting student-centered and practice-based learning.

Professional Awareness in Emergency Health Services: Paramedics' Day Symposium

The “First Aid and Emergency Care Symposium – Paramedics’ Day,” organized by the Paramedic Society of Biruni University, was held to raise awareness about the importance of emergency health services and the evolving role of the paramedic profession. Expert speakers discussed emergency intervention protocols, team coordination, the impact of new technologies on the field, and the current challenges faced by paramedics.

Students had the opportunity to reinforce their knowledge and experience in emergency management through case studies. Aligned with SDG 3 – Good Health and Well-being, this symposium served as a concrete example of Biruni University’s educational approach that supports applied learning, professional awareness, and public health.



VIII. Orthopedic Rehabilitation Symposium



Biruni University participated in the VIII. Orthopedic Rehabilitation Symposium, which brought together leading experts in the field to discuss current approaches and innovations in orthopedic rehabilitation.

The symposium focused on key topics such as rehabilitation after musculoskeletal injuries, movement analysis, prosthetics and orthotics applications, correction of postural disorders, and technology-assisted recovery methods. Through case presentations and clinical practice sessions, participants had the opportunity to strengthen their theoretical knowledge while improving their practical skills.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the symposium emphasized the importance of maintaining physical health, enhancing individuals' quality of life, and supporting the sustainability of rehabilitation services.

Biruni University's participation in this scientific event reinforced its mission to educate innovative, multidisciplinary, and evidence-based healthcare professionals, while fostering knowledge exchange and professional collaboration in the field of orthopedic rehabilitation.

III. OrthoPhysio Symposium – Hip Pathologies

Biruni University faculty members participated in the III. OrthoPhysio Symposium – Hip Pathologies, a scientific event focused on discussing current developments in orthopedic rehabilitation and physiotherapy.

The symposium addressed key topics such as hip joint pathologies, post-surgical rehabilitation protocols, musculoskeletal biomechanics, and manual therapy techniques. Participants explored clinical evaluation and treatment strategies through case analyses and hands-on sessions, gaining a deeper understanding of evidence-based rehabilitation approaches.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event emphasized the importance of preventing orthopedic disorders, enhancing physical functionality, and promoting multidisciplinary collaboration in rehabilitation processes.

This participation further highlighted Biruni University's commitment to training highly qualified, patient-centered, and evidence-based healthcare professionals, reinforcing its mission to advance innovation and interdisciplinary excellence in the field of health sciences.



12th ESLA Congress – Speech and Language Therapy (Belgium)



Biruni University faculty members participated in the 12th ESLA Congress – Speech and Language Therapy held in Belgium, joining one of the most significant international scientific platforms in the field.

The congress covered a wide range of topics, including neurologically based speech disorders, dysphagia therapy, early childhood language development, alternative communication methods, and AI-assisted therapeutic approaches. Participants had the opportunity to exchange knowledge and experience with global experts, gaining valuable insights that contributed to both their clinical and academic professional growth.

In alignment with Sustainable Development Goal 3: Good Health and Well-Being, the event emphasized the role of communication health in improving quality of life and highlighted the importance of advancing community-based speech and language therapy services.

Biruni University’s participation in this congress reinforced its commitment to scientific research, international collaboration, and innovative, evidence-based clinical practices, further strengthening its vision of cultivating ethically grounded and globally competent healthcare professionals.

XI. International Nutrition and Dietetics Congress – Ankara

Biruni University faculty members actively participated as Advisory and Organizing Committee members in the 11th International Nutrition and Dietetics Congress held in Ankara, contributing to both the planning of the scientific content and the management of the congress organization.

The congress addressed a wide range of topics, including emerging research areas in nutritional science, sustainable diet models, clinical nutrition practices, community-based nutrition policies, and food innovation. Through interactions with national and international participants, Biruni University academics contributed significantly to integrating research findings into practice and promoting knowledge exchange across disciplines.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event served as an essential platform for advancing healthy eating habits, improving the quality of nutrition education, and strengthening public health strategies.

Biruni University's organizational and advisory role in this congress exemplified scientific leadership, ethical responsibility, and a commitment to sustainable health development, reinforcing its position as a leading institution in promoting excellence in nutritional science and public health education.

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**XI. ULUSLARARASI
BESLENME VE DİYETETİK
KONGRESİ**

Hacettepe Üniversitesi Sıhhiye Kültür Merkezi - Ankara
10-12 Ekim 2024

**XIth INTERNATIONAL
NUTRITION & DIETETICS
CONGRESS**

Hacettepe University Sıhhiye Cultural Center - Ankara
October 10-12, 2024



XII. International Congress on Audiology and Speech Disorders

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Biruni University faculty members participated in the 12th International Congress on Audiology and Speech Disorders, engaging in a comprehensive scientific forum that brought together national and international experts in hearing science and speech-language therapy.

The congress explored topics such as auditory rehabilitation, innovative approaches in speech and language therapy, early diagnosis and intervention methods, neurologically based communication disorders, and the integration of technological advancements into clinical practice. Participants deepened their theoretical knowledge and shared clinical expertise through scientific presentations, workshops, and case discussions.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event underscored the importance of developing individuals' communication skills and raising public awareness of hearing and speech health.

Biruni University's participation reflected its dedication to scientific innovation, international collaboration, and community-oriented healthcare, reinforcing its position as a higher education institution leading sustainable progress in communication sciences.

XVII. International Congress on Metabolic Diseases and Nutrition – Antalya

Biruni University faculty members took part in the 17th International Congress on Metabolic Diseases and Nutrition held in Antalya, sharing the latest research findings in the fields of nutrition science and metabolic disorders.

The congress addressed multidisciplinary themes such as metabolic syndrome, diabetes, obesity, genetic metabolic disorders, microbiota research, and clinical nutrition practices. Through scientific sessions and panel discussions, participants examined the role of nutrition strategies in preventing and managing metabolic diseases.

In alignment with Sustainable Development Goal 3: Good Health and Well-Being, the event aimed to increase awareness of metabolic health, promote healthy dietary habits, and encourage the adoption of evidence-based nutritional approaches in clinical and community settings.

Biruni University’s contribution to this international congress strengthened its network of scientific collaborations, academic productivity, and commitment to public health, marking a significant step toward advancing sustainable healthcare practices through scientific excellence.



XIV. Clinical Enteral and Parenteral Nutrition Congress – Antalya



Biruni University faculty members participated in the 14th Clinical Enteral and Parenteral Nutrition Congress held in Antalya, contributing to scientific discussions on the latest developments in clinical nutrition and metabolic support therapies.

The congress addressed innovative approaches in enteral and parenteral feeding, patient safety, ethical principles in nutrition support, intensive care nutrition, and malnutrition management through a multidisciplinary lens. Participants evaluated the therapeutic role of nutrition in patient care by examining clinical research outcomes and case studies.

In alignment with Sustainable Development Goal 3: Good Health and Well-Being, the congress emphasized the vital role of nutrition in disease prevention and treatment while enhancing healthcare professionals’ clinical competence through scientific knowledge exchange.

Biruni University’s representation at this event underscored its commitment to research-based practice, ethical responsibility, and community-oriented scientific advancement in the field of clinical nutrition.

1.International Congress on Every Dimension of Childhood

Biruni University faculty members attended the 1st International Congress on Every Dimension of Childhood, engaging in scientific discussions focused on child health, development, and education from a multidimensional perspective.

The congress explored topics such as physical, cognitive, emotional, and social development in childhood; early intervention strategies; child rights; psychosocial support mechanisms; and community-based child health policies. Through scientific presentations, case studies, and panel sessions, participants shared sustainable solutions to promote child well-being.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event aimed to improve children’s quality of life, strengthen early health services, and enhance public awareness on developmental health.

Biruni University’s participation reflected its dedication to ethical, evidence-based, and community-centered education, reinforcing its academic mission to advance child health and development research.



2nd International and 7th National Basic Nursing Care Congress



Biruni University faculty members took part in the 2nd International and 7th National Basic Nursing Care Congress, contributing to scientific exchanges on nursing care innovations, ethical responsibilities, and multidisciplinary collaboration.

The congress focused on patient safety, quality improvement in nursing care, digital nursing practices, professional leadership, and sustainable healthcare services. Participants presented studies that integrated theoretical foundations with clinical applications, fostering professional growth and advancing the scientific development of nursing.

Consistent with Sustainable Development Goal 3: Good Health and Well-Being, the event aimed to enhance the quality of nursing education, expand evidence-based practices, and increase the effectiveness of healthcare services delivered to society.

Biruni University's academic representation at this congress exemplified its strong educational vision rooted in scientific inquiry, ethical care, and human-centered health practices.

33rd National Turkish Orthopedics and Traumatology Congress

Biruni University faculty members participated in the 33rd National Turkish Orthopedics and Traumatology Congress, contributing to scientific exchanges on current research, innovative treatment methods, and advanced surgical techniques in orthopedics.

The congress covered a wide range of topics, including diagnostic and therapeutic technologies for musculoskeletal disorders, orthopedic rehabilitation, prosthesis design, sports injuries, and trauma management, all discussed from a multidisciplinary perspective. Through case presentations and scientific sessions, participants shared both theoretical insights and clinical experiences, generating solutions aimed at improving patient care quality.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event emphasized musculoskeletal health promotion, improved surgical outcomes, and the dissemination of innovative rehabilitation practices.

Biruni University's active participation demonstrated a commitment to scientific excellence, ethical practice, and community-centered healthcare, underscoring its role as a leading academic institution advancing orthopedic science in Türkiye.



11th National Urogynecology Congress



Biruni University faculty members attended the 11th National Urogynecology Congress, engaging with the latest scientific developments in women’s health, pelvic floor disorders, and urogynecologic surgery.

Topics included urinary incontinence, pelvic organ prolapse, minimally invasive surgical techniques, rehabilitation methods, and quality of life enhancement for patients. Participants benefited from interactions with national and international experts, gaining deeper insights into evidence-based clinical applications and multidisciplinary treatment strategies.

Consistent with Sustainable Development Goal 3: Good Health and Well-Being, the congress fostered awareness of women’s health issues, promoting early diagnosis and effective management of urogynecological conditions.

Biruni University’s participation reflected its ongoing mission to educate ethical, patient-centered professionals and contribute to the advancement of women’s health through scientific collaboration and clinical excellence.

12th Reproductive Health and Infertility Congress

Biruni University faculty members participated in the 12th Reproductive Health and Infertility Congress, following the latest developments in reproductive health, infertility treatments, and assisted reproductive technologies.

The congress explored a variety of topics, including diagnosis and treatment of male and female infertility, reproductive endocrinology, embryology, genetics, and ethical considerations in fertility care. Participants strengthened their theoretical and practical expertise through clinical sessions and research presentations shared by field experts.

In line with Sustainable Development Goal 3: Good Health and Well-Being, the event emphasized the promotion of healthy reproductive behaviors, the dissemination of scientific innovation in fertility treatments, and raising awareness about quality of life improvements.

Biruni University's representation at this congress highlighted its vision of training innovative, ethically grounded healthcare professionals who integrate scientific research with societal benefit, reinforcing its role as a key contributor to the field of reproductive health.



Thoracic Outlet Syndrome Meeting



Biruni University faculty members attended the Thoracic Outlet Syndrome Meeting, where they shared up-to-date scientific insights on thoracic region anatomy, clinical management of neurovascular compression syndromes, and rehabilitation approaches.

The meeting addressed topics such as diagnostic methods, surgical and conservative treatment strategies, prevention of postural disorders, and physiotherapy applications through a multidisciplinary approach. Participants gained practical experience in evaluating and managing thoracic outlet syndrome via case-based presentations and clinical observation examples.

In alignment with Sustainable Development Goal 3: Good Health and Well-Being, the event contributed to raising awareness about musculoskeletal health and the importance of early intervention in rehabilitation practices.

Biruni University's participation in this meeting underscored its evidence-based approach to healthcare, its dedication to strengthening scientific collaboration, and its commitment to improving public health outcomes.

International Conference on Neurology and Neurological Sciences

Biruni University faculty members took part in the International Conference on Neurology and Neurological Sciences, engaging in global scientific discussions on neurological disorders, nervous system dysfunctions, and neurorehabilitation innovations.

The conference covered a wide spectrum of topics including neurodegenerative diseases, neuroplasticity, brain imaging techniques, epilepsy, stroke rehabilitation, and neuromodulation methods, approached from a multidisciplinary perspective. Participants interacted with international researchers, exploring new treatment protocols and advanced neurological care models through academic dialogue.

Consistent with Sustainable Development Goal 3: Good Health and Well-Being, the event emphasized the promotion of scientific collaboration in neurological health, fostering the early diagnosis and implementation of innovative treatment methods in clinical practice.

Biruni University's presence at this international conference highlighted its commitment to scientific excellence, ethical integrity, and global collaboration, reflecting a solution-oriented vision aimed at addressing neurological health challenges worldwide.



Oral and Dental Health for Social Well-being: “Little Teeth, Healthy Smiles”

The 7th and 8th institutional visits of the Minik Dişler Sağlıklı Gülüşler project, conducted within the partnership between Biruni University Faculty of Dentistry and AKDEM on May 16, 2025, were coordinated by Dr. Lecturer Gülsün Aydoğmuş and Dr. Lecturer Aslıhan Özbilgen, with the active participation of dental students. This event stands out as an exemplary field intervention, both in terms of community benefit and student-centered experiential learning.

During this community-oriented event, systematic oral and dental health screenings were carried out for children who had obtained prior parental consent. Children were taught proper tooth brushing techniques through easy-to-adopt, game-based approaches, and the importance of preventive health was reinforced in a fun and interactive manner. For cases identified with limited financial resources during the screenings, necessary treatments were provided free of charge at Biruni University's student clinics, ensuring continuity and accessibility of care.



In the context of SDG 3 – Good Health and Well-being, the project not only improved individuals' oral health but also contributed to reducing long-term health burdens through early

intervention. It also fostered the establishment of prevention-focused health behaviors and increased health literacy in the community. From the students' perspective, the field experience provided an educational environment where clinical skills, patient communication, and professional responsibility in public health were

simultaneously strengthened.

The project's game-based educational methodology increased children's motivation to learn, and the trust-based relationships established with parents paved the way for the future adoption of preventive health practices. Moreover, the coordination with AKDEM demonstrated that the establishment of concrete application channels with local stakeholders has expanded the field capacity of the institution. This collaboration reduced barriers between university clinics and the community, ensured justice in access to healthcare, and developed integrated approaches to tackling the social determinants of health.

Biruni University's community-based initiatives like this provide a sustainable, replicable framework that integrates both preventive and therapeutic aspects of healthcare, producing tangible outcomes aligned with SDG 3. These initiatives offer a concrete example of how to create a positive impact on public health through education and collaborative partnerships.

An Exemplary Application in Building Health Awareness at an Early Age: Oral and Dental Health Screening for Children in Collaboration with Türk Hava Yolları

The oral and dental health screening event, conducted by Biruni University Faculty of Dentistry in collaboration with the Turkish Airlines (THY) Staff Aid Foundation, serves as a significant example in the development of community-based preventive health services and the promotion of health awareness at an early age.

During the event, 200 children aged 3 to 7 from families associated with the foundation underwent detailed oral and dental examinations by dental students, under the supervision of expert academics. Individual evaluations were completed based on consent forms provided by their parents. The dental brushing training, specifically designed for children, was conducted in a fun and game-based format. Interactive activities were used to maintain participants' engagement, while core principles of preventive dentistry were imparted in an applied manner.

This project aimed not only to provide clinical

examinations but also to foster behavioral change that would support long-term oral health habits in children. Early education laid the foundation for hygiene awareness in



children and simultaneously increased family awareness regarding child health. From a social perspective, the dental treatment needs of children from economically disadvantaged families were identified, and in necessary cases, free treatment services were planned at

Biruni University's student clinics. This ensured the university's vision of increasing access to healthcare and supporting social equity.

The event also provided valuable learning experiences for Biruni University Faculty of Dentistry students, supporting the development of multidimensional skills in clinical knowledge, field practice, and patient communication. Under the guidance of academics, this community-based initiative allowed students to experience preventive dentistry in a real-world setting and reinforced their professional responsibility toward community service.

This event, which helped children adopt healthy living behaviors from an early age, stands as a strong demonstration of Biruni University's approach to integrating sustainable health, community benefit, and experiential learning principles. In this regard, the project has emerged as a preventive health model based on scientific and humanitarian values, creating long-term impact on community health.

Supportive Approaches in the Birth Process: Learning and Practicing the Rebozo Method

The training event organized by the Department of Midwifery at Biruni University's Faculty of Health Sciences aimed to introduce alternative methods for managing pain during labor and providing support to mothers. The program provided theoretical insights into the Rebozo method, which is used to alleviate labor pain and make the birth process more comfortable. This was followed by practical training to demonstrate how this method can be applied in birth practices.

Rebozo, a natural and holistic support method with roots in Latin America, is used during labor for purposes such as muscle relaxation, position changes, and promoting relaxation. During the training, participants experienced that the Rebozo technique is not only a physical relaxation tool but also provides emotional support, fostering confidence and calmness for the mother during the birth process.

In alignment with SDG 3 – Good Health and Well-being, this event contributed to empowering women during the birth

process, respecting the physiological nature of childbirth, and protecting maternal and infant health through holistic approaches. Additionally, the event showcased Biruni University's commitment to combining evidence-based practices with traditional methods in midwifery education, supporting an empathy-based, patient-centered approach to healthcare. At the end of the training, participants highlighted the importance of supportive care during labor and gained the knowledge and awareness necessary to apply the Rebozo method in practice.

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ÜNİVERSİTESİ
Sağlık Bilimleri Fakültesi
Midwiferye Bölümü

**Gebelik ve Doğumda
Rebozo Kursu**

Eğitmen: Dr. Öğr. Üyesi Halime Şule SELMAN

Eğitim Tarihi:
16.11.2023

Eğitim Saati:
09.00-16.00

World Occupational Therapy Day: Connecting with the Community on Health Participation and Awareness



The World Occupational Therapy Day event, organized by the Occupational Therapy Society of Biruni University, aimed to raise awareness about the occupational therapy profession in the community and equip participants with healthy living skills. During the event, the role of occupational therapy in supporting individuals' participation in daily life activities was explained, and participants were provided with information on independence in health, quality of life, and environmental adaptation.

Aligned with SDG 3 – Good Health and Well-being, this event reflected Biruni University's social responsibility vision by directly engaging with the community, enhancing health literacy, and encouraging individuals to become an active part of life.

Early Diagnosis and Awareness in Breast Cancer: Raising Consciousness for a Healthy Life

The awareness event organized by Biruni University aimed to emphasize the importance of early diagnosis and regular screenings for breast cancer, which is prevalent both in Turkey and globally. During the event, participants were provided with information on self-breast examinations, regular screening habits, and the life-saving role of early detection. Additionally, the impact of healthy lifestyle behaviors (balanced nutrition, physical activity, and regular check-ups) on reducing cancer risk was highlighted.

Aligned with SDG 3 – Good Health and Well-being, this event encouraged individuals to develop informed health behaviors and contributed to Biruni University's vision of expanding preventive health services through a community-based approach.



Developmental Support and Sensory Integration Approaches in Newborns: Family Education Practices



The educational program organized by Biruni University aimed to raise awareness about the importance of developmental support, sensory integration, and family education practices during the newborn period. The event addressed early intervention approaches that support newborns' motor, sensory, and cognitive development, providing families with practical information on how to support their babies' developmental processes in the home environment. The effects of sensory integration practices on newborns' adaptation to stimuli, peaceful feeding, and healthy sleep routines were discussed.

Aligned with SDG 3 – Good Health and Well-being, this initiative sought to strengthen newborn health by raising family awareness and promoting holistic developmental support in early childhood. The event reflected Biruni University's vision of encouraging community-based learning in child health, family education, and early intervention.

Raising Early Diagnosis Awareness in the Community: Community Support Against Breast Cancer by Biruni Medical Students

The Breast Cancer Awareness Stand event, organized by the Biruni University Medical Students Union, was designed to increase early diagnosis awareness in the community and promote preventive health behaviors. During the event, student volunteers provided information to visitors about self-breast examination, the importance of early diagnosis, and the life-saving effects of regular screenings. Awareness materials were distributed to participants, emphasizing the role of early diagnosis in both individual and public health.

Aligned with SDG 3 – Good Health and Well-being, this community-focused event reflected Biruni University's vision of promoting preventive healthcare, enhancing health literacy, and supporting the community in making informed health decisions.



Occupational Therapy Practices Supporting Independent Living: A Community-Based Approach in Visual Rehabilitation



The Visual Rehabilitation Occupational Therapy event, organized by Biruni University, was held to support the independent living skills of individuals with visual impairments and strengthen their community participation. During the event, participants were educated on the importance of environmental adaptations, effective use of assistive devices, and safe strategies for maintaining independence in daily living activities. The program aimed to make individuals' living spaces more accessible and encourage active participation in social life.

Aligned with SDG 3 – Good Health and Well-being, this community-oriented initiative contributed to Biruni University's vision of improving the quality of life for individuals with special needs, supporting health equity, and creating an inclusive living environment for all.

Colors of Hope: T-Shirt Painting Event for Children with Leukemia

[Click Here](#)

The T-shirt painting event organized by the LÖSEV Benefit Society of Biruni University aimed to provide moral and motivation to children with leukemia, while also raising awareness in the community. During the event, students collaborated with the children to paint t-shirts, allowing them to express their creativity, and conveying messages of hope and solidarity through colors. The joyful participation of the children highlighted the importance of psychosocial support during the treatment process and created a love-based communication environment.

Aligned with SDG 3 – Good Health and Well-being, this community-oriented activity reflected Biruni University's vision of training healthcare professionals with high social sensitivity and empathy, while strengthening approaches that promote community solidarity.



Sharing Life: Community Solidarity through the Red Crescent Blood Donation Event



The Red Crescent Blood Donation Tent event, organized by the Biruni University Young Red Crescent Society, aimed to raise awareness about voluntary blood donation in the community and support the critical need for blood. Throughout the event, students and academic staff volunteered to donate blood, and the Red Crescent team provided information on the donation process and the importance of blood in the healthcare system.

This initiative strengthened the culture of solidarity among individuals and directly contributed to the sustainability of healthcare services. Aligned with SDG 3 – Good Health and Well-being, the community-oriented event reflected Biruni University's commitment to social responsibility, fostering a culture of volunteering, and promoting a health approach that values human life.

Posture of Stress: Awareness Seminar on the Physical Effects of Stress in the Community

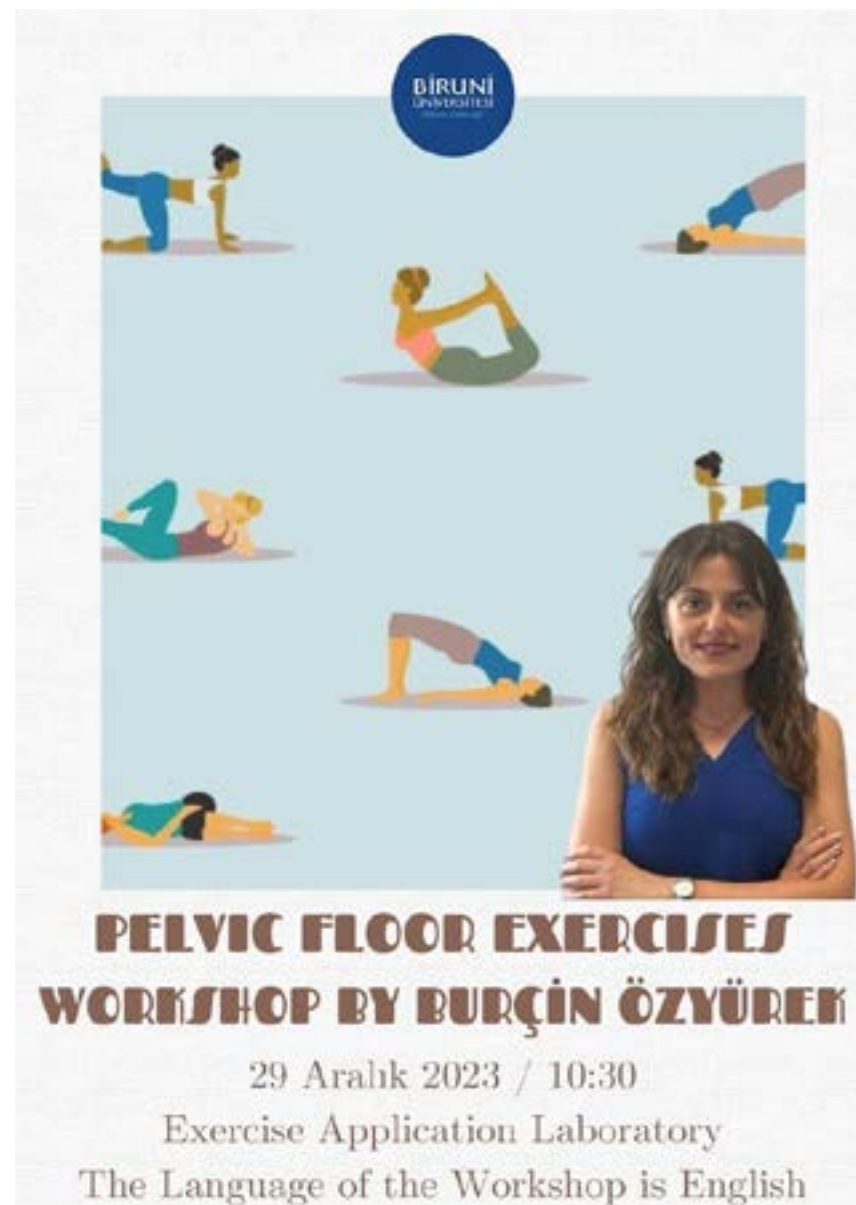
[Click Here](#)

The “Posture of Stress” seminar, organized by Biruni University, aimed to raise awareness in the community about the effects of stress on posture, respiration, and the musculoskeletal system, while providing participants with body awareness and ergonomics-based strategies. During the event, the impact of stress on body mechanics in daily life, how poor posture habits can lead to long-term health issues, and ways to reduce these effects were addressed through practical demonstrations.

Participants were taught practical methods such as correct posture, breathing techniques, and relaxation exercises, with the goal of promoting healthy living awareness across the community. Aligned with SDG 3 – Good Health and Well-being, this community-oriented event reflected Biruni University’s approach to supporting individuals in developing a more balanced and healthy lifestyle by enhancing both physical and mental health awareness.



Awareness and Empowerment in Pelvic Floor Health: Community-Based Applied Training Program



The Pelvic Floor Health Applied Training, organized by Biruni University, aimed to raise awareness in the community about common issues such as urinary incontinence, pelvic organ prolapse, and postpartum recovery, while teaching participants evidence-based exercise methods. During the event, theoretical information was provided on pelvic floor anatomy and functions, followed by practical exercise sessions led by expert instructors in the fields of physiotherapy and exercise sciences.

The program primarily focused on improving the quality of life for women, especially during the postpartum period, promoting pelvic floor health, and spreading a preventive healthcare approach throughout the community. Aligned with SDG 3 – Good Health and Well-being, this community-based educational initiative is a strong example of Biruni University's holistic approach to supporting women's health, preventive healthcare services, and overall community well-being.

Hope, Solidarity, and Social Sensitivity Against Leukemia: Leukemia Awareness Charity Bazaar

The Leukemia Awareness Charity Bazaar, organized by the LÖSEV Benefit Society of Biruni University, was held with wide participation on the university campus to support children with leukemia and strengthen solidarity, awareness, and social responsibility in the community. During the event, handmade products, food, and symbolic gifts prepared by students, academics, and volunteers were sold, with the proceeds donated to LÖSEV to support the treatment, education, and social needs of children with leukemia.

This event was not only a charitable activity but also a powerful example of social impact, demonstrating that the community can come together to create healing and hope. Throughout the bazaar, participants were informed about leukemia, the importance of early diagnosis, psychosocial support processes, and ways to improve the quality of life for sick children. The voluntary participation of the university community strengthened students' ethical responsibility towards society and turned the culture of helping into a tangible experience.

Aligned with SDG 3 – Good Health and Well-being, this event demonstrated that public health can be enhanced not only through medical interventions but also through social awareness, emotional support, and community solidarity. Through the charity bazaar, Biruni University created a learning and impact space centered around empathy, volunteering, and social healing for both students and participants. In this regard, the Leukemia Awareness Charity Bazaar stands out as a lasting social contribution, extending beyond the campus boundaries, bringing hope to the lives of children with leukemia, and strengthening the community's health awareness.



Scientific Awareness and a Step Towards Public Health: 5th Diabetes Symposium

The 5th Diabetes Symposium, organized by the Brain Research Society of Biruni University as part of World Diabetes Day and hosted at Biruni University Hospital, aimed to raise awareness about the prevention, early diagnosis, and treatment approaches for diabetes. The event brought together expert academics from fields such as medicine, nutrition, and health sciences to address the neurological, metabolic, and psychological effects of diabetes from a multidimensional perspective. Participants

were provided with scientific information on the importance of healthy lifestyle habits, nutrition, and physical activity in diabetes management.

The symposium not only facilitated academic knowledge sharing but also aimed to foster awareness to strengthen public health. Students and healthcare professionals developed an understanding of the individual and societal impacts of diabetes, fostering a consciousness to actively participate in preventive healthcare

services.

Aligned with SDG 3 – Good Health and Well-being, this event strongly reflected Biruni University's vision of transforming scientific knowledge into public benefit and leading the way in awareness-based and sustainable health education.



Rational Use of Medications and Public Health: Antibiotic Awareness Day Event

[Click Here](#)

The Antibiotic Awareness Day event, organized by the BİRUPSA Society of Biruni University on November 19, aimed to raise awareness in the community about antibiotic resistance and the conscious use of medications. The program, featuring expert academics, addressed the negative effects of improper antibiotic use on individual health and the resistance issues it causes within the community, based on scientific foundations. Participants were informed about not using medications without a doctor's prescription, adhering to prescribed treatment regimens, and the role of hygiene in preventing resistance development.

The event emphasized that antibiotic resistance is not only a medical but also a social health issue, aiming to contribute to the public's awareness of rational medication use. Aligned with SDG 3 – Good Health and Well-being, this community-based awareness event strongly reflected Biruni University's vision of promoting preventive healthcare services, strengthening public health awareness, and fostering a sustainable health culture.



A Step Towards Public Health: Awareness and Early Diagnosis with the Diabetes Day Blood Sugar and Blood Pressure Measurement Event

[Click Here](#)



The Blood Sugar and Blood Pressure Measurement Event, organized by the Biruni University Medical Students Union as part of World Diabetes Day, aimed to increase awareness about diabetes and hypertension, strengthen early diagnosis consciousness, and promote healthy lifestyle behaviors in the community. Throughout the event, student volunteers measured citizens' blood sugar and blood pressure free of charge at measurement stations set up at Biruni University Hospital and the campus area. Based on the results, participants were provided with information on the importance of nutrition, physical activity, and regular health check-ups.

This initiative was not only a health screening but also a strong example of a community-based preventive healthcare approach. The event emphasized the vital importance of early detection of diabetes, aiming to help individuals recognize their health values and develop regular follow-up habits. In

addition, participants received interactive information about diabetes risk factors and lifestyle modifications, creating an awareness environment directly impacting the community with the guidance of young healthcare volunteers.

Aligned with SDG 3 – Good Health and Well-being, this community-focused event reflected Biruni University's vision of integrating with the community, expanding preventive healthcare services, and enhancing public health awareness. Conducted through the voluntary participation of medical students, this meaningful initiative highlighted the importance of early diagnosis while strengthening individuals' awareness of taking responsibility for their health. Through such events, Biruni University has solidified its position as a leading health stakeholder that directly contributes to the health of the community, not just within educational institutions.

Healthy Skin, Healthy Life: Raising Awareness in the Community with Skin Care and Analysis Day

The Skin Care and Analysis Day, organized by the Dermocosmetic Society of Biruni University, was held to promote the importance of maintaining skin health, acquiring proper skincare habits, and raising dermatological awareness in the community. During the event, under the supervision of academics, student volunteers analyzed participants' skin types and provided personalized information on the appropriate skincare routines, sun protection methods, and the impact of nutrition on skin health. Participants were also educated on the importance of early detection of dermatological diseases and the risks associated with improper use of cosmetic products.

This event was not just a beauty treatment but also a community-focused awareness initiative viewed from the perspective of preventive healthcare. By emphasizing the direct link between skin health and an individual's overall health and quality of life, the event helped raise awareness that proper skincare habits are an essential part of a sustainable health approach.

Students gained valuable experience by directly communicating with the community and sharing their knowledge, thus enriching both their academic and social responsibility development.

Aligned with SDG 3 – Good Health and Well-being, this community-oriented event reflected Biruni University's vision of expanding health awareness beyond campus borders, prioritizing societal well-being, and promoting a culture of preventive healthcare. Skin Care and Analysis Day created a lasting social impact by helping individuals understand their skin, make informed product choices, and develop lifelong healthy skin habits.



Raise Awareness About Diabetes: Promoting Healthy Living with the “Be Aware of Diabetes” Event



The “Be Aware of Diabetes” event, organized by the Nutrition and Dietetics Society of Biruni University on November 14, aimed to raise awareness about diabetes and promote healthy lifestyle habits. During the event, participants were informed about the symptoms of diabetes, the importance of nutrition in disease management, and the role of balanced eating in blood sugar control. Additionally, practical tips were shared on making the right food choices, developing the habit of reading labels, and planning healthy snacks.

Aligned with SDG 3 – Good Health and Well-being, this event contributed to increasing public awareness about diabetes and fostering a culture of healthy living. It reflected Biruni University’s commitment to promoting health literacy and encouraging preventative measures in the community.

Awareness and Strong Community Consciousness in the Fight Against Addiction

The event organized by the Young Green Crescent Society of Biruni University aimed to raise awareness and educate the community about the fight against addiction. During the event, information was shared with students and participants about the individual and societal impacts of substance, technology, and behavioral addictions. The importance of early awareness and psychosocial support in preventing addiction was emphasized. Participants were given suggestions on adopting healthy lifestyle habits, and Green Crescent's ongoing projects to combat addiction were introduced.

Aligned with SDG 3 – Good Health and Well-being, this event reflected Biruni University's vision of increasing community awareness, encouraging young people to make conscious choices.



Healthy Steps for the Future: Health Screening and Hygiene Education for Elementary School Students

[Click Here](#)



The event organized by the USET Society of Biruni University included health screenings and hygiene education for elementary school students. During the event, the general health of the students was assessed, and practical training was provided on handwashing habits, oral and dental care, and personal hygiene. Interactive activities and games, appropriate for the children's age group, were used to instill hygiene awareness at an early age.

This event not only contributed to children developing healthy living habits but also strengthened the overall health awareness in the community through the involvement of families and teachers. Aligned with SDG 3 – Good Health and Well-being, this community-focused initiative reflects Biruni University's vision of supporting public health, extending preventive healthcare services to the field, and focusing on improving the quality of life for future generations.

The Unifying Power of Sports: A Day of Solidarity and Hope with Children with Leukemia

The Sports and Match Watching Event with Children with Leukemia, organized by the UltraAslan Uni Society of Biruni University, aimed to uplift the spirits of children undergoing leukemia treatment, involve them in social activities, and highlight the unifying power of sports. During the event, children participated in fun sports activities alongside students, followed by a group football match, creating an enjoyable and unforgettable day for everyone.

This event not only brought joy to children with leukemia for a day but also strengthened the community's awareness of empathy, solidarity, and social sensitivity. The event emphasized that sports are not just a tool for physical health, but also for emotional healing. Through the connections formed with the children, students reinforced their sense of social responsibility.

Aligned with SDG 3 – Good Health and Well-being, this community-focused event reflected Biruni University's vision of supporting public health, social integration, and a human-centered culture of solidarity.



At the Intersection of Science and Technology: New Horizons in Personalized Nutrition with Nutrionomics 2024

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INTERNATIONAL ONLINE WORKSHOP

NUTRIOMICS 2024:

AI AND MACHINE LEARNING IN
PRECISION NUTRITION

14 & 15 DECEMBER, 2024

ORGANISERS





INDUSTRY COLLABORATORS







ACADEMIC PARTNERS









REGISTRATION FEE

HEALTHCARE PROFESSIONALS

2500 INR

STUDENTS

750 INR

REGISTER NOW



The Nutrionomics 2024: AI and Machine Learning in Precision Nutrition event, organized by the Molecular Biology and Genetics Society of Biruni University, aimed to explore the role of artificial intelligence and machine learning in personalized nutrition applications. During the event, expert academics provided a multifaceted evaluation of the interactions between nutritional genetics, bioinformatics, and data science. Participants discovered innovative solutions offered by AI in analyzing individual metabolic responses and explored the transformative potential of these technologies in the healthcare sector.

The event provided participants with an interdisciplinary perspective, encouraging the effective use of digital technologies in scientific research. Aligned with SDG 3 – Good Health and Well-being, this academic event strongly reflected Biruni University’s vision of supporting innovative research in health sciences, promoting scientific productivity, and preparing students for the future of healthcare technologies.

The Most Beautiful Form of Solidarity : Supporting Hope with the LÖSEV Shop Promotion

[Click Here](#)

The LÖSEV Shop Promotion event, organized by the LÖSEV Benefit Society of Biruni University, aimed to contribute to the treatment and social support processes of children with leukemia while raising awareness in the community. During the event, handmade products produced by LÖSEV were promoted and sold, with the proceeds directed toward meeting the needs of children with leukemia. Participants had the opportunity to support the cause through their purchases, while also receiving information about LÖSEV's ongoing projects and the leukemia treatment process.

This meaningful event was not just a promotional activity; it created an environment of sharing that strengthened awareness of volunteering, solidarity, and social sensitivity in the community. Students had the chance to closely experience the role of civil society in the healthcare field and apply their sense of social responsibility in practice.

Aligned with SDG 3 – Good Health and Well-being, this community-oriented event strongly reflected Biruni University's understanding of social responsibility, which promotes solidarity, goodness, and sharing.



Move for Health, Unite with Rhythm: Active Living Awareness through the Step Up Zumba Event

[Click Here](#)



The Step Up Zumba event, organized by the Fit Biruni Society of Biruni University, aimed to increase awareness of physical activity, promote healthy living habits, and spread the unifying power of movement within the community. The event took place in an energetic atmosphere with participation from students, faculty, and visitors, where participants enjoyed both dancing and exercising through a Zumba session, gaining physical awareness while having fun.

Throughout the program, it was emphasized that regular exercise not only supports physical health but also promotes mental well-being, with positive effects on stress management, posture, and endurance. Participants were informed about the risks of a sedentary lifestyle and the role of regular movement in preventing chronic conditions such as diabetes, heart disease, and obesity.

The event contributed to the widespread culture of active living in the community, allowing participants to strengthen health awareness through rhythm, music, and solidarity.

Aligned with SDG 3 – Good Health and Well-being, this community-focused initiative reflects Biruni University’s vision of viewing physical activity as a health tool, encouraging movement-based social interaction, and turning students into ambassadors for healthy living in society. The Step Up Zumba event created a lasting social impact by bringing together energy, solidarity, and health awareness, fostering university-community integration.

Moving Together with the Community: Spreading the Culture of Healthy Living through the Total Body Event

The Total Body event, organized by the Fit Biruni Society of Biruni University and open to the public, was held to increase physical awareness, promote a healthy living mindset in the community, and make exercise an integral part of daily life. The event featured dynamic exercises targeting all muscle groups, with practical training on body control, posture, breath coordination, and endurance provided to participants. Led by professional trainers, the program emphasized that sports not only contribute to physical health but also to psychological well-being and stress management.

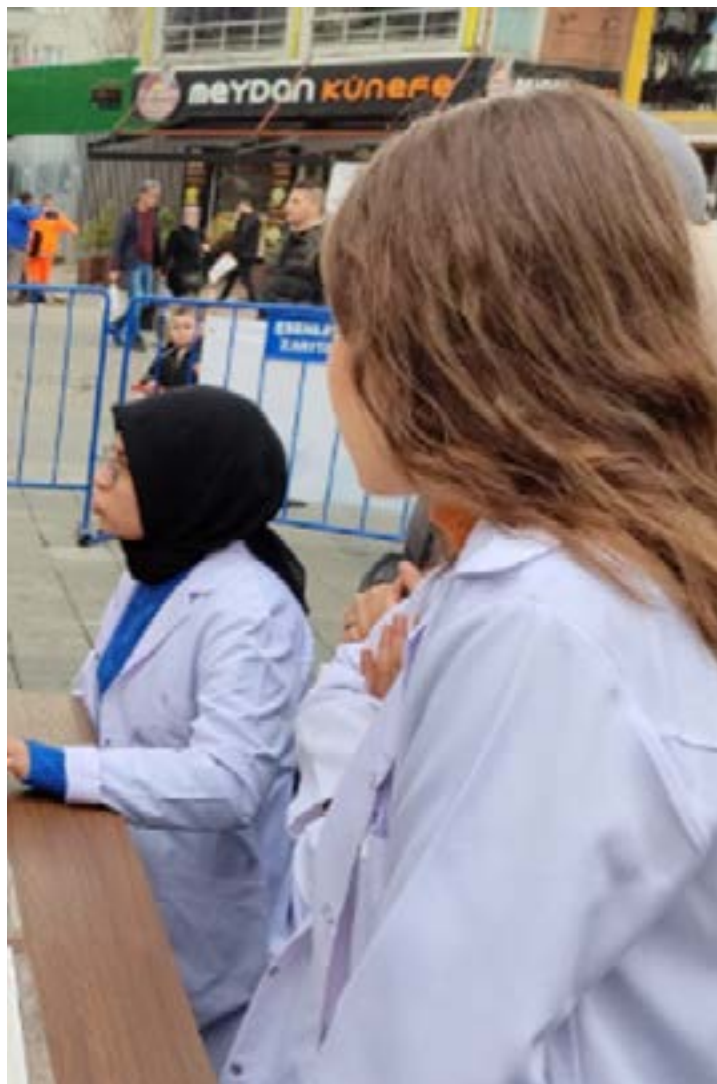
The event attracted significant participation from students, faculty, and local residents, transforming the Total Body session into a participatory health initiative that strengthened the interaction between the university and the community. Participants directly experienced the positive effects of an active lifestyle on health and realized the role of regular exercise in enhancing their quality of life.

Aligned with SDG 3 – Good Health and Well-being, this community-focused event reflected Biruni University's vision of supporting healthy living, motivating individuals to take action, and making physical activity a sustainable habit across society. The Total Body event brought together various segments of the community around a common goal, turning health awareness into a shared, solidarity-based community experience.



“Touch the Earth” Health Screening Initiative: Providing Preventive and Accessible Healthcare with the Community

[Click Here](#)



The “Touch the Earth” event, organized in collaboration between the Biruni University Young Earth Doctors Society and the Earth Doctors Association, was planned and implemented as a comprehensive community health screening and public education initiative held off-campus. The event aimed to facilitate local community members’ direct access to basic healthcare needs, strengthen preventive health awareness, and implement the principles of equal access to healthcare services.

The program included basic health screenings at established stations in the field, such as blood pressure, blood sugar measurement, height-weight, and body mass index assessments, along with risk evaluation and brief health history intake. Participants received individual feedback based on the screening results, and referral mechanisms to Biruni University Hospital and relevant health units were activated where necessary.

Additionally, through informational sessions and brochure distribution, practical recommendations on the prevention of infectious and chronic diseases, hygiene, nutrition, and lifestyle changes were provided, along with interactive education aimed at increasing health literacy. The field applications were carried out by volunteer doctors, nurses, and student teams, adhering to participant consent processes and confidentiality principles, ensuring both ethical service delivery and providing young health professionals with practical experience in communication, community health assessment, and patient referral.

The organizational aspects of the event—logistical planning, material provision, case management protocols, and coordination with local stakeholders—strengthened the university’s field capacity and its ability to conduct community impact-driven initiatives. Ultimately, the “Touch the Earth” program helped reduce barriers to accessing healthcare services, deepened the trust between the university and the community, and offered Biruni University students the opportunity to experience a community-centered, preventive, and inclusive healthcare approach in the field, taking concrete steps toward improving both individual and community health.

Together for Hope: “Anesthesia and LÖSEV Hand in Hand” Solidarity and Awareness Event

[Click Here](#)

The “Anesthesia and LÖSEV Hand in Hand” event, organized by the LÖSEV Benefit Society of Biruni University, was held to provide moral support to children with leukemia, draw attention to their treatment processes, and raise public awareness. During the event, students from the Anesthesia Program and LÖSEV volunteers came together to conduct awareness activities for children fighting leukemia, creating an atmosphere of empathy, solidarity, and shared compassion. Participants were informed about leukemia, the importance of early diagnosis, and social support mechanisms.

The event emphasized the importance of equipping students not only with professional knowledge but also with social sensitivity, empathy, and a spirit of volunteerism. University students had the opportunity to experience firsthand the positive and healing effects of providing moral support to children undergoing leukemia treatment.

Aligned with SDG 3 – Good Health and Well-being, this community-oriented event served as a tangible example of Biruni University’s human-centered approach that strengthens the culture of social responsibility, promotes solidarity in healthcare, and places compassion and community engagement at the heart of its values.



A Drop of Hope for Life: The Young Red Crescent Society's Traditional “Blood Tent” Event



The “Blood Tent” event, organized annually by the Young Red Crescent Society of Biruni University, was once again held this year with great participation. Over three days, hundreds of donations were collected from students, faculty, and staff to emphasize the vital importance of blood donation for saving lives. On campus, long queues of volunteers formed to donate blood, demonstrating strong civic engagement. Throughout the event, Red Crescent teams provided information about the donation process and raised awareness about the safe collection and delivery of blood to those in need.

This meaningful initiative was not just a donation campaign but also a movement that strengthened the community's sense of solidarity, empathy, and social responsibility. Students experienced firsthand that donating blood is not merely a medical act but a deeply human value, reinforcing their awareness of social responsibility. The event reminded participants that a single unit of blood can save up to three lives, inspiring individuals to contribute more actively to their community.

Aligned with SDG 3 – Good Health and Well-being, this community-centered event exemplified Biruni University's vision of fostering a culture of volunteerism and social solidarity, encouraging students to take active roles for the benefit of society, and creating sustainable awareness in the field of public health.

A Sweet Awareness: Orange Cookies to Raise Awareness for Leukemia

The event organized by the LÖSEV Benefit Society of Biruni University aimed to raise awareness about leukemia by preparing and distributing orange cookies the symbolic color of leukemia awareness to students and faculty members. Throughout the event, participants received information about leukemia, emphasizing the importance of early diagnosis and the role of social support in treatment.

Aligned with SDG3 – Good Health and Well-being, this initiative strengthened public sensitivity through a small yet meaningful gesture and reflected Biruni University's commitment to an awareness-based culture of social responsibility.



Health Street: Volunteer Healthcare Services Reaching the Community



As part of the “Health Street” initiative, the Biruni University Young Earth Doctors Society, in collaboration with the Earth Doctors Association, organized a community-oriented health screening program. At the designated stations, citizens’ blood sugar, blood pressure, and body mass index were measured. Based on the collected data, participants received guidance on healthy living, nutrition, and early disease detection. Additionally, they were informed about the importance of preventive healthcare and how regular medical check-ups contribute to overall quality of life.

This field-based initiative not only assessed individuals’ health conditions but also strengthened public awareness of preventive medicine and health literacy. Students who volunteered actively took part in fieldwork, gaining valuable experience in patient communication, ethical healthcare delivery, and community engagement.

Aligned with SDG 3 – Good Health and Well-being, this community-focused event reflected Biruni University’s vision of integrating healthcare services with the community, supporting volunteer-based learning, and contributing directly to public welfare through accessible and preventive healthcare practices.

The Unifying Power of Sports Against Addiction: Awareness and Solidarity Through the Rector's Cup

The “Rector’s Cup for Combating Addiction” event, organized by the Young Green Crescent Society of Biruni University, aimed to raise awareness about addiction, encourage young people to adopt healthy lifestyle habits, and strengthen social solidarity through the unifying power of sports. The volleyball tournament, which saw active participation from university students, brought together teams from various faculties competing in a spirit of fairness and teamwork, emphasizing that combating addiction is not only an individual but also a collective responsibility.

Throughout the event, information sessions were held on topics such as the contribution of physical activity to mental well-being and the role of sports in preventing digital and substance addictions. It was highlighted that sports can serve as a tool for awareness and foster positive behavioral change among young people.

Aligned with SDG 3 – Good Health and Well-being, this community-centered event served as a strong example of Biruni University’s vision to promote a culture of healthy living, engage youth as active participants in the fight against addiction, and merge social impact with movement and solidarity.



Intergenerational Solidarity and Awareness of Healthy Aging: Darülaceze Nursing Home Visit



The “Darülaceze Nursing Home Visit” event, organized by the Biruni University Occupational Therapy Society, was held to enhance the quality of life of elderly individuals by promoting social interaction and physical awareness. During the visit, participants presented gifts to the residents, engaged in meaningful conversations, and built emotional connections. Informative sessions were also conducted on the importance of daily physical activity, maintaining mobility in old age, and supporting independent living skills.

This visit was not merely a social event but a valuable community awareness initiative that strengthened the connection between older adults and society while supporting their psychosocial well-being. Students developed empathy and a deeper sense of professional responsibility by directly engaging with elderly individuals and experiencing the importance of preventive and supportive healthcare in the field.

Aligned with SDG 3 – Good Health and Well-being, this community-oriented activity reflected Biruni University’s commitment to a community-based healthcare approach, intergenerational solidarity, and an educational philosophy that emphasizes human connection and compassionate engagement.

Hands That Touch Public Health: “Health Street” Initiative for Preventive and Accessible Healthcare

The “Health Street” event, organized by the Biruni University Young Earth Doctors Society in collaboration with the Earth Doctors Association, aimed to protect public health and improve access to healthcare services through a comprehensive field-based initiative. More than a health screening, this event served as a holistic awareness campaign that promoted preventive medicine, increased public consciousness, and strengthened health literacy across the community.

Throughout the event, health stations were established to conduct blood sugar, blood pressure, pulse, and body mass index measurements. Based on these results, participants received personalized health counseling. Teams of volunteer healthcare students and professionals engaged directly with community members, offering guidance on healthy nutrition, physical activity, stress management, and hygiene practices. The program also emphasized the importance of early diagnosis, the role of regular check-ups in disease prevention, and the sustainability of community-based healthcare systems.

This initiative provided students with the opportunity to develop their community health service delivery skills, gain valuable field experience, and contribute directly to public well-being. Ensuring that all services were conducted in a safe, ethical, and empathetic environment, the project exemplified Biruni University’s commitment to its social responsibility vision in the healthcare field.

Aligned with SDG 3 – Good Health and Well-being, this community-driven project effectively bridged the gap between academic knowledge and real-world practice. It promoted equality in healthcare access, strengthened the connection between the university and society, and highlighted the healing power of volunteerism. True to its name, Health Street brought healthcare to the streets — and in doing so, left behind a lasting legacy of sustainable health awareness.



6th Public Health Workshop: Academic Contribution to Preventive Medicine



As part of the “6th Public Health Workshop” organized by the Biruni University Medical Students’ Association, a session focusing on preventive family medicine was held. The workshop explored the significance of primary healthcare services in public health, the role of preventive medicine in disease prevention, and the place of family medicine practices within a sustainable healthcare system.

Through case analyses and interactive discussions, participants had the opportunity to examine current approaches to preventive healthcare and family medicine applications.

Aligned with SDG 3 – Good Health and Well-being, this academic event encouraged students to adopt a holistic understanding of public health, reflecting Biruni University’s vision of promoting preventive, proactive, and community-based healthcare practices.

A Stage Where Cultures Unite: Building Healthy Social Bonds through the International Dance Event

The International Dance Event, organized by the Biruni University International Students Society, brought together students from various countries who performed traditional dances from their own cultures, fostering a strong sense of unity through cultural exchange, social harmony, and interaction. The event provided students with an opportunity to relieve stress, boost self-confidence, and build meaningful social connections through dance.

This multicultural atmosphere not only supported psychosocial well-being but also helped students develop empathy, tolerance, and an inclusive community spirit by learning about each other's cultures.

Aligned with SDG 3 – Good Health and Well-being, this socially engaging event reflected Biruni University's vision of addressing mental and social health in an integrated manner while strengthening social solidarity through cultural interaction.



Journey of Hope through Science: The 3rd Cancer Symposium on Awareness and Innovative Approaches

[Click Here](#)



The “3rd Cancer Symposium”, organized by the Biruni University Molecular Biology and Genetics Society, was held to raise awareness in the fight against cancer and to share the latest scientific developments in treatment processes. The event brought together distinguished academics, researchers, and healthcare professionals who discussed topics such as early diagnosis, personalized treatment methods, and the role of genetic factors in cancer development.

Participants learned about the importance of multidisciplinary approaches in combating cancer and had the opportunity to follow how current research is shaping clinical applications. The symposium also fostered scientific thinking among students and encouraged research-based learning.

Aligned with SDG 3 – Good Health and Well-being, this academic event exemplified Biruni University’s vision of contributing to public health through scientific innovation while promoting awareness-driven and evidence-based health policies.

Obesity Awareness Presentation: Promoting a Culture of Healthy Living

The “Obesity Awareness Presentation”, organized by the Biruni University Medical Students’ Association, aimed to raise public awareness about the causes and prevention of obesity, as well as the importance of adopting healthy lifestyle habits. During the event, it was emphasized that obesity is not merely an individual health concern but a global public health issue that requires collective action.

Participants received practical information on balanced nutrition, regular exercise, and stress management, learning how small lifestyle adjustments can lead to significant long-term health benefits.

Aligned with SDG 3 – Good Health and Well-being, this awareness initiative reflected Biruni University’s vision of strengthening preventive healthcare practices and promoting a sustainable culture of healthy living within society.



Journey of Kindness: Biruni's Touch for Children's Health

[Click Here](#)

As part of the “Journey of Kindness” social responsibility project led by the Biruni University Applied Health Education Society (USET), a comprehensive health screening and educational program was organized for students of Eyüp Akpınar Primary School. The initiative aimed to assess children's physical health, raise hygiene awareness, and encourage the development of healthy lifestyle habits from an early age.

A team of volunteer health students evaluated children's height, weight, dental health, and general condition through observation and measurement, providing guidance to families where necessary. Additionally, age-appropriate educational and engaging activities were organized to teach handwashing, tooth brushing, balanced nutrition, and personal care. Through play-based learning methods, children experienced the importance of hygiene for health, and the event concluded with the distribution of educational materials and small gifts.

This project was not only a health screening initiative but also a holistic public health program aimed at improving early health awareness among children and reducing inequalities. For university students, it provided an invaluable opportunity to gain field experience, enhance empathy, and strengthen their sense of volunteerism. Aligned with SDG 3 – Good Health and Well-being, “Journey of Kindness” exemplified Biruni University's community-based approach to healthcare, effectively implementing preventive health practices for children and embodying the university's strong social responsibility culture through meaningful, hands-on engagement.



Spina Bifida Awareness Symposium: Promoting Preventive Health Consciousness

The “6th Spina Bifida Awareness Symposium”, organized by the Biruni University Brain Research Society, aimed to raise public awareness about congenital anomalies and strengthen preventive health consciousness. The event focused on Spina Bifida, a condition caused by the incomplete closure of the spinal cord during fetal development, emphasizing that it can be prevented by up to 70% through regular folic acid supplementation prior to pregnancy.

During the symposium, expert academics and healthcare professionals delivered presentations on early diagnosis, preventive nutrition, pregnancy planning, and the importance of raising awareness within the community. Participants had the opportunity to evaluate, through scientific data, how prenatal health check-ups and conscious nutrition affect maternal and infant health.

Aligned with SDG 3 – Good Health and Well-being, this academic awareness event reflected Biruni University’s vision of strengthening preventive healthcare approaches, promoting evidence-based public health literacy, and contributing to healthier birth outcomes for future generations.



Swallowing Disorders Awareness Event: Promoting Early Diagnosis and Prevention

[Click Here](#)

**ÖĞRETİM GÖREVLİSİ
SAMET TOSUN**

**DİSFAJİ FARKINDALIK ETKİNLİĞİ:
YUTMA BOZUKLUKLARINDA
DAVRANIŞSAL TERAPİ YAKLAŞIMLARI**

13.12.2023 **15.00** **AB308**

The awareness event organized by Biruni University focused on educating participants about the symptoms, risk factors, and preventive approaches related to swallowing disorders (dysphagia). The program addressed the impact of swallowing difficulties—particularly common among elderly individuals, neurological patients, and those recovering from surgery—on quality of life, while emphasizing the importance of early diagnosis and appropriate rehabilitation.

Participants were introduced to the fundamental principles of swallowing therapy, suitable nutritional strategies, and the key steps to take in high-risk situations. In addition, interactive informational sessions were held to enhance the awareness of healthcare professionals and caregivers regarding the early signs and management of dysphagia.

Aligned with SDG 3 – Good Health and Well-being, this awareness initiative reflected Biruni University's commitment to strengthening preventive and rehabilitative healthcare services, promoting early intervention awareness, and fostering a comprehensive approach aimed at improving overall quality of life.

Breast Cancer Awareness Webinar: Building a Conscious Society through Early Detection

The “Breast Cancer Awareness Webinar”, organized online by the Biruni University BİRUPSA Society, aimed to raise awareness about breast cancer, emphasizing early detection, regular screenings, and community education. During the event, expert academics shared insights on risk factors, screening methods, and the preventive impact of maintaining healthy lifestyle habits.

Participants had the opportunity to engage with speakers through interactive sessions, ask questions, and learn about the latest scientific findings related to breast cancer prevention and diagnosis.

Aligned with SDG 3 – Good Health and Well-being, this awareness initiative reflected Biruni University’s commitment to promoting public health literacy, highlighting the importance of early diagnosis, and providing accessible, knowledge-based education opportunities through digital platforms.



Implant Treatments for Missing Teeth Seminar: Enhancing Public Oral Health Awareness



As part of the “Public Awareness Seminar – II” series organized by Biruni University, the session titled “Implant Treatments for Missing Teeth” was held on May 8, 2025, and presented by Asst. Prof. Dr. Taha Aktaş. The seminar provided participants with comprehensive information on the stages of implant treatment, its advantages, long-term success rates, and the importance of proper patient selection.

During the event, Dr. Aktaş elaborated on how implant applications improve individuals’ quality of life from aesthetic, functional, and psychological perspectives. Attendees’ questions were addressed in detail, supporting their ability to make informed treatment decisions. At the end of the seminar, a satisfaction survey was conducted to evaluate participant feedback, revealing a notable increase in community awareness of oral and dental health.

Aligned with SDG 3 – Good Health and Well-being, this community-focused event reflected Biruni University’s vision of applying scientific knowledge for public benefit, promoting preventive approaches in oral healthcare, and enhancing health literacy through accessible and educational initiatives.

Soap Tooth Workshop: Where Science Meets Creativity

The “Soap Tooth Workshop”, organized by the Biruni University Faculty of Dentistry and led by Dentist Dila Haksal, brought together high school students for an engaging and hands-on learning experience. In this creative workshop, participants sculpted tooth models out of soap, allowing them to explore fundamental concepts of oral and dental health through practical application. The activity provided a unique opportunity for students to connect science with creativity in a fun and experiential way.

Throughout the workshop, participants learned about tooth anatomy, cavity formation, oral hygiene, and preventive dentistry practices. By engaging their fine motor skills and curiosity, students not only enhanced their understanding of dental science but also developed a deeper interest in the field of dentistry.

The event demonstrated that science can be effectively taught through tangible, interactive experiences fostering observation, experimentation, and curiosity among young learners while promoting awareness of oral health.



1st National Dentistry Student Congress at Biruni University: Advancing Scientific Exchange and Professional Development

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The “1st National Dentistry Student Congress”, organized by the Biruni University Dentistry Student Society (BUDSA), brought together leading academics and professionals from the field to discuss current approaches, technological innovations, and clinical advancements in dentistry. The congress provided students with a valuable opportunity to directly experience the relationship between academic knowledge and practical application.

Throughout the event, presentations, case analyses, and panel sessions were held, enhancing participants’ understanding of scientific research culture, ethical practice, and the importance of multidisciplinary collaboration. The congress served as a strong platform for scientific exchange, supporting both the academic and professional development of students while encouraging a culture of continuous learning.

Aligned with SDG 3 – Good Health and Well-being, this academic event exemplified Biruni University’s vision of fostering scientific productivity, educating the next generation of innovative healthcare professionals, and strengthening healthcare quality through knowledge-based excellence.

The Art of Defense: A Scientific Perspective on the Immune System through the Immunology Symposium

The “Art of Defense: Immunology Symposium”, organized by the Biruni University Biofuture and Vaccine Design Society, explored the functioning of the immune system, allergic diseases, and the diagnosis and treatment of immunological disorders. Enriched by presentations from distinguished academics, the symposium provided participants with an in-depth understanding of how immune mechanisms protect the body against diseases and how immune system dysfunctions affect human health.

The event featured discussions on immunotherapy, vaccine development, and modern therapeutic approaches, sharing up-to-date scientific insights on advancements in the field. Participants gained a multidimensional awareness of the immune system based on scientific evidence and recent research.

Aligned with SDG3 – Good Health and Well-being, this academic event reflected Biruni University’s vision of integrating scientific knowledge with social awareness, strengthening preventive health consciousness, and encouraging students to contribute to innovative health solutions.

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Physiotherapy and Rehabilitation in Disasters: The Importance of a Multidisciplinary Approach

[Click Here](#)



The event titled “Physiotherapy and Rehabilitation in Disasters: The Importance of a Multidisciplinary Approach”, organized by the Biruni University Physiotherapy and Rehabilitation (FTR) Society, focused on the vital role of physiotherapists and rehabilitation professionals in disaster response and recovery processes.

During the event, expert physiotherapists shared comprehensive insights into post-disaster injury management, restoration of mobility, trauma recovery, and psychosocial support practices. The speakers emphasized that physiotherapists play a crucial role in disaster zones—not only in promoting physical recovery but also in supporting the psychological and social rehabilitation of affected individuals.

Aligned with SDG 3 – Good Health and Well-being, this academic event reflected Biruni University’s vision of fostering interdisciplinary collaboration, preparing healthcare professionals for disaster readiness, and addressing community health through a comprehensive and holistic approach.

With Love and Glowing Orange Candles: Shedding Light on Leukemia Awareness

[Click Here](#)

The “With Love and Glowing Orange Candles” event, organized by the Biruni University LÖSEV Fayda Society, aimed to raise awareness about leukemia, strengthen social sensitivity, and spread messages of hope and compassion. During the event, students crafted bright orange candles symbolizing warmth and solidarity, offering heartfelt support to children battling leukemia.

Participants not only gained hands-on experience in candle-making but also reflected the symbolic meaning of unity and resilience through this creative act. Throughout the event, attendees were informed about leukemia, the importance of early diagnosis, and the social support efforts led by LÖSEV.

Aligned with SDG 3 – Good Health and Well-being, this awareness activity embodied Biruni University’s vision of nurturing social consciousness, reinforcing the spirit of volunteerism, and encouraging the belief that even small gestures can create meaningful change.



A Closer Look at the Drug Production Process: Tab Pharmaceuticals Company Visit



As part of the company visit organized by the Biruni University İVEK Society, students had the opportunity to visit Tab Pharmaceuticals’ production facilities, observing every stage of the manufacturing process—from formulation and production to quality control and packaging.

During the visit, detailed information was shared about Good Manufacturing Practices (GMP) standards, quality assurance procedures, and the importance of R&D activities in ensuring the safety and efficacy of pharmaceutical products. By observing these processes firsthand, students bridged the gap between theory and practice, gaining valuable insights into the operations of the pharmaceutical industry and innovative approaches in the healthcare sector.

Aligned with SDG 3 – Good Health and Well-being, this educational event reflected Biruni University’s vision of connecting students with the industry, fostering experiential learning, and preparing a highly qualified workforce equipped to contribute to advancements in the healthcare field.

13th Child-Friendly Congress

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Biruni University faculty members participated in the 13th Child-Friendly Congress, closely following current studies in child health, psychosocial development, education, and social well-being.

The congress addressed key topics such as children's rights, preventive healthcare services, early intervention models, inclusive education, and family-child interaction from a multidisciplinary perspective. Participants engaged in discussions with leading academics and NGO representatives to explore sustainable strategies for improving children's quality of life.

In line with Sustainable Development Goal 3: Good Health and Well-Being and Goal 4: Quality Education, the event contributed to strengthening child-friendly policies and increasing social awareness.

Biruni University's participation reflected its ethical, child-centered, and socially responsible academic vision, supporting the development of integrated policies in health, education, and social services.



Cisef 5th International Sexual Health Congress

[Click Here](#)



Biruni University faculty members attended the Cisef 5th International Sexual Health Congress, following the latest research in sexual and reproductive health, gender equality, and health policy development.

The congress explored topics such as sexual health education, reproductive rights, psychosexual counseling, dismantling social taboos, and equitable access to sexual health services through an interdisciplinary approach. Participants engaged with national and international experts to exchange ideas on innovative strategies that enhance individual health awareness and quality of life.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being and Goal 5: Gender Equality, the event emphasized the importance of sexual health literacy, ethical awareness, and inclusive health services.

Biruni University's participation underscored its academic vision promoting scientific, culturally sensitive, and human rights-based approaches to sexual and reproductive health.

March 6 – European Speech and Language Therapy Day: Voice and Swallowing Disorders Symposium

[Click Here](#)

Biruni University faculty members participated in the Voice and Swallowing Disorders Symposium, held as part of European Speech and Language Therapy Day, to follow the latest developments in speech and language therapy research and practice.

The symposium covered topics such as voice disorder diagnostics, clinical assessment of swallowing difficulties, therapy techniques, and technology-based rehabilitation practices within a multidisciplinary framework. Participants attended interactive clinical sessions and case-based discussions, exchanging knowledge on evidence-based approaches that improve patients' quality of life.

Consistent with Sustainable Development Goal 3: Good Health and Well-Being, the event aimed to strengthen public awareness of communication and swallowing health, and to promote early diagnosis, effective therapy, and rehabilitation practices.

Biruni University's involvement in this symposium once again highlighted its patient-centered, ethical, and research-driven approach to healthcare education, bridging scientific research with clinical practice to enhance professional excellence.



A.R.T. Symposium III



Biruni University faculty members attended the A.R.T. Symposium III, where leading experts in the field discussed recent advancements in rehabilitation, anatomy, and therapeutic approaches.

The symposium explored topics such as innovative motion analysis techniques, neuromuscular rehabilitation methods, anatomy-based therapy applications, and emerging trends in clinical research, all within a multidisciplinary framework. Participants enhanced their knowledge through scientific presentations and case discussions, gaining practical insights into improving clinical efficiency.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the symposium emphasized the dissemination of evidence-based approaches that support human health and the enhancement of clinical education quality. Biruni University's participation reflected its commitment to applied learning, scientific inquiry, and community-oriented health education, reinforcing its academic vision in the rehabilitation sciences.

19th International Congress on Advances in Physiotherapy

Biruni University faculty members participated in the 19th International Congress on Advances in Physiotherapy, following the latest scientific and clinical developments in physiotherapy and rehabilitation alongside leading global experts.

The congress addressed topics including musculoskeletal rehabilitation, neurological physiotherapy, sports health, pediatric rehabilitation, posture analysis, pain management, and the integration of technology into clinical practice, discussed through an interdisciplinary lens. Through oral presentations, workshops, and panel sessions, participants had the opportunity to evaluate current examples of evidence-based physiotherapy applications.

In line with Sustainable Development Goal 3: Good Health and Well-Being, the event contributed to public health promotion, quality of life improvement, and the widespread adoption of ethical and science-based physiotherapy practices.

Biruni University's representation underscored its dedication to scientific productivity, interdisciplinary collaboration, and a sustainable health vision, supporting the international advancement of high-quality physiotherapy education.

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Traumatic Brachial Plexus Symposium

[Click Here](#)



Biruni University faculty members took part in the Traumatic Brachial Plexus Symposium, focusing on the diagnosis, treatment, and rehabilitation of traumatic nerve injuries.

The symposium featured discussions on surgical techniques for brachial plexus injuries, nerve regeneration, rehabilitation protocols, neuromuscular recovery, and multidisciplinary patient management. Participants engaged in interactive case discussions highlighting the collaboration between physiotherapy, orthopedics, neurology, and surgery in managing traumatic nerve injuries.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event promoted the development of holistic approaches to nerve injury rehabilitation and the enhancement of functional independence for affected individuals.

Biruni University's participation strengthened its evidence-based, patient-centered, and interdisciplinary health education vision, contributing meaningfully to advancements in rehabilitation sciences.

EGRAPA – The European Group for Research on Aging and Physical Activity

Biruni University faculty members attended the EGRAPA Conference (The European Group for Research on Aging and Physical Activity), engaging in international discussions on active aging, exercise science, and public health.

The conference addressed key topics such as the physiological, psychological, and social effects of physical activity in older adults, prevention of movement limitations, exercise-based rehabilitation, and healthy aging strategies. Participants analyzed multicenter research findings and clinical data, evaluating the role of physical activity in improving quality of life from multiple disciplinary perspectives.

In alignment with Sustainable Development Goal 3: Good Health and Well-Being, the event emphasized community-based approaches that promote healthy aging and enhance the well-being of the elderly population. Biruni University's participation represented an important academic step in promoting scientific collaboration, active aging policies, and evidence-based health practices, reinforcing its global vision for a healthier and more sustainable society.



3rd National & 1st International Neurorehabilitation Congress



Biruni University faculty members participated in the 3rd National & 1st International Neurorehabilitation Congress, engaging in international discussions on multidisciplinary approaches to neurological rehabilitation and the latest scientific and clinical developments in the field.

The congress explored topics such as brain plasticity, motor learning, neurophysiological assessments, robotic rehabilitation, virtual reality applications, neuropsychological support, and team-based rehabilitation practices. Participants had the opportunity to evaluate evidence-based rehabilitation protocols for neurological injuries through clinical case analyses and scientific sessions.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event promoted the development of innovative rehabilitation methods, improved patient quality of life, and sustainable health approaches in neurological care.

Biruni University's participation reflected its commitment to scientific research, ethical responsibility, and patient-centered healthcare, marking a key step in strengthening international academic collaboration in neurorehabilitation.

19th National 8th International Hand Rehabilitation Congress

[Click Here](#)

Biruni University faculty members attended the 19th National 8th International Hand Rehabilitation Congress, where the latest approaches in upper extremity rehabilitation were presented and discussed.

The congress covered a wide range of topics, including functional recovery after hand injuries, tendon and nerve repair, post-surgical rehabilitation protocols, robotic and virtual reality-assisted therapies, and the rehabilitation of neurological hand dysfunctions. Participants engaged in case presentations, workshops, and scientific panels, analyzing best practices in evidence-based rehabilitation.

In line with Sustainable Development Goal 3: Good Health and Well-Being, the event emphasized functional independence and improved quality of life through innovative health practices.

Biruni University's involvement underscored its expertise, ethical commitment, and patient-centered vision in rehabilitation sciences, promoting knowledge exchange and professional collaboration within the field.



Physiotherapy and Rehabilitation in Parkinson's Disease Symposium



Biruni University faculty members participated in the Physiotherapy and Rehabilitation in Parkinson's Disease Symposium, focusing on current therapeutic and clinical rehabilitation approaches for Parkinson's patients.

The event discussed management of motor and non-motor symptoms, balance and gait training, postural control, exercise-based protocols, neuroplasticity-driven interventions, and technology-supported physiotherapy. Participants evaluated clinical evidence on how evidence-based rehabilitation enhances patients' independence and life quality, highlighting the importance of multidisciplinary care.

In alignment with Sustainable Development Goal 3: Good Health and Well-Being, the event supported sustainable health practices that promote functional independence and quality of life for individuals living with Parkinson's disease.

Biruni University's participation demonstrated its leadership in neurological rehabilitation, interdisciplinary collaboration, and patient-focused academic excellence.

Multiple Sclerosis and Rehabilitation Approaches

Biruni University faculty members participated in the Multiple Sclerosis and Rehabilitation Approaches scientific event, sharing insights on improving quality of life in neurological disorders through modern rehabilitation practices.

The event addressed muscle weakness, balance disorders, fatigue management, neuroplasticity-based exercise programs, hydrotherapy, robotic gait therapy, and virtual reality interventions. Participants analyzed case examples to evaluate the impact of multidisciplinary care models on functional independence in MS patients.

In line with Sustainable Development Goal 3: Good Health and Well-Being, the event highlighted the significance of sustainable rehabilitation approaches in chronic neurological diseases to enhance quality of life and social awareness.

Biruni University's representation reinforced its innovative, ethical, and patient-centered vision, contributing to advancements in neurological rehabilitation and scientific education.



International Congress of Education, Health and Human Movement – Romania

[Click Here](#)



Biruni University faculty members attended the International Congress of Education, Health and Human Movement in Romania, engaging in international discussions at the intersection of health sciences, education, and human movement.

The congress covered topics such as exercise science, sports physiology, rehabilitation, educational technologies in healthcare, and the societal benefits of physical activity through an interdisciplinary perspective. Participants gained opportunities to evaluate innovative educational and health practices and establish international academic collaborations through scientific sessions.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event aimed to promote individual and public health through physical activity while supporting a culture of lifelong learning.

Biruni University's presence at this congress underscored its global academic stance that values scientific research, international cooperation, and interdisciplinary progress in advancing health and education worldwide.

EACD / IAACD 2025 – Germany

Biruni University faculty members participated in the EACD / IAACD 2025 (European Academy of Childhood Disability / International Alliance of Academies of Childhood Disability) conference held in Germany, contributing to international discussions on childhood disabilities, rehabilitation approaches, and multidisciplinary care models.

The congress addressed topics such as early intervention in pediatric rehabilitation, physiotherapy for neurodevelopmental disorders, assistive technologies, family-centered care models, and digital health solutions. Participants reviewed global research innovations, gaining valuable opportunities for knowledge exchange and international collaboration in child health and rehabilitation.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event emphasized improving the quality of life for children with special needs and advancing accessible healthcare services.

Biruni University's participation in this prestigious congress reflected its commitment to scientific excellence, ethical responsibility, and inclusive healthcare, contributing to the international dissemination of innovative rehabilitation practices.

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FESSH 2025 Conference – Federation of European Societies for Surgery of the Hand

[Click Here](#)



Biruni University faculty members attended the FESSH 2025 Conference (Federation of European Societies for Surgery of the Hand), engaging with leading international experts on hand surgery and rehabilitation.

The conference explored a wide range of topics, including traumatic hand injuries, microsurgical techniques, peripheral nerve repair, hand function rehabilitation, biomechanical innovations, and the use of 3D printing technologies in surgical processes. Participants shared their expertise through case presentations, surgical simulations, and interactive sessions, combining clinical experience with research-based insights.

In line with Sustainable Development Goal 3: Good Health and Well-Being, the event highlighted the significance of functional recovery and orthopedic rehabilitation for improving overall public health.

Biruni University's representation at FESSH 2025 reinforced its international academic vision, promoting innovation in surgical sciences, multidisciplinary collaboration, and patient-centered care.

XII International Congress on Speech and Language Disorders

Biruni University faculty members participated in the XII International Congress on Speech and Language Disorders, sharing research and experiences on speech-language therapy, innovative treatment methods, and multidisciplinary clinical practices.

The congress covered a wide array of topics, including language therapy for neurodevelopmental disorders, swallowing rehabilitation, early intervention strategies, augmentative and alternative communication methods, and digital therapeutic applications. Participants deepened their theoretical understanding and exchanged clinical insights through national and international expert sessions.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event raised awareness about the importance of communication health and its impact on quality of life.

Biruni University's participation demonstrated its commitment to ethical, collaborative, and sustainable advancement in communication sciences, further solidifying its academic influence on both national and international levels.

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1st International and National Nursing Leadership Congress

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Biruni University faculty members participated in the 1st International and National Nursing Leadership Congress, engaging in discussions on leadership, management, and professional development within nursing on both national and international scales.

The congress addressed key themes such as leadership models in healthcare institutions, change management, ethical decision-making, team communication, and the influence of digital transformation on nursing leadership. Through scientific panels and presentations, participants shared both theoretical knowledge and practical experience, developing innovative strategies to strengthen the role of nurse leaders in healthcare systems.

In line with Sustainable Development Goal 3: Good Health and Well-Being, the congress provided an essential platform for promoting quality in healthcare services, ethics-based management culture, and sustainable nursing leadership.

Biruni University's participation showcased its academic leadership and ethical responsibility, contributing to the professional advancement and global recognition of nursing as a cornerstone of healthcare excellence.

5th National Nursing Management Congress – “Strategic Insights in Nursing Services Management”

Biruni University faculty members attended the 5th National Nursing Management Congress held under the theme “Strategic Insights in Nursing Services Management,” contributing to discussions on future-oriented approaches and innovative strategies in nursing administration.

The congress covered topics such as leadership vision in healthcare institutions, human resource planning, crisis management, digital transformation, AI-assisted management systems, and ethical decision-making processes. Participants engaged in both theoretical and practical sessions, emphasizing the importance of strategic planning in healthcare services and gaining new perspectives on sustainable development goals in nursing management.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event encouraged strategic approaches that enhance quality, safety, and efficiency in healthcare services.

Biruni University’s participation showcased its scientific leadership, strategic thinking, and human-centered management perspective, contributing to the development of an innovative management culture in nursing services.



Being Young in a Changing World: Health, Sports, Technology, and Entrepreneurship

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Biruni University faculty members participated in the event “Being Young in a Changing World: Health, Sports, Technology, and Entrepreneurship,” which explored how young people adapt to modern dynamics through innovation, health awareness, and active lifestyles.

The program discussed the effects of digital transformation on youth, the role of health and sports in the entrepreneurship ecosystem, technology-driven education, and the impact of physical activity on mental well-being. Participants shared inspiring ideas that supported self-discovery, creativity, productivity, and sustainable personal growth among young people.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being and Goal 8: Decent Work and Economic Growth, the event created a platform for learning and awareness focused on strengthening young individuals’ physical, mental, and social development.

Biruni University’s involvement highlighted its innovative educational vision that integrates health, technology, and entrepreneurship, contributing to the development of future-oriented and socially responsible young leaders.

8th International Health Science and Life Congress

Biruni University faculty members took part in the 8th International Health Science and Life Congress, contributing to scientific exchanges on current research, innovative approaches, and multidisciplinary collaborations in health sciences.

The congress addressed a wide range of topics including biomedical developments, public health policies, innovative clinical practices, nutrition science, rehabilitation technologies, and digital health solutions. Participants engaged in international discussions on sustainability, quality, and ethical standards in healthcare services.

In line with Sustainable Development Goal 3: Good Health and Well-Being, the event served as an important platform promoting a culture of scientific research, supporting societal well-being, and fostering solution-oriented approaches to global health challenges.

Biruni University's presence at this congress reflected its commitment to scientific productivity, international collaboration, and an innovative health vision, reinforcing its position in global academic discourse.

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Fit Biruni “FitRun – Run” Event

[Click Here](#)



As part of its commitment to promoting a healthy lifestyle and physical awareness culture, Biruni University organized the “Fit Biruni FitRun – Run” event in a natural forest setting. Participants experienced both physical endurance training and team spirit building while managing stress in a supportive environment.

The event emphasized the positive effects of regular exercise on physical and mental health, the contribution of active living habits to sustainable health goals, and the motivational benefits of engaging with nature during physical activity.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the FitRun – Run initiative represented a hands-on effort by Biruni University to strengthen health awareness among students and staff, making a meaningful contribution to the university’s culture of community-based health engagement.

Partnerships for Health and Wellbeing

Biruni University’s Faculty of Health Sciences (SABİF) has established a comprehensive network of 27 partner universities across 14 countries, covering Europe, North America, and Asia.

These partnerships—formalized under Erasmus+ Inter-Institutional Agreements and Global Exchange Protocols—strengthen education, research, and clinical collaboration in nursing, physiotherapy, rehabilitation, midwifery, nutrition, and medical sciences.

The partnerships directly contribute to SDG

3 (Good Health and Well-being) and SDG 17 (Partnerships for the Goals) by promoting joint learning, mobility, and the dissemination of scientific knowledge across borders.

Partner Universities by Country (Health Sciences Field)

Poland

Siedlce University of Natural Sciences and Humanities – Medicine
Academy of Science in Tarnów – Physiotherapy & Rehabilitation

State University of Applied Sciences in Konin – Nursing & Midwifery
Jan Długosz University in Częstochowa – Ergotherapy
WSH Leszno – Midwifery
Józef Piłsudski University of Physical Education in Warsaw – Physiotherapy

Greece

University of Thessaly – Physiotherapy & Rehabilitation
University of Ioannina – Speech and Language Therapy



Romania

National University of Physical Education and Sports of Bucharest – Physiotherapy
University of Craiova – Physiotherapy

Portugal

University of Coimbra – Nursing School – Nursing
Polytechnic Institute of Guarda – Nursing & Midwifery

Spain

University of Santiago de Compostela – Nursing
European University of Madrid – Physiotherapy

Italy

Università degli Studi “Gabriele d’Annunzio” – Nursing

Croatia

University of Applied Health Sciences Zagreb – Nursing & Midwifery
University of Rijeka – Nursing

Bulgaria

Medical University of Varna – Nursing
Medical University of Plovdiv – Nursing
Angel Kanchev University of Ruse – Midwifery
Lithuani
Panevėžys University of Applied Sciences (PANKO) – Nursing & Midwifery

North Macedonia

University of Tetova – Physiotherapy
International Balkan University – Nursing

Slovenia

University of Ljubljana – Physiotherapy & Rehabilitation

Pakistan

Riphah International University – Physiotherapy & Rehabilitation

Canada

Memorial University of Newfoundland & Labrador – Nursing

Scope of Collaboration

All partnerships are implemented through structured Erasmus+ and Global Exchange frameworks, ensuring academic equivalence and mutual recognition of learning outcomes.

The scope of collaboration across institutions typically includes:

Academic Exchange and Mobility

Semester-based student mobility and clinical internships.

Faculty exchanges for joint course delivery and curriculum alignment.

Observation-based placements in clinical and simulation laboratories.

Joint Education and Skill Development

Co-delivered modules on physiotherapy, patient safety, and nursing ethics.

Shared access to e-learning materials, simulation-based assessments, and OSCE formats.

Comparative evaluation of clinical competence and patient-care approaches.

Research and Evidence Sharing

Co-supervised student research projects in



rehabilitation, geriatrics, and preventive health. Joint data collection and publication efforts in applied health sciences.

Participation in symposia and scientific congresses across partner institutions. Cultural and Professional Integration Intercultural learning and communication courses integrated into exchange programmes. Language support and mentorship for visiting students and staff.

Emphasis on diversity, inclusion, and professional ethics within international health settings Partnership Activities

Poland: Collaborative rehabilitation modules and simulation-based physiotherapy training. Students attend virtual anatomy and biomechanics laboratories, enhancing cross-institutional skill transfer.

Greece: Co-organized seminars on neurorehabilitation and musculoskeletal therapy, integrating physiotherapists, neurologists, and orthopedic experts.

Spain: Joint research projects on nutrition, sustainable diets, and metabolic health, supporting preventive-health strategies for communities.

Portugal: Cooperative training on community nursing and geriatric wellbeing, focusing on patient safety and holistic elderly care.

Pakistan: Faculty exchanges and tele-physiotherapy workshops emphasizing ethical practice and digital rehabilitation tools.

Canada: Collaborative nursing leadership programme focusing on patient-safety culture, emergency response, and professional resilience.

Each collaboration promotes both academic excellence and social impact, linking classroom learning to real-world health challenges.

Outcomes and Impact (2021–2025)

The cumulative outcomes of these 27 partnerships demonstrate tangible progress in internationalization, education quality, and community wellbeing.

Mobility and Exchange:

Over 45 student exchanges and 60 faculty visits took place, with structured reporting, credit recognition, and reflective learning documentation.

Joint Projects and Research:

12 joint research initiatives launched in rehabilitation sciences, public nutrition, and health education. These include pilot projects on telemedicine, postural assessment, and community nursing models.

Academic Dissemination:

Biruni University co-hosted 7 international meetings on rehabilitation, clinical nutrition, and health promotion. Participation exceeded 3,000 professionals and students.

Community Benefit:

Through clinical placements and outreach programmes, partnerships contributed to healthcare access for over 25,000 individuals—including local residents, patients, and vulnerable groups.

Institutional Development:

New joint-degree course outlines, bilingual teaching materials, and digital learning infrastructures were developed, ensuring sustainability beyond Erasmus+ cycles.

These measurable outputs confirm Biruni University's position as a regional hub for applied health-science collaboration, transforming academic partnerships into concrete social good and advancing SDG 3 and SDG 17 together.



Institutional Collaborations and Community Health Practices in Line with the Goal of Health and Well-being

In alignment with SDG 3 – Good Health and Well-being, Biruni University aims to improve access to quality healthcare services for all and enhance overall quality of life through strong institutional collaborations and community-oriented health initiatives.

Through a strategic partnership network comprising over 100 public institutions, private sector organizations, and NGOs, the university has developed a sustainable impact model that promotes physical, mental, and social well-being. Within the framework of collaborations established via Biruni University Hospitals, discounted and easily accessible healthcare services are provided to partner institution employees and their families—broadening the reach of preventive, curative, and rehabilitative health services.

In addition to clinical collaborations, the university organizes awareness campaigns, health screenings, and educational seminars to foster public understanding of preventive health practices and encourage individuals to adopt healthier lifestyles.

This comprehensive approach allows Biruni University not only to focus on disease treatment but also to strengthen health literacy, promote preventive health policies, and contribute to the development of sustainable healthcare systems. Through these ongoing efforts, the university effectively brings to life the core principle of SDG 3 – ensuring healthy lives and promoting well-being for all at all ages transforming its partnerships and community projects into tangible contributions to public health and social welfare.



Strengthening Social Benefit in Healthcare: “Little Teeth, Healthy Smiles” Project



The “Little Teeth, Healthy Smiles” project, organized by the Biruni University Faculty of Dentistry in collaboration with AKDEM, was launched to promote community-based oral and dental health practices. The seventh and eighth institutional visits, held on May 16, 2025, were coordinated by Dr. Öğr. Üyesi Gülsün Aydoğmuş and Dr. Öğr. Üyesi Aslıhan Özbilgen, with the active participation of dentistry students.

During the event, oral and dental screenings were conducted for children, and proper tooth-brushing habits were taught through interactive and game-based activities to make learning engaging. Following the screenings, children from low-income backgrounds received free dental treatments at the Biruni University student clinics, ensuring equitable access to preventive care.

Aligned with SDG 3 – Good Health and Well-being, this collaborative initiative enhanced access to preventive health services, improved children’s quality of life, and exemplified Biruni University’s community-oriented vision in healthcare. The project not only promoted healthier smiles but also demonstrated how academic institutions can create tangible social impact through sustainable, inclusive, and compassionate health practices.

Early Intervention for Healthy Smiles: Oral and Dental Health Education with Türk Havak

In collaboration with Türk Havak (THY A.O. Personnel Assistance Foundation), the Biruni University Faculty of Dentistry organized a comprehensive oral and dental health screening program designed to promote early health awareness among children. The project aimed to instill preventive habits and raise oral hygiene awareness from an early age.

During the event, 200 children aged 3–7 from the foundation’s preschool group were examined by dentistry students under the supervision of academic staff. With parental consent, each child’s oral health was evaluated, and personalized preventive recommendations were provided. Throughout the program, tooth-brushing techniques were taught using interactive, playful, and age-appropriate educational materials, highlighting that oral care is not only a health necessity but also a lifelong habit.

Children from economically disadvantaged families who required treatment were referred to Biruni University’s student clinics, where their dental care was provided free of charge—demonstrating the university’s commitment to social responsibility.

This initiative strengthened Biruni University’s community-oriented health vision, ensuring that preventive healthcare reached the youngest members of society. It also offered students valuable experiential learning opportunities, enhancing their communication skills, pediatric health awareness, and sense of public service. The collaboration with Türk Havak served as a sustainable example of early intervention and social solidarity in healthcare, reaffirming Biruni University’s dedication to promoting accessible, preventive, and socially impactful health education in line with SDG 3 – Good Health and Well-being.



My Smile, My Future Project



Through its “My Smile, My Future” project, Biruni University integrates its community service-based education model with a sustainable development vision, making a tangible contribution to SDG 3 – Good Health and Well-being. Implemented in collaboration with the Family, Women Support and Disability Center (AKDEM), the project provided comprehensive oral and dental health services to 150 children aged 11–15. Its main goal was to strengthen early oral health awareness among children, expand access to preventive healthcare, and promote a culture of preventive dentistry across society.

Within this scope, academicians and dentistry students from Biruni University carried out fieldwork activities that included dental examinations, preventive care, hygiene training, and awareness programs focused on oral health protection. Students reinforced their theoretical knowledge through practical applications, enhancing both professional competence and social responsibility. Educational sessions covered proper brushing techniques, the link between nutrition and oral health, and the importance of regular dental checkups, while family engagement aimed to create lasting behavior change.

Beyond being a healthcare service, the project stands as a social impact initiative that promotes community-based health awareness, supports children’s healthy growth, and seeks to reduce social inequalities. By reaching disadvantaged groups, it strengthens inclusivity in preventive health services and helps children grow into confident, healthy individuals.

With “My Smile, My Future,” Biruni University demonstrates that higher education extends beyond academic instruction — becoming a driver of sustainable social benefit. The project offers students a unique experiential learning opportunity that blends professional development with civic responsibility, reinforcing the university’s identity as a leading institution grounded in health equity, preventive medicine, and social sustainability.

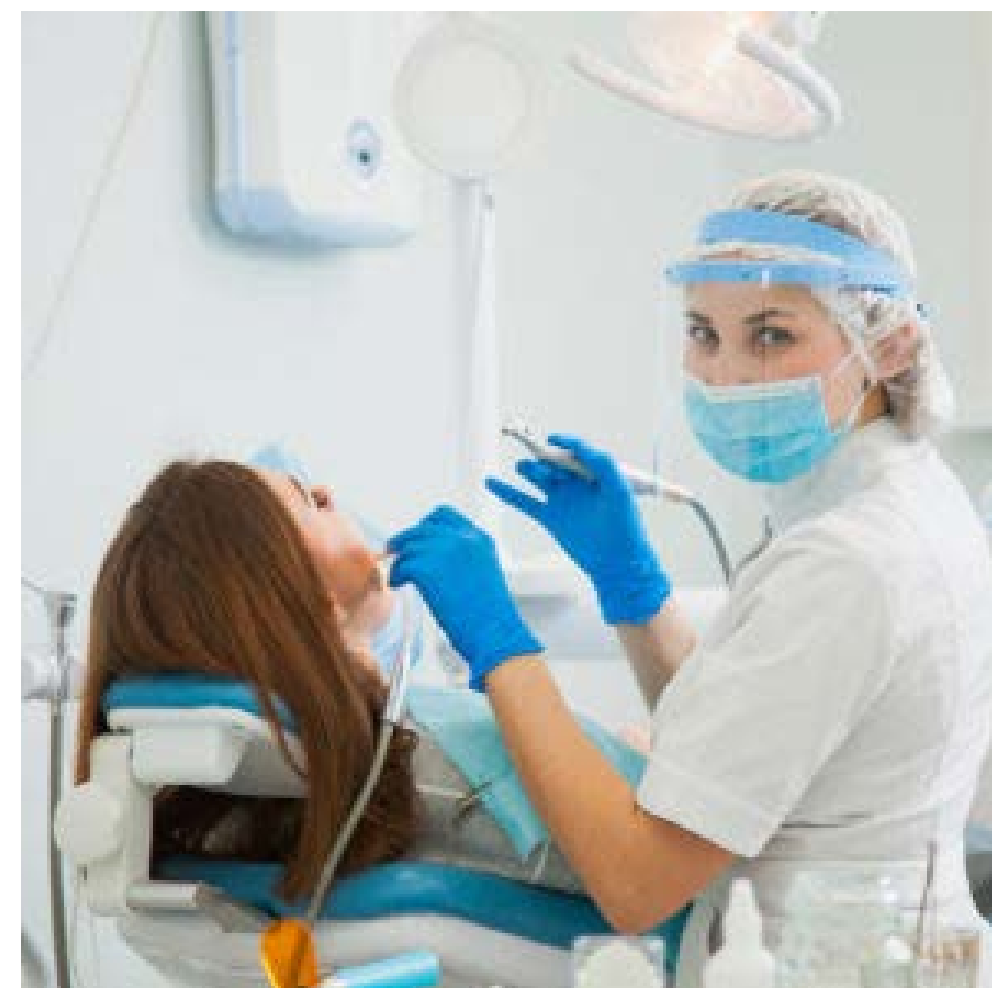
Prenatal Dental Care: The First Step to Your Baby's Health

In collaboration with the Zeytinburnu District Governorship, Biruni University launched the project “Prenatal Dental Care: The First Step to Your Baby's Health” to enhance community health awareness and support women's reproductive health through preventive dentistry. Directly aligned with SDG 3 – Good Health and Well-being, the project focuses on strengthening oral health before pregnancy to improve both maternal and infant health outcomes.

Within the project framework, faculty members and students from the Faculty of Dentistry provided free dental checkups, oral hygiene screenings, and preventive care services for women. Informative seminars were held to explain how gum and tooth diseases can affect pregnancy, including their relationship with premature birth risks, and to emphasize the importance of maintaining oral health during the pre-pregnancy period. The program was designed as an educational model promoting preventive healthcare, moving beyond treatment-based approaches to foster long-term behavioral change.

Participating students actively took part in field applications, gaining hands-on experience that bridged clinical knowledge with social impact. Through this process, they not only enhanced their professional competencies but also contributed directly to improving women's health. Working with participants from diverse socioeconomic backgrounds also deepened their understanding of inclusive healthcare delivery.

The “Prenatal Dental Care: The First Step to Your Baby's Health” project adopts a holistic approach to protecting not only women's health but also that of future generations. By promoting early preventive dental care, it contributes to the broader goals of healthy pregnancy, healthy babies, and a healthy society. This initiative exemplifies Biruni University's community-centered health education vision and its commitment to the principles of sustainable development and public well-being.



Together for Life: Biruni KANOPE and Marmara KANOPE Organ Donation Awareness Table



The Biruni University KANOPE (Cancer, Organ Transplantation, and Palliative Events) Society, in collaboration with the Marmara KANOPE Society and hosted by Biruni University Hospital, organized the impactful event “Biruni KANOPE and Marmara KANOPE Hand in Hand: Organ Donation Table.”

Aligned with SDG 3 – Good Health and Well-being, this initiative aimed to raise awareness about organ donation a vital act that not only saves lives but also represents one of humanity’s most profound forms of solidarity.

The event highlighted that organ donation is not merely a medical procedure but an ethical and humanitarian act that gives the gift of life. Student volunteers, healthcare professionals, and academics collaborated to engage visitors at an “Organ Table” set up in the hospital’s main entrance. Throughout the day, participants were informed about organ donation processes, ethical considerations, religious perspectives, and medical facts, helping to dispel common misconceptions. Informational brochures and awareness posters were distributed, emphasizing the life-saving impact of organ donation.

A key feature of the event was the joint participation of Biruni and Marmara University students, showcasing the power of inter-university cooperation in addressing societal issues. This collaboration underscored how higher education institutions can go beyond academic knowledge to create socially transformative projects. Students gained valuable experience in health communication, empathy, and ethical awareness, strengthening their civic and professional development through experiential learning.

The “Biruni KANOPE and Marmara KANOPE Hand in Hand” event not only promoted organ donation awareness but also delivered a powerful message about the value of giving life. As a reflection of Biruni University’s human-centered educational philosophy, this initiative exemplified how the institution actively contributes to sustainable health development while fostering a culture of compassion, dignity, and social responsibility. Through such impactful outreach, Biruni University continues to enhance public awareness, health equity, and community well-being.

5th Hearing Technologies Symposium – İŞİTDER

Biruni University participated in the 5th Hearing Technologies Symposium organized by İŞİTDER, closely following recent developments in hearing health and the integration of technological innovations into healthcare services. In alignment with Sustainable Development Goal 3: Good Health and Well-Being, the symposium addressed advancements in hearing aid technologies, cochlear implant applications, auditory rehabilitation methods, and early diagnosis processes through scientific sessions.

Throughout the event, academics, industry professionals, and healthcare specialists exchanged insights and strengthened multidisciplinary collaborations, exploring the multifaceted impact of hearing health on quality of life.

Biruni University's participation reinforced its commitment to raising awareness in hearing sciences, adopting emerging technologies, and translating scientific progress into clinical practice, further emphasizing its dedication to sustainable solutions for sensory health in the community.



7th International & 8th National Midwifery Congress – Turkish Midwives Association



Biruni University attended the 7th International & 8th National Midwifery Congress, organized by the Turkish Midwives Association, engaging in comprehensive sessions on the scientific, ethical, and social dimensions of midwifery. Directly linked to Sustainable Development Goal 3: Good Health and Well-Being, the congress covered maternal and infant health, holistic childbirth care, leadership in midwifery, digital health applications, and evidence-based midwifery practices, featuring national and international experts.

Biruni University representatives participated in discussions to enhance midwifery education quality and strengthen women's health practices, fostering interdisciplinary collaboration, social awareness, and professional solidarity within the field.

This participation reflected the university's mission to advance women's and community health on an international level while reinforcing its vision for sustainable, patient-centered, and compassionate healthcare services.

Speech and Language Therapy in Alzheimer's Disease – Alzheimer's Association of Turkey

Biruni University participated in the “Speech and Language Therapy in Alzheimer's Disease” event organized by the Alzheimer's Association of Turkey, focusing on preserving communication abilities in neurological disorders. In line with Sustainable Development Goal 3: Good Health and Well-Being, the event explored cognitive communication disorders in Alzheimer's patients, the rehabilitative role of speech therapy, and the impact of early intervention on quality of life.

Specialists and academics shared insights through case studies and therapy demonstrations, emphasizing how speech therapy supports social interaction, cognitive function, and emotional well-being in individuals with Alzheimer's disease.

Biruni University's participation strengthened its vision of producing scientific knowledge in neurological rehabilitation and promoting community-based awareness, contributing to the development of sustainable communication health strategies for the elderly.



Multidisciplinary Symposium on Preclinical, Clinical, and Innovative Approaches to Inner Ear Diseases – Trakya University Mirko Tos Hearing & Research Center



Biruni University participated in the “Multidisciplinary Symposium on Preclinical, Clinical, and Innovative Approaches to Inner Ear Diseases” hosted by the Trakya University Mirko Tos Hearing & Research Center, following the latest scientific and technological advancements in the field of hearing health.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the symposium covered inner ear physiology, novel diagnostic methods, surgical innovations, regenerative therapies, and multidisciplinary clinical applications. Participants shared research findings on the prevention and treatment of hearing loss, while fostering academic-industry collaboration.

This participation reinforced Biruni University’s commitment to raising awareness in auditory and neurological rehabilitation, monitoring innovative treatment developments, and supporting multidisciplinary perspectives, making its contributions to national hearing health research more visible.

National Mental Health Action Plan Workshop

Biruni University contributed to the National Mental Health Action Plan Workshop, participating in strategic discussions aimed at improving mental health services and strengthening public well-being in Türkiye. Directly tied to Sustainable Development Goal 3: Good Health and Well-Being, the workshop addressed policy implementation, public awareness strategies, preventive mental health services, and the importance of multidisciplinary collaboration.

Academics, healthcare professionals, and public officials shared perspectives on psychosocial support systems, early intervention programs, addiction prevention, and inclusive care models for disadvantaged groups. Participants emphasized the need to view mental health as both an individual and societal development priority.

Biruni University's involvement demonstrated its academic contribution to strengthening holistic, person-centered mental health policies, while reaffirming its commitment to a sustainable healthcare vision grounded in scientific research, ethics, and social responsibility.



Determination of Family Interaction and Aggression Levels in Primary School Students: A Picture Analysis Study / I. Biruni International Health Sciences Congress

[Click Here](#)



Faculty members from Biruni University presented the study titled “Determination of Family Interaction and Aggression Levels in Primary School Students: A Picture Analysis Study” at the I. Biruni International Health Sciences Congress, offering a distinctive perspective in the fields of child development and mental health.

The research examined the relationship between family interaction dynamics and aggression tendencies among primary school students through picture analysis, providing a multidimensional understanding of how family environments shape children’s emotional and behavioral expressions.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the study underscored the importance of protecting children’s psychosocial well-being and developing school-based early intervention strategies.

Biruni University’s contribution to this congress reflected its multidisciplinary academic culture, combining child development, family psychology, and educational mental health policy to provide evidence-based insights that support the formation of healthier generations.

Family Centered Care During COVID-19 Pandemic Process / Konińska Konferencja Naukowa – Poland

The study titled “Family Centered Care During COVID-19 Pandemic Process”, presented by Biruni University academics at the Konińska Konferencja Naukowa—organized by the Faculty of Health Sciences, Academy of Applied Sciences in Konin, and the Regional Chamber of Nurses and Midwives in Konin, Poland—explored the evolving role of family-centered care in healthcare services during the COVID-19 pandemic.

The research analyzed how isolation measures impacted patient–family communication, the strategies healthcare professionals employed to maintain family engagement, and the integration of digital communication tools into care processes.

Guided by Sustainable Development Goal 3: Good Health and Well-Being, the study highlighted how family involvement influences both patient recovery and the psychosocial resilience of healthcare workers. Biruni University’s participation in this international event reaffirmed its commitment to human-centered, ethical, and sustainable health practices, emphasizing the global importance of maintaining family participation in healthcare systems, even under crisis conditions.



Internal Medicine Nursing Congress / Istanbul University – Cerrahpaşa Faculty of Medicine



Biruni University faculty members participated in the Internal Medicine Nursing Congress organized by Istanbul University – Cerrahpaşa Faculty of Medicine, contributing to scientific discussions on contemporary approaches and clinical applications in internal medicine nursing.

The congress addressed key themes including chronic disease management, multidisciplinary nursing collaboration, patient safety, ethical responsibility, and digital health innovations. Participants shared research findings and explored innovative methods aimed at enhancing the quality of clinical care processes through experiential learning.

In line with Sustainable Development Goal 3: Good Health and Well-Being, the event supported quality improvement in healthcare services, patient satisfaction, and the integration of evidence-based practices in nursing education.

Biruni University's participation underscored its dedication to training qualified, ethically grounded, and scientifically competent nursing professionals, while promoting academic collaboration and knowledge exchange within Türkiye's national healthcare community.

Memberships

Board Membership – Obesity Dietitians Association

A faculty member from Biruni University actively serves on the Board of the Obesity Dietitians Association, a national non-governmental organization dedicated to combating obesity through scientifically grounded approaches. The association’s mission focuses on protecting public health, promoting nutritional awareness, and encouraging preventive interventions in dietary management.

This board membership reinforces Biruni University’s commitment to addressing one of today’s most pressing global health issues — obesity — from a multidisciplinary and evidence-based perspective. It also highlights the university’s broader vision of enhancing community impact through academic expertise, professional collaboration, and leadership in public health nutrition initiatives.

By engaging directly with national health

networks, Biruni University continues to contribute to the development of sustainable nutrition policies, the training of qualified



professionals, and the promotion of healthy lifestyle practices in alignment with SDG 3 – Good Health and Well-being.

Working Group Membership – International Coalition of Respiratory Nursing

A faculty member from Biruni University actively participates in the International Coalition of Respiratory Nursing (ICRN), an international academic platform that promotes global knowledge exchange, multidisciplinary collaboration, and innovative nursing practices in the field of respiratory health. This membership strengthens the university’s commitment to aligning with global standards in healthcare, enhancing scientific cooperation, and contributing to the development of sustainable health policies.

Working Group Membership – European Respiratory Society (ERS)

A faculty member from Biruni University is a member of the European Respiratory Society (ERS), a prestigious international organization that promotes scientific research in the field of respiratory health, aims to improve the quality of clinical practices, and

strengthens public awareness of respiratory diseases. This membership enhances the international visibility of Biruni University's academic and clinical studies that contribute to Sustainable Development Goal 3: Good Health and Well-Being, aligning the university's mission with global health policies and advancing its commitment to evidence-based, high-quality healthcare.

Working Group Membership – Turkish Thoracic Society

A faculty member from Biruni University is a member of the Turkish Thoracic Society, a pioneering professional organization that supports the production of scientific knowledge in the field of respiratory health and strengthens community-based approaches in the prevention and treatment of diseases. This membership contributes to nationally conducted lung health and public health projects, reinforcing Biruni University's mission to train qualified health professionals who aim to improve the quality of life in line with Sustainable Development Goal 3: Good Health and Well-Being.

Board Membership – Neurological Nursing Association

A faculty member from Biruni University serves on the Board of Directors and Supervisory

Board of the Neurological Nursing Association, representing a significant academic contribution aimed at enhancing the quality of care for neurological disorders, strengthening multidisciplinary collaboration, and bridging scientific research with clinical practice. This active involvement supports specialization in nursing and contributes to developing the capacity to provide high-quality neurological care to the community in alignment with Sustainable Development Goal 3: Good Health and Well-Being.



Founders' Assembly Membership – Florence Nightingale Nursing Schools and Hospitals Foundation

A faculty member from Biruni University is also part of the Founders' Assembly of the Florence Nightingale Nursing Schools and Hospitals Foundation, which plays a crucial role in improving the quality of nursing education, supporting scientific research, and promoting a culture of excellence in healthcare services. This membership contributes to the advancement of the nursing profession based on ethical, scientific, and humanitarian values while supporting the mission of protecting and strengthening public health in line with Sustainable Development Goal 3: Good Health and Well-Being.

Executive Board Membership – TÜSEB-TÜSKA (Türkiye Health Services Quality and Accreditation Institute)

A faculty member from Biruni University serves on the Executive Board of TÜSEB-TÜSKA, a position of strategic importance in enhancing the quality of healthcare services, strengthening patient safety standards, and establishing sustainable health systems in Türkiye. This role provides academic input to national policies on scientific quality management, accreditation processes,

and the promotion of a culture of excellence in healthcare, creating a lasting impact on public health protection and improvement in line with Sustainable Development Goal 3: Good Health and Well-Being.

Executive Board Membership – Turkish Thoracic Society (TÜSAD) Respiratory Rehabilitation Working Group

A faculty member from Biruni University holds an Executive Board position in the TÜSAD Respiratory Rehabilitation Working Group, which plays a vital role in promoting evidence-based rehabilitation practices in respiratory disease management, enhancing patient quality of life, and strengthening multidisciplinary treatment approaches. This membership contributes to the development of effective, accessible, and sustainable healthcare services—particularly for individuals living with chronic respiratory diseases—thereby supporting public health in alignment with Sustainable Development Goal 3: Good Health and Well-Being.

Membership Committee – European Association of Preventive Cardiology (EAPC)

A faculty member from Biruni University serves on the Membership Committee of the European Association of Preventive Cardiology

(EAPC), actively contributing to international scientific efforts focused on the prevention of cardiovascular diseases, the advancement of early diagnosis strategies, and the promotion of healthy lifestyles. This role facilitates the strengthening of community-based preventive health policies and the enhancement of public awareness regarding cardiovascular health,



directly supporting Sustainable Development Goal 3: Good Health and Well-Being.

Country Representative – International Council of Cardiovascular Prevention and Rehabilitation (ICCPR)

A faculty member from Biruni University

represents Türkiye in the International Council of Cardiovascular Prevention and Rehabilitation (ICCPR), contributing to the global exchange of knowledge on cardiovascular disease prevention and rehabilitation. Through international scientific collaborations, this representation helps improve quality and accessibility standards in healthcare. It also promotes lifestyle-based interventions and public awareness of heart health, serving as a key contribution to achieving Sustainable Development Goal 3: Good Health and Well-Being.

Working Group Membership – COST (European Cooperation in Science and Technology) - CA22114 [WG1; WG2; WG3; WG4]

A faculty member from Biruni University actively participates in the COST Action CA22114 within Working Groups [WG1; WG2; WG3; WG4], contributing to the development of interdisciplinary research networks and strengthening scientific collaboration across Europe. This membership supports the dissemination

of innovative methods, data-driven applications, and research outputs that benefit society, thereby enhancing both academic productivity and scientific sustainability. Additionally, it enables the evidence-based development of health policies and practices, providing significant support to the advancement of Sustainable Development Goal 3: Good Health

and Well-Being.

Association Membership – WFOT (World Federation of Occupational Therapists)

A faculty member from Biruni University holds membership in the World Federation of Occupational Therapists (WFOT), contributing to the dissemination of international standards, ethical practices, and innovative approaches in the field of occupational therapy within Türkiye. Through this membership, the exchange of knowledge and experience supports the education of students equipped with globally recognized professional competencies, while fostering the development of sustainable solutions that enhance community-based rehabilitation, inclusivity in healthcare, and quality of life. In doing so, Biruni University advances its mission of training qualified health professionals in alignment with Sustainable Development Goal 3: Good Health and Well-Being, extending this vision to the international level.

International Advisory Board Membership – Journal of Riphah College of Rehabilitation Sciences (JRCRS)

A faculty member from Biruni University serves

as an International Advisory Board Member for the Journal of Riphah College of Rehabilitation Sciences (JRCRS), enhancing the university’s international academic visibility and capacity for global scientific collaboration. This role is of significant importance in supporting innovative research in rehabilitation sciences, promoting ethical publishing standards, and fostering



interdisciplinary knowledge exchange. Through this active contribution to the advisory board, the faculty member helps strengthen the university’s engagement in high-quality scientific production, thereby reinforcing Biruni University’s vision of contributing meaningfully to global knowledge creation in alignment with

Sustainable Development Goal 3: Good Health and Well-Being.

Collaboration of Aphasia Trialists – Working Group Membership

Faculty members from Biruni University actively contribute to the Collaboration of Aphasia Trialists (CATs) working group, supporting the advancement of international research collaborations in the field of aphasia and participating in scientific projects on language and speech disorders.

Within this group, joint studies are conducted on aphasia rehabilitation, clinical assessment methods, cross-cultural therapeutic approaches, and evidence-based intervention strategies. Members contribute to global knowledge production in neurological language disorder treatment through scientific meetings, data sharing, and multidisciplinary research networks.

This membership aligns with Sustainable Development Goal 3: Good Health and Well-Being, promoting the development of international standards for post-stroke communication disorder diagnosis and treatment, while reinforcing Biruni University’s vision of scientific excellence, ethical responsibility, and global collaboration.



Alzheimer's Association of Turkey, Kadıköy Branch – Vice Chair of the Board

Faculty members from Biruni University serve as the Vice Chair of the Board of the Alzheimer's Association of Turkey, Kadıköy Branch, contributing to awareness initiatives, patient and caregiver support programs, and community education efforts related to Alzheimer's disease.

Their leadership involves guiding projects on dementia and Alzheimer's awareness, elderly health policies, caregiver training, and the development of community-based support mechanisms. This representation bridges academic expertise with social responsibility, promoting sustainable healthcare practices through active involvement in civil society. Aligned with Sustainable Development Goal 3: Good Health and Well-Being, this contribution

represents a meaningful step toward enhancing the quality of life for elderly individuals, strengthening social solidarity, and building a dementia-friendly society.

Turkish Hand Therapists Association – Vice Chair of the Board

Biruni University faculty members hold the position of Vice Chair of the Board at the Turkish Hand Therapists Association, actively supporting professional development, education standardization, and scientific collaboration within the field of hand rehabilitation at a national level.

The association focuses on raising awareness and organizing scientific programs related to post-hand surgery rehabilitation protocols, neurological and orthopedic injury treatment methods, patient safety, and the dissemination of evidence-based practices.

This role aligns with Sustainable Development Goal 3: Good Health and Well-Being, promoting comprehensive healthcare approaches that enhance hand function and overall quality of life. It also reflects Biruni University's dedication to scientific leadership, social service, and an ethically grounded vision for healthcare advancement.

Membership of Biruni University Academics in 54 National and International Associations

Faculty members at Biruni University actively contribute to 54 national and international professional and scientific associations, strengthening academic collaboration, interdisciplinary exchange, and public health initiatives across various fields of health sciences.

This extensive network enhances the university's capacity for scientific cooperation, fosters knowledge-sharing among disciplines, and provides a tangible contribution to Sustainable Development Goal 3: Good Health and Well-Being.

Through these memberships, academics engage with professional communities both nationally and globally, promoting quality, ethics, and innovation-driven approaches in health services.

Affiliated Associations

- Clinical Enteral and Parenteral Nutrition Association
- Turkish Dietitians Association
- Turkish Nurses Association
- Nurse Managers Association
- Pediatric Nurses Association
- ABAI (Association for Behavior Analysis International)
- ASAI (Alliance for Scientific Autism Intervention)
- Turkish Surgical and Operating Room Nursing Association
- HEMED / HEPDAK
- Emergency Aid and Disaster Managers Association (AYAYDER)
- Istanbul Chamber of Pharmacists
- Alzheimer's Association of Turkey
- Molecular Cancer Research Association (MOKAD)
- European Association for Cancer Research
- Turkish Andrology Association
- Turkish Urogynecology and Pelvic Reconstructive Surgery Association
- Urology Nursing Association
- Pelvic Pain and Endometriosis



- Association
- International Women’s Health Education and Research Association
 - International Urogynecological Association
 - Reproductive Health and Infertility Nursing Association
 - Midwives Association
 - Turkish Physiotherapists Association
 - Turkish Neurology Association
 - International Association for the Study of Pain (IASP)
 - Turkish Respiratory Research Association – Pulmonary Rehabilitation Group
 - European Association of Preventive Cardiology
 - Sports Physiotherapists Association
 - International Movement Disorder Society (MDS)
 - Hand Therapists Association
 - Turkish Midwives Association
 - Independent Midwives Association
 - Journal of Biotechnology and Strategic Health Research
 - Haliç University Journal of Health Sciences
 - Speech and Language Therapists



- Association
- Voice-Speech-Swallowing Disorders Association
 - Pediatric Physiotherapists Association
 - Occupational Therapy Association
- Association
- e-Health Nutrition and Diet Journal
 - Reproductive Health and Infertility Association
 - IVF Centers Association

Academic Contribution and Impact

Through these memberships, Biruni University:

- Strengthens international scientific engagement and knowledge exchange,
- Promotes evidence-based health practices,
- Contributes to the development of professional and ethical standards,
- Supports the creation of sustainable policies that improve community health.

By maintaining such a strong network of affiliations, Biruni University continues to advance its vision of scientific leadership, ethical responsibility, and public health commitment, further positioning itself as a driving force in the global health sciences community.

SDG RELATED COURSES

Chronic Diseases and Nutrition in Pediatrics

The Chronic Diseases and Nutrition in Pediatrics course is a key component of Biruni University's community-based health approach within its sustainable development vision and directly aligns with Sustainable Development Goal 3: Good Health and Well-Being.

The course aims to enable students to understand the scientific principles underlying the relationship between chronic diseases and nutrition in childhood, to analytically evaluate both individual and community child health, and to guide them in developing early intervention strategies and nutritional management for non-communicable diseases.

With its applied and experiential learning framework, the course enhances students' innovation, research, and entrepreneurship skills through pediatric clinical nutrition field practices. By working with children from various socioeconomic backgrounds and individuals with special needs, students experience inclusive education principles and gain awareness toward

reducing health inequalities.

The clinical and community-based projects developed within the course generate both scientific and social impact, allowing students to deepen their understanding of professional ethics, social responsibility, and sustainable health management.

Through this course, Biruni University continues to educate competent health professionals via an innovative education model that promotes healthy living and contributes to sustainable development goals.



Effects of Periodontal Diseases on General Health



The Effects of Periodontal Diseases on General Health course lies at the core of Biruni University's sustainable development and community-based health approach in higher education, strongly aligning with Sustainable Development Goal 3: Good Health and Well-Being.

The primary objective of the course is to enable students to gain an in-depth understanding of the complex scientific principles underlying the relationship between oral health and systemic diseases, to analyze both individual and community health conditions on a scientific basis, and to develop applicable and sustainable solutions to major public health issues such as the prevention of non-communicable diseases and the reduction of oral health inequalities.

Through an experiential learning model, the practical course structure allows students to engage in innovation and entrepreneurship activities in preventive medicine and community health practices, while also gaining awareness of reducing health disparities by working with diverse socioeconomic and health risk groups

in accordance with the principle of inclusive education.

Students create tangible social impact through clinical and community awareness projects. This interdisciplinary learning process enhances their research-based thinking, sense of social responsibility, and professional ethics, contributing both to their personal development and to social well-being.

In this way, Biruni University strengthens its identity as an innovative higher education institution that cultivates qualified professionals dedicated to promoting health and well-being, thereby advancing sustainable development goals.

Physical Medicine and Rehabilitation

The Physical Medicine and Rehabilitation course is designed to focus on maintaining musculoskeletal health and supporting individuals' functional independence while strengthening students' clinical application skills and fostering a holistic understanding of health care. Throughout the course, students gain comprehensive knowledge ranging from neurological and orthopedic rehabilitation methods to biomechanical analysis techniques and develop therapeutic approaches that promote the active participation of individuals with special needs in social life.

Experiential learning-based practices enable students to enhance their field-based observation, assessment, and intervention skills while deepening their understanding of sustainable health service models. Aligned with Sustainable Development Goal 3: Good Health and Well-Being, this educational approach contributes to reducing health inequalities and supporting the improvement of social welfare.

In this context, Biruni University leads the way in training qualified health professionals capable of producing ethical, innovative, and human-centered solutions in the field of rehabilitation science.



Public Health



The Public Health course is structured with the goal of protecting community health, preventing diseases, and improving the overall quality of life. It enables students to evaluate health services from an individual to a societal perspective. Within the course, students gain knowledge in key areas such as epidemiology, environmental health, health policies, and preventive medicine, while developing skills for planning and implementing community-based health programs.

Through practical studies, students engage with groups from different socioeconomic backgrounds and propose solutions to improve access to healthcare for individuals with special needs. This process helps them build competence in identifying health inequalities, analyzing social risk factors, and developing sustainable public health strategies.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the course contributes not only to individual health awareness but also to the strengthening of collective public health consciousness.

In this way, Biruni University educates future health leaders who prioritize preventive healthcare, aim to enhance community welfare, and act with a vision grounded in sustainable development.

Public Health in Pharmacy

The Public Health in Pharmacy course centers on the societal dimension of pharmaceuticals, aiming to equip students with the ability to contribute to the healthcare system not only from a clinical perspective but also through preventive and protective approaches. The course integrates public health principles with pharmaceutical practices, providing comprehensive knowledge and skills in areas such as drug safety, rational drug use, vaccination, pharmacovigilance, and the community-level management of chronic diseases.

Through field-based activities, students engage in public health counseling, medication education, and awareness campaigns, reaching a broad audience that includes individuals with special needs. This approach emphasizes that pharmaceutical services extend beyond treatment, supporting the development of sustainable solutions for protecting and improving community health.

Directly aligned with Sustainable Development Goal 3: Good Health and Well-Being, the course strengthens students' ethical responsibility, interdisciplinary collaboration, and social impact competencies—preparing them to become conscious, innovative pharmacists who prioritize public welfare.

In this context, Biruni University plays a pioneering role by integrating the principles of sustainable development into both education and practice, positioning the pharmacy profession as an active and essential component of public health.



Public Health Nursing



The Public Health Nursing course represents a comprehensive educational process designed to train nurses who can respond effectively to community health needs and take an active role in preventive and protective healthcare services. Within the scope of this course, students learn to evaluate the social, environmental, and cultural factors that influence health at the individual, family, and community levels and to analyze health problems using scientific methods.

Grounded in the core principles of public health, students develop sustainable approaches for disease prevention, health education, home care, and the strengthening of primary healthcare services. Through applied fieldwork, students engage with diverse socioeconomic communities and individuals with special needs, contributing to the reduction of health inequalities and gaining experience in inclusive nursing practices.

This experiential learning process enhances their competencies in community-based interventions, data analysis, and health counseling. Positioned within Sustainable Development Goal 3: Good Health and Well-Being, the course reinforces students' research-oriented thinking, ethical decision-making, and sense of social responsibility, contributing both to their professional growth and to the improvement of public health.

In this context, Biruni University positions public health nursing not merely as a profession but as an effective instrument for advancing sustainable development and strengthening social justice.

Mental Health

The Mental Health course is structured around a holistic learning approach aimed at strengthening the psychological well-being of individuals and communities, enabling students to evaluate mental health within a biopsychosocial framework. Throughout the course, students gain in-depth knowledge in areas such as mental well-being, psychopathology, community mental health policies, and the organization of mental health support services.

Key topics—such as combating stigma, preventive mental health interventions, and the enhancement of psychosocial support systems—highlight the course’s societal impact dimension. Through applied and experiential learning methods, students work with individuals from diverse age, cultural, and socioeconomic backgrounds to analyze barriers to accessing mental health services and develop innovative solutions.

This process fosters both individual counseling and community-based intervention skills while promoting awareness of the role of mental health in Sustainable Development Goal 3: Good Health and Well-Being. The course provides a research-oriented, ethically grounded learning environment that enhances students’ professional competence and social responsibility awareness.

Within this framework, Biruni University stands out as a higher education institution that regards mental health as an integral part of societal well-being and positions psychological well-being as a cornerstone of sustainable development.



Mental Health and Psychiatric Nursing



The Mental Health and Psychiatric Nursing course is a comprehensive educational program aimed at enabling students to develop expertise in psychiatric nursing through a foundation of scientific knowledge, clinical competence, and human sensitivity. The course focuses on helping students understand the biopsychosocial dimensions of mental disorders, develop nursing approaches that support individuals' psychological well-being, and design effective care strategies in cases of crisis, trauma, or chronic mental illness.

Supported by clinical practice, students gain experience in hospitals and community-based mental health centers, cultivating an empathetic and inclusive perspective through interaction with individuals of different ages and socioeconomic backgrounds. This experience enhances students' awareness of stigma reduction, patient rights, therapeutic communication, and psychosocial support.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the course contributes to the protection and promotion of mental health at both individual and societal levels while strengthening students' ethical decision-making, social responsibility, and professional resilience.

Within this framework, Biruni University positions mental health nursing not only as a clinical specialty but also as one of the cornerstones of sustainable community well-being—training innovative healthcare professionals who integrate scientific knowledge with human values.

Occupational Therapy in Mental Health

The Occupational Therapy in Mental Health course is designed to provide students with a holistic perspective on mental health by focusing on therapeutic approaches that support individuals' daily living skills, social participation, and psychological well-being. Within the course, students learn about psychiatric rehabilitation, sensory integration, activity analysis, and creativity-based therapeutic interventions, enabling them to design intervention plans that help individuals regain meaningful life roles.

Through hands-on and experiential learning, students gain experience in hospitals, community centers, and preventive mental health units, enhancing their abilities to communicate effectively across different age and cultural groups, promote social participation, and support psychological recovery processes.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the course emphasizes that mental health services extend beyond treatment to strengthen social integration and overall quality of life. This learning process fosters students' ethical awareness, creative problem-solving, and multidisciplinary teamwork skills.

In line with its sustainable development vision, Biruni University cultivates innovative and socially engaged occupational therapists who contribute to mental health advancement and sustainable community well-being.



Health Promotion



The Health Promotion course aims to equip students with a deep understanding of the scientific principles behind social, behavioral, and environmental determinants of health. It enables them to analyze individual and community health issues through a scientific lens while developing applicable and sustainable solutions for critical public health challenges such as enhancing health literacy, reducing risky behaviors, and strengthening preventive healthcare services.

Conducted through experiential learning, the practical components of the course allow students to engage in community-based health projects and educational campaigns, fostering innovation and entrepreneurship skills in real-world contexts. By working with diverse socioeconomic and cultural groups, students gain awareness of inclusive education principles and develop sensitivity toward reducing health inequalities.

Through active participation in community health projects and interventions, students create tangible social impact. This interdisciplinary learning process enhances their research-based thinking, social responsibility, and professional ethics—contributing both to their personal development and to societal well-being.

In this regard, Biruni University reinforces its identity as an innovative higher education institution that cultivates qualified professionals committed to promoting health and well-being, advancing sustainable development goals through education, and strengthening community health on a long-term basis.

Health Promotion and Maintenance Strategies

The Health Promotion and Maintenance Strategies course comprehensively explores the scientific foundations of preventive, protective, and promotive health practices aimed at enhancing both individual and community well-being. The course strengthens students' competencies in analyzing health indicators, evaluating social determinants of health, and developing effective strategies to promote sustainable health outcomes.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the program provides experiential learning opportunities in health policy development, behavior change models, and community-based health program management. Through applied fieldwork, students design innovative projects that promote health awareness via education, advocacy, and policy analysis. By collaborating with diverse social groups, they embrace inclusive and equitable approaches to public health.

The course also emphasizes leadership, research, and ethical responsibility, enabling students to formulate sustainable health models that contribute to long-term community welfare.

In this context, Biruni University continues to educate innovative and socially conscious professionals who support sustainable progress in health promotion and public well-being through impactful, evidence-based approaches.



Health Anthropology



The Health Anthropology course approaches health not merely as a biological phenomenon but as a holistic human experience shaped by the interaction of cultural, social, and economic dynamics. Structured in line with Biruni University's sustainable development vision, the course aims to help students deeply understand how concepts of health, illness, and care gain meaning across different cultures.

Closely aligned with Sustainable Development Goal 3: Good Health and Well-Being, the program focuses on analyzing cultural barriers to healthcare access, the influence of societal beliefs on treatment processes, and the cultural reflections of health policies. Through experiential learning methods—such as field studies, observations, and case analyses—students explore health behaviors in diverse communities, developing cultural sensitivity and ethical awareness.

This process enables them to grow not only as competent health professionals but also as empathetic individuals capable of understanding the social fabric of communities and communicating with respect for diversity.

The Health Anthropology course strengthens students' interdisciplinary thinking, respect for cultural diversity, and ability to create solutions based on social justice principles, while also enriching Biruni University's mission to build a human-centered, equitable, and sustainable health culture grounded in academic depth and global perspective.

Research Methods in Health Sciences

The Research Methods in Health Sciences course aims to equip students with the ability to design, conduct, and evaluate evidence-based practices by developing their scientific reasoning and analytical skills. Structured within Biruni University's vision of scientific productivity and sustainable development, this course is directly aligned with Sustainable Development Goal 3: Good Health and Well-Being.

Throughout the program, students gain comprehensive knowledge across a wide methodological spectrum—from quantitative and qualitative research techniques to data analysis, ethical principles, and the publication process. Supported by an experiential learning approach, practical assignments enable students to systematically identify health problems, propose data-driven solutions, and contribute to public health policy development.

The course also fosters professional awareness in research ethics, measurement reliability, and scientific reporting, ensuring that students internalize integrity and accuracy as core values of scientific inquiry.

Ultimately, the Research Methods in Health Sciences course stands out not only as a foundation for academic knowledge production but also as a bridge to sustainable, socially beneficial health practices. Through this course, Biruni University continues to cultivate analytical, ethically grounded researchers who advance scientific innovation and contribute to strengthening community well-being.



Ethics and Deontology in Health Sciences



The Ethics and Deontology in Health Sciences course aims to enhance students' capacity for ethical reasoning and professional responsibility within the framework of health sciences. It provides a comprehensive understanding of moral principles, professional codes of conduct, and ethical decision-making processes that guide healthcare practice.

Structured in line with Biruni University's vision of scientific integrity and sustainable development, this course is directly connected to Sustainable Development Goal 3: Good Health and Well-Being. Throughout the program, students explore topics such as bioethics, patient rights, confidentiality, informed consent, and professional accountability. They learn to identify and evaluate ethical dilemmas that arise in clinical, research, and community health contexts.

Experiential learning activities and case studies strengthen students' ability to apply ethical principles to real-world scenarios, promoting integrity, empathy, and transparency in healthcare delivery. The course also encourages reflection on deontological values—such as duty, respect, and justice—emphasizing their role in maintaining trust between healthcare professionals and society. Ultimately, Ethics and Deontology in Health Sciences not only fosters a strong ethical foundation for future health professionals but also supports Biruni University's mission to educate responsible, empathetic, and ethically grounded practitioners who contribute to the development of fair, sustainable, and human-centered health systems.

Quality Management in Health Services

The Quality Management in Health Services course comprehensively examines the scientific foundations of quality standards that ensure safe, effective, and patient-centered healthcare delivery. Its main objective is to equip students with the ability to understand quality management cycles, performance indicators, and continuous improvement processes, and to apply these concepts effectively in real-world healthcare settings.

Directly aligned with Sustainable Development Goal 3: Good Health and Well-Being, this course aims to train competent professionals capable of reducing medical errors, promoting a culture of patient safety, and enhancing equitable access to healthcare services.

Through an experiential learning approach, students actively participate in quality assessment, risk management, and accreditation practices in hospitals and community-based healthcare organizations. This process strengthens their analytical thinking, leadership, and ethical decision-making skills while helping them internalize the principles of equity, sustainability, and social responsibility in healthcare.

Ultimately, Quality Management in Health Services enables students to view healthcare not merely as a technical system but as a cornerstone of social welfare. Through this perspective, Biruni University continues to cultivate highly qualified professionals who promote a human-centered culture of quality and lead the development of sustainable healthcare systems.



Health Protection and Promotion



The Health Protection and Promotion course adopts a holistic approach aimed at improving individual and community health, preventing diseases before they occur, and sustainably enhancing quality of life. Positioned at the core of Biruni University's community-based health vision and aligned with Sustainable Development Goal 3: Good Health and Well-Being, this course enables students to gain scientific knowledge of preventive healthcare, health promotion, and lifelong well-being principles.

Throughout the program, students explore topics such as behavior change strategies, community-based prevention methods, risk assessment models, and health communication approaches. Supported by an experiential learning framework, the course includes fieldwork, community awareness campaigns, and primary healthcare practices that encourage students to develop sustainable projects promoting healthy lifestyles.

This process strengthens students' leadership, social responsibility, and ethical decision-making skills while directly contributing to the spread of public health awareness. Ultimately, Health Protection and Promotion trains students to become not only healthcare professionals but also conscious change agents shaping society's vision of a healthier future. Through this course, Biruni University reinforces a culture of health protection and promotion, making a lasting contribution to human well-being—one of the fundamental pillars of sustainable development.

Health Assessment

The Health Assessment course focuses on the scientific evaluation of individual and community health, emphasizing an early diagnosis and risk analysis-based approach to healthcare. Reflecting Biruni University's holistic health vision and aligned with Sustainable Development Goal 3: Good Health and Well-Being, the course aims to strengthen students' abilities to analyze scientific data, interpret clinical findings, and make accurate diagnoses.

The program encourages future healthcare professionals to contribute to public well-being by reducing the burden of disease through early diagnosis and preventive interventions. Supported by experiential learning, students gain hands-on experience in clinical observation, physical examination, laboratory data interpretation, and community screening projects. These practices foster critical thinking, evidence-based decision-making, and multidisciplinary collaboration skills.

Additionally, the course enables students to recognize diagnostic disparities across different socioeconomic groups and develop an ethical perspective toward equitable healthcare delivery. Beyond imparting clinical knowledge, Health Assessment cultivates socially responsible, research-oriented professionals dedicated to developing sustainable healthcare practices.



Healthy Living and Exercise Management

The Healthy Living and Exercise Management course is designed to help students gain a comprehensive understanding of the scientific principles underlying physical activity, nutrition, and lifestyle modification. Its primary goal is to enable students to analyze individual and public health issues from a scientific perspective while developing practical and sustainable solutions to prevent chronic diseases, promote healthy behaviors, and improve quality of life.

Using an experiential learning approach, the course emphasizes hands-on practice through personalized exercise program design and health campaign development. Students engage directly with diverse socioeconomic and risk groups, raising awareness about inequalities in access to healthy living practices and fostering inclusive education principles.

Through community health projects and fieldwork, students create tangible social impact while strengthening their research-based thinking, social responsibility, and professional ethics. This interdisciplinary learning process not only contributes to students' personal and professional growth but also enhances collective well-being.

By cultivating qualified professionals who promote wellness and sustainable health practices, Biruni University reinforces its identity as an innovative higher education institution committed to advancing the goals of sustainable development and fostering a culture of health and well-being.

Social Psychology

The Social Psychology course examines how individuals' thoughts, emotions, and behaviors are shaped within a social context, offering a scientific understanding of the psychological foundations of human relationships. Conducted in line with Biruni University's education vision centered on social awareness and aligned with Sustainable Development Goal 3: Good Health and Well-Being, the course aims to promote psychological well-being, social harmony, and collective empathy.

Throughout the program, students explore key concepts such as prejudice, group dynamics, attitude change, social influence, and prosocial behavior—analyzing these both at the individual and societal levels. Structured through an experiential learning model, the course engages students in fieldwork, observation, workshops, and psychosocial awareness projects to uncover the social determinants of human behavior.

This process strengthens students' critical thinking, ethical sensitivity, and social responsibility while helping them develop interdisciplinary perspectives applicable to health, education, and social services. Ultimately, Social Psychology not only enables students to understand individual behavior but also equips them to contribute to building fairer, more inclusive, and psychologically healthy communities. Through this approach, Biruni University reinforces its commitment to fostering a sustainable, well-being-oriented society rooted in the transformative power of human connection.



Stress Management



The Stress Management course aims to strengthen individuals' psychological resilience, foster an understanding of the biological, psychological, and social dimensions of stress, and equip students with healthy coping strategies. Structured within Biruni University's vision of lifelong well-being and sustainable health, this course is directly aligned with Sustainable Development Goal 3: Good Health and Well-Being.

Throughout the course, students gain comprehensive knowledge and skills spanning physiological foundations of stress, emotional regulation, time management, and mindfulness-based relaxation techniques. Through experiential learning activities such as self-awareness exercises, group interactions, and field observations, students learn to identify personal stress factors and maintain sustainable healthy lifestyle habits.

This process enhances self-awareness, emotional balance, and empathic communication skills, while fostering preventive awareness against professional burnout. Beyond supporting individual well-being, the Stress Management course also enables students to contribute to the psychological health of those around them, thereby strengthening collective resilience. By cultivating a culture of effective stress management, Biruni University promotes a sustainable understanding of well-being at both individual and societal levels, empowering future professionals to foster healthier, more balanced communities.

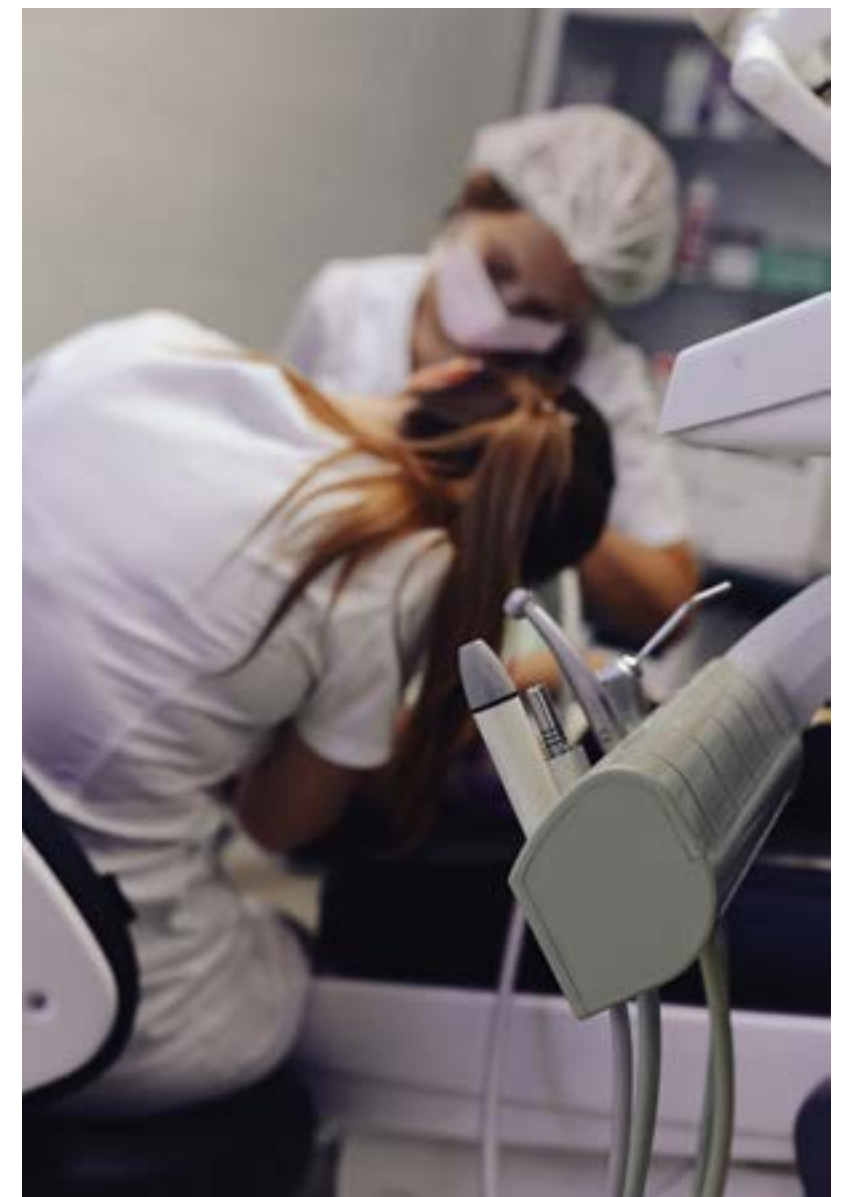
Community Oral and Dental Health (TADS)

The Community Oral and Dental Health (TADS) course aims to equip students with a comprehensive understanding of oral health epidemiology, preventive dentistry, and public health principles. It focuses on enabling students to scientifically analyze both individual and community-level oral health issues while developing practical and sustainable solutions to address key public health challenges—such as reducing oral health inequalities, expanding preventive care practices, and increasing public awareness.

Through an experiential learning approach, the course integrates applied fieldwork that allows students to participate in school- and community-based screening programs, educational campaigns, and intervention projects. These activities help students gain hands-on experience in innovation and social entrepreneurship while working with diverse socioeconomic and risk groups to promote inclusive access to oral health services.

By engaging in community health projects and outreach programs, students generate tangible social impact and strengthen their research-based thinking, social responsibility, and professional ethics. This interdisciplinary learning process contributes both to their personal development and to broader community well-being.

Ultimately, Biruni University reinforces its identity as an innovative higher education institution committed to sustainable development by cultivating qualified professionals who promote wellness and public health particularly in the field of oral and dental care through education, prevention, and community engagement.



Neonatal Health and Diseases



The Neonatal Health and Diseases course focuses on one of the most critical stages of life—the neonatal period—aiming to equip students with the scientific and clinical competencies necessary to protect, monitor, and ensure early diagnosis of newborn health conditions. Reflecting Biruni University’s community-based healthcare vision and directly aligned with Sustainable Development Goal 3: Good Health and Well-Being, this course adopts a holistic approach toward fostering healthy generations.

The curriculum integrates theoretical knowledge with practical experience in key areas such as neonatal physiology, nutrition, infection prevention, congenital disease management, and family-centered care models. Through experiential learning, students participate in clinical observations, neonatal screenings, and parental education practices, gaining firsthand insight into the societal impact of early intervention in newborn care.

This process strengthens students’ clinical decision-making, empathetic communication, and ethical responsibility skills while fostering their commitment to quality and equity in neonatal healthcare. The Neonatal Health and Diseases course not only provides students with medical expertise but also cultivates a comprehensive understanding of newborn health as a fundamental indicator of societal well-being.

Through this approach, Biruni University reinforces the culture of early-life health protection and contributes tangibly to sustainable development goals by preparing professionals who are dedicated to improving neonatal and community health outcomes.

Assessment and Therapeutic Approaches in Swallowing Disorders

The Assessment and Therapeutic Approaches in Swallowing Disorders course aims to provide students with a deep understanding of the scientific principles underlying dysphagia (swallowing disorder) etiology, diagnostic techniques, and evidence-based therapeutic approaches. It focuses on enabling students to scientifically analyze both individual and community health problems while developing practical and sustainable solutions for critical public health issues such as malnutrition, aspiration pneumonia, and decreased quality of life.

Through experiential learning, the course integrates applied clinical training that allows students to design and implement assessment and treatment programs using both clinical and instrumental evaluation tools. Students gain hands-on experience in innovation and clinical entrepreneurship by working directly with diverse socioeconomic and risk groups, promoting awareness of accessibility and inclusivity in swallowing rehabilitation services.

By engaging in clinical practice and community-based awareness projects, students create measurable social impact. This interdisciplinary learning process enhances their research-based thinking, ethical awareness, and sense of social responsibility, contributing to both individual professional growth and societal well-being.

Ultimately, Biruni University strengthens its role as an innovative higher education institution committed to sustainable development by cultivating qualified professionals who promote health and well-being—particularly in the context of communication and swallowing functions—through research, empathy, and evidence-based practice.



Time Management and Planning



The Time Management and Planning course is designed to enhance individuals' efficiency in academic, professional, and personal contexts by strengthening prioritization skills and supporting sustainable success. Structured within Biruni University's holistic educational vision, the course enables students to develop awareness in effective time use, goal setting, strategic thinking, and stress reduction.

Indirectly aligned with Sustainable Development Goal 3: Good Health and Well-Being, the program approaches time management not merely as a productivity tool but as a key indicator of mental well-being and life balance. Through experiential learning, students engage in practical exercises using planning tools to analyze personal performance, create priority matrices, and develop goal-oriented strategies.

This process enhances self-discipline, decision-making, and responsibility while helping students establish equilibrium between academic achievement and psychological well-being. The Time Management and Planning course fosters sustainable habits that guide both personal growth and professional success.

Ultimately, Biruni University contributes to social productivity and well-being by cultivating planned, productive, and wellness-oriented individuals who embrace a lifelong learning culture and apply effective time management as a foundation for balanced and sustainable living.

Community Oral and Dental Health

The Community Oral and Dental Health course approaches oral health not merely as an individual care practice but as a fundamental public health component influencing the overall well-being of society. Structured in line with Biruni University's community-based health vision and closely aligned with Sustainable Development Goal 3: Good Health and Well-Being, this course emphasizes preventive dentistry, health equity, and community empowerment.

Its primary objective is to equip students with scientific knowledge and practical skills in protecting oral health, developing early diagnosis and prevention strategies, and raising awareness across different age and socioeconomic groups. Through an experiential learning model, students engage in fieldwork, screening programs, and school-based educational initiatives, allowing them to observe and address community oral health needs firsthand.

This process strengthens their understanding of preventive dentistry, health communication, and social responsibility while cultivating ethical awareness toward reducing health inequalities. The Community Oral and Dental Health course encourages students to perceive oral health as an integral part of overall well-being—preparing them to make meaningful contributions both clinically and socially.

Through this approach, Biruni University promotes a sustainable and inclusive understanding of health, aiming to extend a culture of healthy living to all segments of society.



Emergency Patient Care I



The Emergency Patient Care I course is a practice-oriented program designed to train healthcare professionals capable of providing rapid, accurate, and effective interventions in life-threatening situations. Reflecting Biruni University's human-centered educational philosophy, this course is directly aligned with Sustainable Development Goal 3: Good Health and Well-Being.

Throughout the course, students learn the fundamental principles of emergency care, life support protocols, trauma management, and critical decision-making both theoretically and practically. Through an experiential learning model, they engage in emergency room simulations, case analyses, and team-based intervention exercises to strengthen their coordination and leadership skills during crises.

This process enhances their professional reflexes while reinforcing ethical judgment and decision-making under high-pressure conditions. The Emergency Patient Care I course not only equips students with essential clinical competencies but also instills empathy, resilience, and respect for human life—core values that elevate the overall quality of healthcare services.

In this way, Biruni University contributes to building a sustainable healthcare system by cultivating knowledgeable, skilled, and socially responsible emergency care professionals dedicated to protecting and saving lives.

Emergency Health Services and Equipment

The Emergency Health Services and Equipment course is a comprehensive theoretical and practical program designed to teach the effective use of systems, technologies, and tools utilized in emergency management. Developed in alignment with Biruni University's innovative and human-centered healthcare vision, this course is directly connected to Sustainable Development Goal 3: Good Health and Well-Being.

The curriculum covers the organization of emergency health services, patient transport systems, medical device safety, ambulance equipment, and advanced technological tools used in emergency interventions. Through an experiential learning framework, students participate in emergency simulations, case scenarios, and field observations, gaining hands-on experience in the safe and efficient use of equipment.

This process strengthens not only students' technical competencies but also their teamwork, time management, and crisis communication skills. The Emergency Health Services and Equipment course equips students with both intervention abilities and a strong understanding of systematic thinking, safety culture, and resource management.

By doing so, Biruni University fosters highly responsible professionals who utilize technology as a means to serve humanity and contribute to the resilience and sustainability of healthcare systems, leading progress in the development of sustainable emergency health services.



Emergency Department Training



The Emergency Department Training course represents a vital component of Biruni University's innovative approach to healthcare education, grounded in excellence, social responsibility, and sustainable development principles. Directly aligned with Sustainable Development Goal 3: Good Health and Well-Being, this course aims to equip students with the clinical knowledge, technical proficiency, and ethical competence necessary to manage rapid, effective, and safe interventions in emergency care settings.

Throughout the course, students gain in-depth understanding of emergency department operations, including patient admission, triage systems, life support protocols, crisis management, and multidisciplinary teamwork. The experiential learning model integrates simulation-based and field training, where students engage in real-life case modeling to enhance their critical decision-making, prioritization, and communication skills under pressure.

This holistic approach not only strengthens their technical capabilities but also cultivates empathy, professionalism, and a strong patient safety culture. The Emergency Department Training course empowers students to develop sustainable, equitable, and human-centered solutions amid rapidly changing healthcare conditions.

Emergency Aid and Rescue

The Emergency Aid and Rescue course is a key component of Biruni University's sustainable development-oriented education model in community-based healthcare and disaster management. Directly aligned with Sustainable Development Goal 3: Good Health and Well-Being, the course aims to develop students' ability to respond effectively, collaboratively, and ethically in emergency and disaster situations.

The curriculum covers pre-disaster preparedness, scene safety, rescue techniques, basic life support, trauma management, and psychosocial support processes. Through an experiential learning model, students participate in hands-on simulations and field drills designed around real crisis scenarios, strengthening their decision-making and leadership skills under pressure.

Collaborations with various institutions further enhance students' understanding of interdisciplinary teamwork in disaster management and raise awareness about strengthening community resilience.

The Emergency Aid and Rescue course enables students to develop not only technical intervention skills but also a deep sense of respect for human dignity, ethical responsibility, and sustainable problem-solving. In doing so, Biruni University reinforces its vision of cultivating highly qualified healthcare professionals who enhance social resilience and contribute to building sustainable, people-centered emergency response systems.



Sudden Life Events and Crisis Management



The Sudden Life Events and Crisis Management course at Biruni University provides a practice-oriented learning experience designed to equip students with effective intervention and resilience skills during critical moments of human life. Focusing on the psychological adaptation processes of individuals and communities in the face of sudden loss, traumatic experiences, and unexpected life changes, the course adopts an interdisciplinary framework that integrates topics such as crisis management, psychological first aid, stress coping strategies, and post-traumatic recovery.

Through case analyses, role-playing exercises, and fieldwork, students develop empathy and rapid decision-making abilities while gaining firsthand experience in implementing support mechanisms across different social groups during crises. This experiential learning process enhances students' professional communication, ethical responsibility, and human-centered service approach, enabling them to contribute meaningfully to the psychological well-being of society.

By fostering health professionals who combine knowledge, sensitivity, and resilience, Biruni University strengthens the sustainability of community resilience and advances its mission to educate compassionate and capable practitioners ready to respond effectively in moments of crisis.

Maternal and Child Health and Nutrition

The Maternal and Child Health and Nutrition course forms a cornerstone of Biruni University's community-based health vision, focusing on one of the most critical phases of the human life cycle. The course aims to promote the physical, mental, and social well-being of mothers and children by addressing principles of healthy growth, development, and nutrition from pregnancy through childhood, grounded in scientific evidence.

Students explore topics such as breastfeeding, prenatal care, nutritional deficiencies, obesity, and micronutrient imbalances, gaining insight into current public health approaches. Through fieldwork and community projects, they observe inequalities in access to healthcare services and develop awareness of social determinants affecting maternal and child health.

The experiential learning framework encourages students to design preventive health policies, educational programs, and sustainable nutrition models, enhancing their ability to create evidence-based and inclusive solutions.

By equipping future healthcare professionals with the knowledge and sensitivity to support healthy generations, Biruni University strengthens social welfare and contributes concretely to Sustainable Development Goal 3: Good Health and Well-Being, fostering a generation of skilled, ethical, and socially responsible health practitioners.



Nutrition Terminology



The Nutrition Terminology course is a fundamental theoretical module designed to enhance the accuracy and effectiveness of scientific communication in the field of Nutrition and Dietetics. Developed within Biruni University's vision of cultivating highly qualified health professionals, the course aims to ensure that students correctly comprehend, interpret, and professionally use both national and international terminology employed in nutrition science.

The content covers key concepts such as energy metabolism, macro- and micronutrients, nutritional disorders, clinical terminology, and public health language, adopting a holistic approach that bridges scientific and applied perspectives. Students engage not only in theoretical learning but also in practical applications through case analyses, scientific article reviews, and laboratory exercises, allowing them to internalize terminology in real-world contexts.

This experiential learning process strengthens students' competencies in scientific writing, interdisciplinary communication, and professional ethics, fostering both academic precision and clarity in professional expression. By promoting the use of an accurate and comprehensible nutrition language, Biruni University contributes to information reliability in the health sciences and supports the development of a sustainable culture of health communication that bridges academia, clinical practice, and public health.

Holistic Nutrition and the Role of the Pharmacist

The Holistic Nutrition and the Role of the Pharmacist course integrates the clinical and community dimensions of modern pharmacy education with nutritional science to promote a comprehensive approach to healthcare. It enables students to deeply understand the interactions between nutrition and pharmacotherapy, as well as the effects of herbal supplements, functional foods, and micronutrients on pharmacological processes.

The course positions the pharmacist as an active consultant who goes beyond traditional drug dispensing — contributing to disease prevention, health promotion, and improvement of quality of life. Through case studies and fieldwork, students design projects aimed at raising public awareness of healthy nutrition, while strengthening their professional competencies in patient education, drug–nutrient interactions, and personalized treatment planning.

This experiential learning process enhances students' ability to contribute to health literacy at both individual and community levels, aligning with Biruni University's mission to foster innovative education that supports sustainable healthcare systems. The course ultimately empowers future pharmacists to become key actors in bridging nutrition and pharmacology, advancing a preventive, person-centered model of care consistent with Sustainable Development Goal 3: Good Health and Well-Being.



Child Health and Diseases



The Child Health and Diseases course is one of the core components of Biruni University's community-based health education approach, focusing on the protection of health and prevention of diseases during the early stages of life. The course aims to equip students with a comprehensive understanding of the physiological, biochemical, and psychosocial processes unique to childhood, enabling them to approach the diagnosis, treatment, and follow-up of both acute and chronic pediatric diseases through an integrated, evidence-based perspective.

Students explore topics such as nutrition, environmental factors, vaccination programs, and infectious diseases in depth while reinforcing the importance of early diagnosis and preventive healthcare through case analyses. The applied learning process allows students to develop observation, assessment, and intervention skills in both hospital and community-based settings, fostering awareness of reducing health inequalities.

By emphasizing that a healthy childhood forms the foundation of lifelong well-being, Biruni University trains ethically responsible and socially committed health professionals who contribute concretely to the Sustainable Development Goal 3: Good Health and Well-Being, supporting the development of sustainable and equitable healthcare systems.

Sexual Health and Sexual Health Education

The Sexual Health and Sexual Health Education course embraces a holistic health perspective that supports individuals' physical, emotional, and social well-being throughout their lives, aligning with Biruni University's vision of social awareness and sustainable health.

The course enables students to acquire scientific knowledge on sexual health, reproductive health, gender roles, and ethical principles, and to integrate this knowledge into individual counseling, education, and preventive health services. The content covers key topics such as sexually transmitted infections (STIs), family planning, cultural perceptions of sexuality, and sexual rights, examined through an interdisciplinary approach.

Through experiential learning, students participate in community-based projects, seminars, and educational campaigns that promote sexual health literacy and help reduce stigmatizing attitudes. This hands-on approach allows them to develop an inclusive, ethical, and socially sensitive understanding of health.

By supporting individuals' awareness of sexual health and advocating for equality and respect in health communication, Biruni University contributes directly to strengthening the foundation of a healthy society and advancing Sustainable Development Goal 3: Good Health and Well-Being.



Nutrition and Dietetic Practices in Pediatric Diseases I



The Nutrition and Dietetic Practices in Pediatric Diseases I course provides an in-depth exploration of the therapeutic and preventive role of nutrition in childhood diseases, integrating Biruni University's clinical and community-based health approach.

Students analyze pediatric nutrition-related conditions such as growth and developmental delays, obesity, diabetes, gastrointestinal disorders, and metabolic diseases using evidence-based methods. Through clinical case studies, laboratory applications, and multidisciplinary teamwork, they gain professional skills in individualized nutrition planning, patient monitoring, and family education.

The course also promotes the development of sustainable nutrition policies and early intervention strategies that support public health. This experiential learning process strengthens students' abilities in research-based reasoning, ethical responsibility, and the cultivation of sensitive, child-centered professional attitudes.

By preparing competent nutrition specialists capable of actively contributing to the prevention and management of childhood diseases, Biruni University reinforces its commitment to enhancing community well-being and advancing Sustainable Development Goal 3: Good Health and Well-Being.

Sexual Health and Sexual Health Education

The Sexual Health and Sexual Health Education course embraces a holistic health perspective that supports individuals' physical, emotional, and social well-being throughout their lives, aligning with Biruni University's vision of social awareness and sustainable health.

The course enables students to acquire scientific knowledge on sexual health, reproductive health, gender roles, and ethical principles, and to integrate this knowledge into individual counseling, education, and preventive health services. The content covers key topics such as sexually transmitted infections (STIs), family planning, cultural perceptions of sexuality, and sexual rights, examined through an interdisciplinary approach.

Through experiential learning, students participate in community-based projects, seminars, and educational campaigns that promote sexual health literacy and help reduce stigmatizing attitudes. This hands-on approach allows them to develop an inclusive, ethical, and socially sensitive understanding of health.

By supporting individuals' awareness of sexual health and advocating for equality and respect in health communication, Biruni University contributes directly to strengthening the foundation of a healthy society and advancing Sustainable Development Goal 3: Good Health and Well-Being.



Child Mental Health



The Child Mental Health course examines the psychosocial dynamics influencing emotional, cognitive, and behavioral development during childhood within a scientific framework, aiming to equip students with the professional competence required to support mental well-being from an early age.

Structured in line with Biruni University's holistic health philosophy, the course enables students to identify, assess, and appropriately refer cases involving anxiety, attention deficit, depression, post-traumatic stress, and developmental disorders in children. Through case analyses, role-playing, and community-based observations, students explore the multifaceted influences of family, school, and environmental factors on children's psychological health.

The course also emphasizes preventive mental health approaches, parental counseling, and the importance of early intervention, allowing students to develop an ethical, sensitive, and culturally inclusive perspective on child mental health.

By strengthening the role of psychological well-being in child development and fostering professionals who enhance community resilience, Biruni University contributes meaningfully to Sustainable Development Goal 3: Good Health and Well-Being, nurturing health practitioners who combine empathy with evidence-based expertise.

Child Health and First Aid

The Child Health and First Aid course aims to equip students with the ability to perform accurate and rapid interventions in emergencies that may occur during childhood, representing a key component of Biruni University's community health-oriented education approach.

The course enables students to understand the physiological characteristics, risk factors, and common emergency conditions specific to childhood through a scientific perspective, ensuring that they can act consciously and safely in life-saving situations. The curriculum includes respiratory obstructions, burns, poisonings, febrile conditions, falls, and trauma, taught through case analyses and simulation-based training.

Through experiential learning, students develop both individual first aid skills and implement community and parent education projects to raise public awareness. This process reinforces the importance of child safety, early intervention, and preventive health services, while also strengthening students' crisis management, empathy, and social responsibility.

By preparing healthcare professionals who are competent, ethically grounded, and socially conscious, Biruni University contributes to the protection of child health, the improvement of quality of life, and the advancement of Sustainable Development Goal 3: Good Health and Well-Being.



Behavioral Problems and Management in Children



The Behavioral Problems and Management in Children course examines the causes, developmental foundations, and intervention strategies related to behavioral difficulties in childhood, contributing to Biruni University's holistic vision of health and education.

The primary aim of the course is to enable students to identify and manage behavioral challenges such as anger, aggression, attention deficit, stubbornness, anxiety, and social adjustment difficulties in children through evidence-based approaches. Students analyze case studies, role-playing scenarios, and observational activities to evaluate the influence of family, school, and environmental factors on child behavior from multiple perspectives.

Through experiential learning, students design interventions that support healthy behavioral development at both individual and community levels, gaining practical experience in parental counseling and collaboration with educators.

By focusing on the early identification and management of behavioral problems, the course fosters professionals who strengthen children's psychological well-being, uphold ethical values, and contribute to social awareness. In doing so, Biruni University advances its commitment to Sustainable Development Goal 3: Good Health and Well-Being, cultivating practitioners capable of promoting mental resilience and emotional health in future generations.

Demographic Structure and Health

The Demographic Structure and Health course is an interdisciplinary program designed to analyze how variables such as age, gender, socioeconomic status, and migration influence key health indicators. It strengthens Biruni University's community-based health perspective by linking demographic dynamics to sustainable health planning and management.

Throughout the course, students examine how demographic transitions shape healthcare planning, resource allocation, and policy development through statistical and analytical methods. Case studies focusing on aging, urbanization, fertility rates, and regional disparities in health enable students to develop skills in designing fair and sustainable health systems.

A central focus of the course is to help students understand the reciprocal relationship between social structure and health, recognize the importance of data-driven approaches in public health planning, and create adaptive solutions that respond to evolving population needs.

By the end of the course, students gain proficiency in health policy development, epidemiological analysis, and sociodemographic assessment, directly contributing to Biruni University's vision of a scientifically grounded, sustainable, and socially responsive healthcare system aligned with Sustainable Development Goal 3: Good Health and Well-Being.



Oral Health and Aging



The Oral Health and Aging course explores the critical role of oral and dental health in overall well-being during the aging process, aligning with Biruni University's vision of fostering an age-friendly society. The course enables students to examine issues such as tooth loss, periodontal diseases, impaired chewing function, and prosthetic use through biological, psychological, and social perspectives.

Through clinical practice and community-based fieldwork, students design preventive and rehabilitative approaches aimed at enhancing the quality of life for older adults. The curriculum also emphasizes the interrelation between nutrition, medication use, and oral health, promoting a holistic care perspective that integrates multiple dimensions of geriatric health.

This course nurtures ethical sensitivity, patience, and empathy, encouraging students to develop projects focused on active aging, accessible dental care, and public awareness. By positioning oral health as a lifelong priority, Biruni University contributes to a sustainable healthcare approach that supports the social participation and well-being of older individuals, in direct alignment with Sustainable Development Goal 3: Good Health and Well-Being.

Dialysis Equipment and Usage

The Dialysis Equipment and Usage course is a practice-oriented program that supports Biruni University's mission in the fields of patient safety, technological competence, and sustainable healthcare services. The course aims to provide students with a comprehensive understanding of the technical features, operational principles, and maintenance protocols of equipment used in both hemodialysis and peritoneal dialysis.

Through experiential learning, students observe the operation of key dialysis components—such as dialysis machines, filters, bloodlines, water purification systems, and safety sensors—developing clinical awareness that prioritizes patient safety. Hands-on laboratory sessions, sterilization techniques, and emergency management training further strengthen their technical proficiency, teamwork, attention management, and ethical responsibility.

Additionally, the course enhances students' ability to design innovative solutions aimed at improving the quality of life of patients with chronic kidney disease while promoting the effective and safe use of healthcare technologies.

In alignment with Sustainable Development Goal 3: Good Health and Well-Being, Biruni University continues to train technically skilled, compassionate, and socially responsible healthcare professionals, contributing to the development of resilient and sustainable health systems.



Enteral and Parenteral Nutrition



The Enteral and Parenteral Nutrition course reflects Biruni University's innovative approach to health sciences education, emphasizing clinical practice, patient safety, and the integrative principles of nutrition science. The course aims to provide students with a comprehensive understanding of the physiological foundations, indications, and clinical procedures of enteral and parenteral nutrition from a scientific perspective.

Students gain in-depth knowledge and skills in areas such as nutritional requirements assessment, route selection, complication management, and multidisciplinary teamwork. Through an experiential learning framework, they engage in hospital-based practices, developing competence in planning nutritional support for critically ill patients, ethical decision-making, and patient-centered care.

The course is directly aligned with Sustainable Development Goal 2: Zero Hunger and Goal 3: Good Health and Well-Being, emphasizing the role of clinical nutrition in reducing malnutrition, improving quality of life, and ensuring equitable access to healthcare services.

By integrating scientific reasoning, social awareness, and sustainable healthcare practices, Biruni University prepares highly qualified professionals who contribute to community welfare and the advancement of evidence-based, compassionate, and sustainable clinical nutrition practices.

Physiological Psychology

The Physiological Psychology course reflects Biruni University's contemporary educational vision, which integrates the biological foundations of human behavior with scientific inquiry. The course aims to provide an in-depth understanding of the interactions between the nervous system, hormones, genetic structures, and brain functions, enabling students to analyze the neurophysiological mechanisms underlying emotion, cognition, and behavior.

Students explore the biological dimensions of mental processes and learn to apply this knowledge within the fields of health, psychology, and rehabilitation. Through an experiential learning approach, they transform theoretical knowledge into practical skills via neuropsychological testing, case analyses, and brain-based research methods—gaining the ability to evaluate human behavior from both biological and social perspectives.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, this course contributes to enhancing mental health awareness, facilitating early recognition of neurological disorders, and promoting the development of evidence-based preventive strategies.

Through this program, Biruni University cultivates ethically conscious, scientifically curious, and interdisciplinary thinkers who embody the biopsychosocial model of health, contributing sustainably to both the academic community and public well-being.



Emergency Health Services in Disasters



The Emergency Health Services in Disasters course provides a foundational learning framework aligned with Biruni University's vision and Sustainable Development Goal 3: Good Health and Well-Being, focusing on the preservation of life and the continuity of public health during disasters. The course aims to equip students with the ability to organize and deliver healthcare services effectively, rapidly, and safely in both natural and human-made disaster situations.

Students gain both theoretical and practical experience in areas such as emergency response chains, triage implementation, crisis management, and the appropriate use of medical equipment. Through experiential learning, including fieldwork and disaster simulations, students enhance their personal resilience, teamwork, and coordination skills in real-world crisis contexts.

Additionally, the course emphasizes the prioritization of healthcare needs for individuals with special requirements, the prevention of communicable diseases, and the development of community-based emergency health plans, thereby strengthening public health awareness and preparedness.

The Emergency Health Services in Disasters course fosters the development of healthcare professionals who possess ethical responsibility, crisis leadership, and sustainable response capabilities, directly supporting Biruni University's mission to advance community-centered and sustainable healthcare education.

Epidemic Diseases in Disasters

The Epidemic Diseases in Disasters course is a key component of Biruni University's sustainable development vision to protect public health, directly aligned with Sustainable Development Goal 3: Good Health and Well-Being. The course aims to equip students with a scientific understanding of the epidemiology, transmission dynamics, and prevention strategies of infectious diseases that may emerge in post-disaster settings.

Students gain both theoretical and practical knowledge in areas such as water- and food-borne diseases, vector control, vaccination policies, and quarantine procedures. Through field-based simulations and crisis management exercises, they develop critical response and coordination skills necessary for managing epidemic risks during disaster situations.

Using an experiential learning approach, students analyze public health scenarios from diverse geographic and socioeconomic contexts, producing sustainable solutions to improve healthcare accessibility, including for vulnerable and high-risk populations. The course also emphasizes ethical, evidence-based, and community-oriented responses to public health emergencies, while exploring the socioeconomic implications of epidemics and strategies to mitigate their long-term impacts.

By cultivating professionals with scientific competence, ethical awareness, and crisis resilience, Epidemic Diseases in Disasters strengthens Biruni University's mission to train socially responsible experts who enhance public health resilience, crisis management capacity, and global health security.



Emergency Medicine



The Emergency Medicine course lies at the core of Biruni University's innovative, community-oriented healthcare education approach and is directly aligned with Sustainable Development Goal 3: Good Health and Well-Being. The primary aim of this course is to enhance students' ability to make rapid, accurate, and ethical decisions in life-threatening situations.

Students gain both theoretical and practical knowledge of trauma management, cardiac emergencies, respiratory distress, shock management, and advanced life support protocols. Through simulation-based training and emergency department internships, learners develop essential teamwork, communication, and leadership skills critical to crisis management.

The course also incorporates an inclusive healthcare perspective, focusing on effective and compassionate emergency care for individuals with special needs during disaster conditions. By combining evidence-based clinical education with ethical and human-centered principles, students are trained to prioritize patient safety, resilience, and integrity in every intervention.

Ultimately, Emergency Medicine prepares students to become competent, ethically grounded, and resilient healthcare professionals capable of safeguarding human life and responding effectively under pressure. Through this program, Biruni University continues its mission to advance public health, improve quality of life, and strengthen sustainable healthcare systems.

First Aid and Emergency Intervention

The First Aid and Emergency Intervention course represents a key component of Biruni University's sustainable education model, which focuses on strengthening public health and aligns directly with Sustainable Development Goal 3: Good Health and Well-Being. The course aims to equip students with the knowledge and practical skills required to respond effectively and ethically to sudden medical conditions, injuries, and life-threatening emergencies.

Students gain both theoretical and hands-on experience in basic life support, airway management, bleeding control, and the treatment of fractures and burns, learning to make quick, informed, and effective decisions under pressure. Through experiential learning-based simulations and practical sessions, they enhance their team coordination, empathetic communication, and crisis management abilities.

The course also emphasizes inclusive emergency strategies designed to protect the safety and well-being of vulnerable individuals in extraordinary situations such as natural disasters, traffic accidents, and mass casualty events. Beyond imparting medical expertise, First Aid and Emergency Intervention nurtures ethical awareness, human sensitivity, and social responsibility, shaping students into healthcare professionals who value the sanctity of human life.

By integrating quality, ethics, and sustainability into emergency response education, Biruni University establishes a forward-thinking model of higher education that contributes meaningfully to public health resilience and long-term community well-being.



First Aid, Emergency Treatment and Nursing Care



The First Aid, Emergency Treatment and Nursing Care course is one of the core components of Biruni University's human-centered and sustainable health education vision, directly aligned with Sustainable Development Goal 3: Good Health and Well-Being. The course aims to equip students with the knowledge and skills to plan and perform first aid, emergency treatment, and nursing care through an integrated and evidence-based approach.

Students gain both theoretical and hands-on experience in trauma management, cardiopulmonary resuscitation (CPR), wound care, medication administration, and patient transfer, developing professional competencies that enhance the safety and effectiveness of healthcare services. The course is structured around experiential learning, allowing students to engage in simulation-based training and real-life scenarios where they refine their clinical reasoning, teamwork, and decision-making skills under pressure.

Additionally, the course emphasizes inclusive nursing practices, ensuring that students can respond effectively to the care and safety needs of individuals with special requirements during emergencies. This fosters strong ethical awareness, empathy, and a sense of social responsibility among future healthcare professionals.

By merging scientific knowledge with human values, First Aid, Emergency Treatment and Nursing Care enables students to develop a sustainable, patient-centered, and empathetic approach to healthcare. In doing so, Biruni University reinforces its mission as a leading institution committed to advancing quality health education, protecting public well-being, and building resilient healthcare systems for the future.

Health Assessment

The Health Assessment course is one of the core components of Biruni University's commitment to high-quality health education and is directly aligned with Sustainable Development Goal 3: Good Health and Well-Being. The course aims to equip students with the ability to scientifically evaluate, analyze, and contribute to the early diagnosis of individual and community health conditions.

Students gain both theoretical and practical experience in taking medical history (anamnesis), performing physical examinations, monitoring vital signs, and interpreting clinical data, thereby developing professional competencies that enhance the quality and accuracy of health assessments. The program emphasizes experiential learning, where students engage in real-case simulations and laboratory practices to strengthen their clinical reasoning, observation, and decision-making skills.

Throughout the course, a holistic and ethical approach is promoted—students are encouraged to prioritize patient safety and professional integrity while applying evidence-based assessment methods. By fostering a culture of data-driven thinking, scientific accuracy, and comprehensive evaluation, the Health Assessment course reinforces Biruni University's mission to train qualified, ethical, and sustainability-oriented healthcare professionals dedicated to improving the well-being of society.



Health Informatics and Computer Practical



The Health Informatics and Computer Practical course is an essential part of Biruni University's digital transformation-focused healthcare education vision, directly aligned with Sustainable Development Goal 3: Good Health and Well-Being. The course aims to enable students to gain competence in health informatics, data management, and digital health technologies, fostering innovative solutions that improve the quality, safety, and accessibility of healthcare services.

Students acquire practical experience with electronic health records, clinical decision support systems, and telehealth applications, learning how to effectively integrate digital systems into patient care processes. Emphasis is placed on data privacy, ethical responsibility, and patient safety, ensuring that students understand how to manage digital health infrastructures in an efficient, secure, and equitable manner.

Through an experiential learning approach, the course allows students to view technology as a human-centered tool, applying innovative thinking and problem-solving skills to real-world clinical scenarios. By strengthening digital literacy and applied informatics competencies, the Health Informatics and Computer Practical course enhances the overall quality of healthcare education while contributing to the sustainable improvement of public health and the development of future-ready healthcare professionals.

Medicine and Life

The Medicine and Life course stands as one of the foundational components of Biruni University's human-centered, ethical, and sustainable approach to medical education, strongly aligned with Sustainable Development Goal 3: Good Health and Well-Being. The primary aim of the course is to ensure that students embrace medicine not merely as a profession but as a lifelong philosophy of service, integrating scientific knowledge with the human, ethical, and social dimensions of life.

Throughout the course, students explore the humanistic aspects of medical practice, discussing themes such as empathy, trust-building in doctor-patient relationships, justice and equity in healthcare, and ethical responsibility in decision-making. The curriculum emphasizes experiential learning, allowing students to engage in reflective practices, clinical observations, and community-based projects that foster social awareness and moral integrity.

This educational process reinforces students' sense of responsibility toward individuals, society, and the environment, encouraging them to act as compassionate and socially conscious healthcare professionals. Ultimately, the Medicine and Life course positions medicine as a lifelong commitment to human well-being and societal sustainability, empowering Biruni University graduates to advance both ethical healthcare delivery and collective welfare in their professional journeys.



Education in Nursing



The Education in Nursing course lies at the core of Biruni University's vision of cultivating human-centered healthcare professionals and is directly aligned with Sustainable Development Goal 3: Good Health and Well-Being. The course aims to enhance the quality of nursing education by helping students understand teaching-learning processes, adult education principles, and clinical teaching methods through contemporary and evidence-based approaches.

Students explore educational technologies, assessment and evaluation strategies, and learner-centered models, while also strengthening their understanding of ethics, empathy, and communication in professional knowledge transfer. Supported by experiential learning, the course encourages students to take on the role of facilitators and mentors, empowering them to become active leaders in the production and dissemination of healthcare knowledge.

Educational practices within the course emphasize not only professional competence but also inclusive and accessible teaching approaches that respect individual learning differences. In doing so, Biruni University elevates the standard of and fosters a scientific, ethical, and humane healthcare culture. Ultimately, the Education in Nursing course contributes to building a sustainable educational model that invests in the future of public health through knowledgeable, compassionate, and socially responsible professionals.

Management in Nursing

The Management in Nursing course is a key component of Biruni University's vision to strengthen leadership, efficiency, and quality in healthcare services, directly aligned with Sustainable Development Goal 3: Good Health and Well-Being. The course aims to equip students with a comprehensive understanding of management processes, human resource planning, organizational behavior, and leadership approaches within healthcare institutions.

Students develop core managerial skills such as decision-making, communication, team coordination, and conflict management, while also gaining awareness of patient safety, ethical principles, and quality assurance standards in healthcare services. Through experiential learning, they observe real-world management dynamics, analyze leadership strategies, and formulate innovative solutions to operational challenges in the health sector.

The course emphasizes not only technical and administrative competencies but also promotes a collaborative, participatory, and human-centered management philosophy. By integrating leadership with compassion and ethical awareness, students are prepared to play an active role in building sustainable and resilient healthcare systems.

Ultimately, Management in Nursing empowers Biruni University graduates to become competent, ethically grounded, and visionary nursing leaders, contributing to societal well-being and the continuous advancement of healthcare quality and sustainability.



Internal Medicine



The Internal Medicine course is one of the core clinical training components that reflects Biruni University's evidence-based, patient-centered, and holistic approach to healthcare, closely aligned with Sustainable Development Goal 3: Good Health and Well-Being. The course aims to equip students with the ability to evaluate systemic diseases of the human body comprehensively and apply evidence-based medicine effectively in diagnosis and treatment processes.

Throughout the program, students engage in case analyses covering cardiovascular, endocrine, respiratory, gastrointestinal, and hematologic system disorders, developing critical skills in clinical reasoning, decision-making, and problem-solving. The hands-on training process enables them to gain practical experience in patient assessment, interpretation of laboratory findings, and multidisciplinary teamwork, while emphasizing quality, ethical sensitivity, and respect for human dignity in healthcare.

By highlighting the biopsychosocial model, the course encourages students to assess each patient not only through their physical symptoms but also within psychological and social contexts. This integrative approach cultivates healthcare professionals capable of addressing the full spectrum of human well-being.

Ultimately, Internal Medicine prepares future physicians who not only treat diseases but also protect and promote community health, thereby contributing to the sustainability of healthcare systems and the enhancement of overall life quality. Through this course, Biruni University reinforces its mission of fostering knowledgeable, ethical, and socially responsible clinicians dedicated to advancing human health and welfare.

Advanced Nutrition I

The Advanced Nutrition I course represents a cornerstone of Biruni University's mission to advance scientific inquiry and evidence-based understanding within the health sciences. Closely aligned with Sustainable Development Goal 3: Good Health and Well-Being, the course aims to deepen students' comprehension of human metabolism, emphasizing the cellular and biochemical impacts of nutrients and the development of nutrition models that promote long-term health and disease prevention.

Through clinical case studies and laboratory applications, students strengthen their skills in analytical reasoning, data interpretation, and evidence-based decision-making. The learning process extends beyond technical knowledge, fostering a holistic understanding of how nutrition influences overall quality of life and physiological balance.

Students are guided to design individualized nutrition approaches tailored to diverse age groups and health conditions, preparing them to play an active role in improving public health outcomes. This hands-on, research-oriented approach cultivates both scientific competence and ethical responsibility, reflecting Biruni University's commitment to training the next generation of highly skilled, research-driven, and socially conscious health professionals who contribute to sustainable health development and societal well-being.



Health Promotion



The Health Promotion course at Biruni University serves as a transformative educational experience that aligns directly with Sustainable Development Goal 3: Good Health and Well-Being. The course focuses on enabling students to understand and implement evidence-based strategies that enhance both individual and community health outcomes.

Through the exploration of behavioral change theories, public awareness campaigns, and preventive health policies, students gain the knowledge and competencies needed to take an active role in protecting, maintaining, and promoting health. The experiential learning framework further strengthens professional and interpersonal skills through health communication exercises, educational program design, and community-based initiatives.

Beyond theoretical learning, the course emphasizes developing sustainable awareness that empowers individuals to manage their own health and make informed decisions. Students are encouraged to engage with real-world health issues, applying innovative and ethical approaches to improve overall well-being.

Ultimately, Health Promotion reinforces Biruni University's mission to cultivate ethically responsible, socially engaged, and innovative health professionals who advance public health literacy, strengthen community resilience, and contribute meaningfully to the creation of a healthier and more sustainable society.

Women's Health and Diseases

The Women's Health and Diseases course is an integral part of Biruni University's holistic vision in health sciences education, directly aligned with Sustainable Development Goal 3: Good Health and Well-Being. The course aims to provide students with a scientific understanding of the biological, psychosocial, and environmental factors that influence women's health throughout the life cycle.

Covering key topics such as reproductive health, pregnancy monitoring, prevention of gynecological diseases, and early diagnosis practices, the course enables students to evaluate preventive, therapeutic, and rehabilitative health services in an integrated manner. Through clinical observations and community-based awareness projects, students gain a comprehensive and sensitive perspective toward women's health.

The experiential learning component emphasizes ethical practice, social responsibility, and equity in healthcare, raising awareness of gender-based disparities and fostering professional accountability. Students are encouraged to engage in activities that promote accessible and inclusive health services for women across diverse social contexts.

Ultimately, Women's Health and Diseases equips future healthcare professionals with the knowledge, empathy, and ethical grounding needed to improve women's quality of life and strengthen community health. Through this course, Biruni University reinforces its mission to develop competent, socially responsible, and sustainability-oriented health professionals who contribute concretely to the advancement of public well-being.



Evidence-Based Public Health



The Evidence-Based Public Health course is a key component of Biruni University's innovative education model, which bridges scientific research and social impact while aligning directly with Sustainable Development Goal 3: Good Health and Well-Being.

The course aims to equip students with the ability to base decision-making processes in public health on scientific evidence, critically evaluate epidemiological data, and assess the effectiveness of community-based health policies. Through fieldwork and data analysis, students learn to identify public health issues and develop practical, data-driven solutions guided by scientific methods.

The educational process emphasizes how research findings can inform policy development, risk management, and health planning, fostering both analytical precision and ethical responsibility. Students gain proficiency in interpreting complex health data and translating it into actionable insights that improve public health outcomes.

Ultimately, Evidence-Based Public Health promotes not only individual academic growth but also the broader goal of enhancing population health and contributing to the sustainability of healthcare systems. By training professionals who unite scientific accuracy with social benefit, Biruni University strengthens the foundations of sustainable development and community well-being.

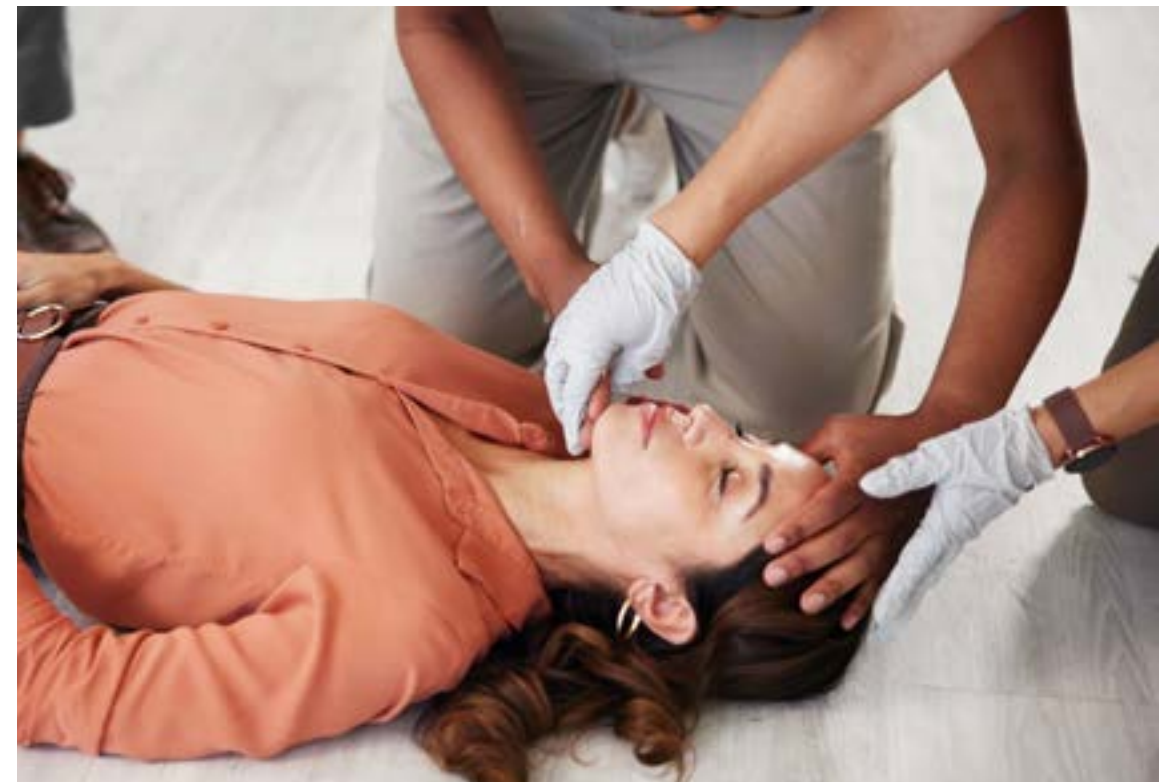
First Aid and Emergency Treatment

The First Aid and Emergency Treatment course represents a dynamic element of Biruni University's human-centered health education vision, directly contributing to Sustainable Development Goal 3: Good Health and Well-Being.

The course is designed to develop students' ability to perform rapid, accurate, and evidence-based interventions in life-threatening situations. Through the study and practice of basic life support, trauma management, and respiratory and circulatory emergencies, students acquire not only technical proficiency but also critical soft skills such as composure under pressure, teamwork, and ethical responsibility.

Built on an experiential learning model, the course provides students with realistic emergency simulations that strengthen their decision-making and leadership skills in high-stress environments. Additionally, it emphasizes the social impact of spreading emergency response awareness, particularly in contexts where access to healthcare is limited—ultimately enhancing community-level life-saving capacity.

By combining scientific rigor with practical training and ethical awareness, Biruni University ensures that graduates of this course become competent, responsive, and compassionate healthcare professionals who contribute to the development of a sustainable and resilient healthcare ecosystem that prioritizes individual and public safety.



CBRN (Chemical, Biological, Radiological, and Nuclear Threats)



The CBRN (Chemical, Biological, Radiological, and Nuclear Threats) course represents a key component of Biruni University's innovative vision in crisis management and public health security, directly aligned with Sustainable Development Goal 3: Good Health and Well-Being.

The course aims to equip students with the scientific and ethical foundations of preparedness, protection, and response to chemical, biological, radiological, and nuclear incidents. Students gain both theoretical understanding and practical experience in risk analysis, personal protective equipment (PPE) use, decontamination procedures, and emergency response protocols, allowing them to comprehend the multidisciplinary nature of disaster-based health management.

The experiential learning model emphasizes not only the development of technical and operational competencies but also critical decision-making, coordination, and a sense of professional responsibility in safeguarding public health during crises. Students learn to act swiftly and effectively under high-pressure conditions while prioritizing ethical integrity and community safety.

Ultimately, CBRN fosters a sustainable awareness of health security at both individual and societal levels. Through this program, Biruni University continues to train well-prepared, ethically grounded, and socially responsible health professionals, strengthening global health resilience against potential CBRN threats.

Fundamental Principles and Practices in Clinical Settings

The Fundamental Principles and Practices in Clinical Settings course lies at the core of Biruni University's practice-oriented health education philosophy, offering a learning experience that aligns directly with Sustainable Development Goal 3: Good Health and Well-Being by promoting high-quality and ethical healthcare delivery.

The course aims to equip students with a deep understanding of patient safety, ethical responsibility, communication, hygiene, and multidisciplinary teamwork within clinical environments. Through real-life case scenarios, laboratory practices, and simulation-based exercises, students refine their professional competencies while developing holistic awareness in observation, decision-making, and patient-centered care.

The educational process bridges theory and practice, encouraging students to internalize professional conduct standards essential for functioning effectively in healthcare settings. Moreover, it cultivates empathy, accountability, and clinical precision—qualities vital for sustainable and trustworthy health service provision.

Ultimately, Fundamental Principles and Practices in Clinical Settings enables Biruni University to graduate health professionals who are not only technically proficient but also ethically conscious and human-centered, thereby enhancing public trust and well-being through a more compassionate and sustainable healthcare ecosystem.



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Ultimately, CBRN fosters a sustainable awareness of health security at both individual and societal levels. Through this program, Biruni University continues to train well-prepared, ethically grounded, and socially responsible health professionals, strengthening global health resilience against potential CBRN threats.

Nursing Education

The Nursing Education course is one of the core components of Biruni University's innovative, research-based, and human-centered educational vision, directly aligned with Sustainable Development Goal 3: Good Health and Well-Being.

The course aims to help students gain an in-depth understanding of teaching methods, learning theories, assessment strategies, and professional development processes in nursing education. Students learn to transform theoretical knowledge into practice by designing effective lesson plans, developing health education materials, and creating instructional techniques tailored to different learning styles.

Through experiential learning, the course enhances students' communication, leadership, and pedagogical skills, while fostering professional confidence for their future roles as nurse educators. It also emphasizes the continuous learning and knowledge-sharing nature of the nursing profession, encouraging students to become ethically grounded, lifelong learners capable of creating a positive societal impact.

In doing so, Biruni University nurtures healthcare professionals who are not only competent educators but also agents of change contributing to sustainable, equitable, and high-quality healthcare education.



Occupational Health and Safety



The Occupational Health and Safety course is a key component of Biruni University's human-centered educational philosophy, which focuses on improving both quality of life and working conditions. Closely aligned with Sustainable Development Goal 3: Good Health and Well-Being, the course directly contributes to building safe, healthy, and sustainable workplaces.

Students learn to analyze occupational risk factors, identify potential hazards, and develop preventive and protective strategies, fostering a professional mindset that prioritizes human safety in every aspect of working life. The curriculum integrates multidisciplinary topics such as industrial hygiene, ergonomics, stress management, psychosocial risks, and professional ethics, providing a comprehensive framework for health and safety management.

Through hands-on learning, students engage in simulations and case studies that allow them to develop safe behavior models and demonstrate leadership during crises. This process not only enhances their technical competencies but also strengthens their role as advocates for a culture of occupational health and public safety.

By offering this course, Biruni University continues to educate conscious professionals who view the protection of individuals and institutions as an inseparable part of sustainable development leading the way in creating a safety-oriented transformation within modern society.

Mental Health in Schools

The Mental Health in Schools course reflects Biruni University's holistic vision of health-oriented education and is directly aligned with Sustainable Development Goal 3: Good Health and Well-Being.

The course aims to equip students with the knowledge and skills to protect, promote, and support mental health within school environments through scientific, ethical, and community-based perspectives. Participants learn to identify the psychosocial factors affecting child and adolescent mental health, develop early intervention strategies, and strengthen a culture of healthy communication, empathy, and solidarity within the school ecosystem.

Through practical projects and experiential learning, students collaborate with teachers, families, and counseling units to design initiatives that enhance psychological well-being in schools. The course also emphasizes inclusive practices that support the participation of students with special needs, fostering equality and compassion in educational settings.

By integrating theory and practice, Mental Health in Schools not only prepares students to address individual well-being but also empowers them to contribute to the creation of mentally healthy and sustainable learning communities. In this way, Biruni University nurtures socially aware, ethically grounded professionals who view mental health as a foundation for both educational quality and social sustainability.



COMMUNITY LIFE - LONG LEARNING

Independent Midwifery Academy



Within the scope of the Independent Midwifery Academy training program, one of the key areas of modern midwifery practice— independent midwifery—was explored, with a particular focus on the concept of doula care discussed through contemporary perspectives. The training aimed to raise awareness among midwifery students and professional midwives about individualized prenatal, birth, and postnatal care, strengthening woman-centered care and promoting holistic support for maternal and infant health. Participants evaluated the ethical, legal, and cultural dimensions of independent midwifery models and examined examples of their integration into healthcare systems in both Turkey and worldwide. Throughout the program, the significance of emotional and psychosocial support during childbirth was emphasized, highlighting its direct connection with Sustainable Development Goal 3: Good Health and Well-Being. This initiative contributed to the development of innovative, empathetic, and evidence-based approaches in the field of midwifery, reinforcing Biruni University's vision of cultivating highly qualified professionals in health sciences.

Technology and Health Education

The Technology and Health Education event comprehensively addressed the transformative role of modern technologies in healthcare and their impact on individuals' quality of life. During the program, topics such as digital health applications, remote health monitoring systems, innovations in medical device technology, and data management in healthcare were examined along with their ethical and security dimensions. Participants discovered—through experiential learning—the potential of technology to enhance healthcare efficiency, expand early diagnosis opportunities, and strengthen personalized treatment approaches. The discussion also explored the effects of digital transformation on healthcare professionals' competencies and patient safety, emphasizing the importance of maintaining a balanced integration between technology and human-centered healthcare. Consistent with Sustainable Development Goal 3: Good Health and Well-Being, this comprehensive training recognized technological innovation as an ethical, accessible, and inclusive component of sustainable health systems, contributing significantly to Biruni University's mission of enhancing the quality of health education in the digital era.



Moniki Institute Collaboration Meeting



The international academic collaboration between Biruni University Faculty of Dentistry and the Moniki Institute represents a strategic initiative directly aligned with Sustainable Development Goal 3: Good Health and Well-Being. Between July 23–25, dental specialization students from the Moniki Institute participated in a clinical case seminar organized by the Department of Surgery at Biruni University, gaining valuable practical experience through hands-on clinical observations. The program went beyond professional knowledge exchange by fostering international awareness of patient safety, surgical ethics, and interdisciplinary clinical collaboration. At the conclusion of the meeting, both institutions initiated feasibility studies for short-term summer schools, online seminars, and joint scientific research, and agreed to establish an academic matching platform to promote sustainable knowledge sharing. This initiative exemplifies Biruni University's commitment to quality education, research-based learning, and socially beneficial healthcare services, strengthening global academic solidarity and contributing to equality and well-being in international health education.

Hygiene Education

The Hygiene Education program was organized as an important awareness initiative aligned with Sustainable Development Goal 3: Good Health and Well-Being, aiming to protect public health and improve quality of life. Conducted for students from disadvantaged regions, the training emphasized that personal and environmental hygiene are fundamental components of overall health. Participants learned practical skills such as proper handwashing techniques, surface and area cleaning, food hygiene principles, and methods of preventing infectious diseases. The program also highlighted the broader social and systemic impact of hygiene habits, encouraging participants to disseminate what they learned within their communities to foster community-based health awareness. Implemented through Biruni University's experiential learning model, the training strengthened students' theoretical knowledge while enabling them to take an active role in health promotion. Ultimately, this initiative created a sustainable social impact by contributing to long-term behavioral transformation in hygiene awareness.



Nutrition Education in the Workplace



The Nutrition Education in the Workplace program was designed under Sustainable Development Goal 3: Good Health and Well-Being to support employees' performance, mental well-being, and overall health. The training highlighted the importance of maintaining proper eating habits amid a busy work schedule and provided evidence-based information on energy balance, meal planning, healthy snack selection in office settings, and the role of nutrition in stress management. Recommendations were also shared to mitigate health risks associated with prolonged desk work, focusing on ergonomic and metabolic well-being. This program not only enhanced participants' individual awareness but also contributed to the development of a healthier workplace culture. Through Biruni University's experiential learning approach, it promoted the adoption of sustainable nutritional behaviors, creating lasting social impact in terms of both individual productivity and organizational well-being.

Developing Virtual Platforms and Assistive Technology in Occupational Therapy

The Developing Virtual Platforms and Assistive Technology in Occupational Therapy training program was conducted in alignment with Sustainable Development Goal 3: Good Health and Well-Being, with the aim of strengthening the integration of digital innovations in health and rehabilitation services. The course covered topics such as virtual reality applications, remote rehabilitation systems, assistive technology design, and user-centered digital solutions in occupational therapy. Participants gained hands-on experience in developing technological tools that support the independent living skills of individuals from diverse age and health groups. Beyond introducing technological advancements, the training also provided ethical and practical insights into preserving the human-centered nature of occupational therapy in digital environments. By the end of the program, participants had enhanced their capacity to design innovative digital solutions that improve the quality of life for individuals with special needs, positioning Biruni University as a pioneer in promoting digital transformation and sustainable accessibility in healthcare.



Nursing Week: Artificial Intelligence in Nursing “Contrast Panel”



The Artificial Intelligence in Nursing Applications program was organized within the framework of Sustainable Development Goal 3: Good Health and Well-Being, addressing the multifaceted effects of technological transformation on the nursing profession. The training explored how artificial intelligence technologies can enhance efficiency, safety, and decision support in patient care while critically evaluating potential risks related to ethics, privacy, and professional responsibility. Through case studies on clinical data analytics, AI-based early warning systems, and digital nursing applications, participants gained practical insight into how technology can transform the quality of nursing care. The program emphasized the view of technology not merely as a tool but as an innovative instrument that strengthens human-centered healthcare. In this way, Biruni University continues to contribute to the development of digital competence, ethical awareness, and sustainable care within the nursing profession.

Multidisciplinary Approach in Diving

The Multidisciplinary Approach in Diving training program was conducted in alignment with Sustainable Development Goal 3: Good Health and Well-Being, aiming to provide an interdisciplinary perspective on maintaining health, enhancing performance, and managing risks in underwater environments. The program addressed topics that integrate various fields of expertise, including diver physiology, pressure-related health issues, emergency response protocols, psychological resilience, and nutrition management. Through both theoretical and practical sessions, participants experienced the importance of teamwork in ensuring diving safety and optimizing health outcomes. The training also raised awareness about underwater rehabilitation and therapeutic diving for individuals with special needs, emphasizing that diving is not only a sport or profession but also a holistic field supporting health and well-being. This comprehensive program strengthened Biruni University's mission to educate qualified health professionals who combine scientific knowledge, technological innovation, and social sensitivity.



BIRUPSA Probiotic Webinar



The BIRUPSA Probiotic Webinar was organized in line with Sustainable Development Goal 3: Good Health and Well-Being, focusing on increasing nutrition-based health awareness in society through a scientific examination of probiotics and their effects on human health. The webinar featured expert academics presenting on current topics such as the gut microbiota, immune system, clinical use of probiotics, and the role of functional foods in health promotion. The event aimed to enhance both students' and the public's scientific understanding of probiotic use, helping to prevent misinformation and promote conscious consumption behaviors. Conducted within Biruni University's experiential and research-based learning framework, the program strengthened participants' ability to translate evidence-based health knowledge into social benefit, creating a lasting impact on both individual awareness and public health consciousness.

LifeSci 2Tech Meetings – Peaceful Aging in the Age of Technological Transformation

The LifeSci 2Tech Meetings – Peaceful Aging in the Age of Technological Transformation event served as an innovative platform aligned with Sustainable Development Goal 3: Good Health and Well-Being, focusing on integrating technology into health and care systems to enhance the quality of life for older adults. The program explored topics such as digital health solutions for aging populations, smart home systems, remote monitoring technologies, AI-based rehabilitation, and reducing social isolation through technology from an interdisciplinary perspective. Participants analyzed practical examples demonstrating how technology can support independence, safety, and psychosocial well-being in older adults. The event also emphasized the adaptation of accessible technologies—originally designed for individuals with special needs—to improve the daily lives of elderly individuals, reinforcing an inclusive healthcare approach. In doing so, the program advanced Biruni University’s vision of human-centered healthcare supported by technology, contributing to greater public awareness of sustainable, safe, and peaceful aging.



HPV Awareness Training



The HPV Awareness Training and Booth event was organized within the framework of Sustainable Development Goal 3: Good Health and Well-Being, aiming to increase scientific awareness of Human Papilloma Virus (HPV) and related diseases, while promoting early diagnosis and preventive health behaviors. Participants were informed about modes of HPV transmission, the importance of vaccination, the role of regular screening, and the life-saving impact of early detection. Interactive educational sessions were conducted to correct common misconceptions and disseminate accurate information. Through informational materials and counseling booths prepared by university students, the program sought to strengthen sexual health awareness, particularly among young individuals. The event also adopted an inclusive approach, ensuring access to information for individuals with special needs. In this way, Biruni University created a sustainable social impact by promoting scientifically grounded health communication, empowering individuals to make informed decisions, and contributing to the prevention of infectious diseases and the spread of a healthy lifestyle culture.

“Clinical Secrets” Case Workshop

The “Clinical Secrets” Case Workshop was held as an innovative educational activity aligned with Sustainable Development Goal 3: Good Health and Well-Being, designed to enhance clinical reasoning, problem-solving, and team-based decision-making skills among health sciences students. During the workshop, participants conducted hands-on analyses of real clinical cases focusing on diagnostic processes, disease management, ethical decision-making, and patient safety. This experience allowed students to apply theoretical knowledge in practice, recognize the value of multidisciplinary teamwork, and internalize a human-centered approach to healthcare. The event also encouraged sensitivity and inclusive care practices through clinical scenarios involving individuals with special needs. Reflecting Biruni University’s commitment to experiential and ethics-based clinical education, the “Clinical Secrets” workshop fostered both scientific competence and compassion, presenting a sustainable model for future healthcare professionals.



Biruni KANOPE Pertevniyal Health: Organ Donation and Journey into Medicine



The Biruni KANOPE Pertevniyal Health: Organ Donation and Journey into Medicine event served as a profound awareness platform encouraging young people to reflect on the value of life and the humanistic essence of medicine. The program emphasized that organ donation is not merely a medical procedure but a human act of giving life a second chance. Students learned about organ transplantation processes, ethical dimensions, and the social importance of the donation system from expert speakers. Organized through the collaboration between the Biruni University KANOPE Community and Pertevniyal Health Vocational High School, the event sought to increase health literacy and help young individuals grow into informed and responsible members of society, consistent with Sustainable Development Goal 3: Good Health and Well-Being. Moreover, by highlighting the right to life for individuals with special needs, the event promoted a culture of inclusivity in healthcare. Thus, Biruni University continues to advance its mission of raising ethically aware, socially engaged, and scientifically informed health professionals, contributing to a more equitable and compassionate health system.

USET “Suturing Workshop”

The USET Suturing Workshop was organized to enhance students' basic surgical skills and strengthen their competence in patient safety-oriented procedures. Within the workshop, participants were taught suturing techniques, wound care, and asepsis-antisepsis principles through hands-on demonstrations. Using simulation-based experiential learning, students had the opportunity to refine their manual dexterity and clinical precision. This event contributes to raising the standards of quality and safety in healthcare services, aligning directly with Sustainable Development Goal 3: Good Health and Well-Being. Moreover, it empowered students with professional confidence while fostering humane and ethical approaches in clinical decision-making.



Functional Neurology and Brain Health Panel



The Functional Neurology and Brain Health Panel was held as a scientific event adopting a holistic perspective on neurological functions, providing participants with up-to-date insights on brain health preservation and enhancement. Topics such as neuroplasticity, brain-body interaction, neurological impacts of stress, and functional rehabilitation methods were discussed through an interdisciplinary lens. Aimed at strengthening awareness of brain health and preventing neurological disorders, the panel contributed to improving mental and neurological well-being in line with Sustainable Development Goal 3: Good Health and Well-Being. The event also offered a high-quality learning environment that encouraged health sciences students to develop clinical reasoning and engage in evidence-based practices.

Diet and Nutrition Education

The Diet and Nutrition Education program was designed to teach participants the principles of balanced nutrition, the functions of nutrient groups, and their importance in establishing a healthy lifestyle. During the training, participants gained practical knowledge about macronutrient and micronutrient balance, the importance of water intake, ethical eating habits, and the role of diet in preventing chronic diseases. Focused on enhancing quality of life and preventing major public health issues such as obesity and malnutrition, the program contributed to strengthening nutrition awareness within the framework of Sustainable Development Goal 3: Good Health and Well-Being. With its scientific content, the training provided students with a comprehensive learning experience that fostered both professional competence and a culture of healthy living.



Rosacea Awareness Month Webinar



The Rosacea Awareness Month Webinar was organized to raise awareness of rosacea, a commonly overlooked skin condition, and to promote effective treatment approaches. During the webinar, dermatology experts shared updated scientific knowledge on causes, triggers, early diagnosis methods, and the impact of rosacea on quality of life. Participants were informed about proper skincare routines, nutrition, and stress management techniques that influence the condition. Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event aimed to enhance individuals' awareness of skin health and quality of life, while also contributing to health literacy. This initiative reinforced Biruni University's role as a leader in community-based health education and its commitment to promoting preventive healthcare awareness.

Online Talk with Pharmacist Esra Eroğlu Özkan

Organized by the Ethnobotany Society, the Online Talk with Pharmacist Esra Eroğlu Özkan featured Assoc. Prof. Dr. Esra Eroğlu, who delivered an in-depth discussion on the chemical foundations of consciousness. The session explored the effects of plant compounds on neurochemical processes, mind-body interactions, and the pharmacological mechanisms influencing consciousness. Participants gained new perspectives on nature-inspired modern therapies and consciousness research, bridging the disciplines of pharmacy and neuroscience. Conducted in alignment with Sustainable Development Goal 3: Good Health and Well-Being, the event promoted innovative scientific understanding that supports mental and biological health integrity, thereby reinforcing Biruni University's holistic health and scientific awareness vision.



Nutrition and Dietetics Graduate Seminars 2025



The Nutrition and Dietetics Graduate Seminars 2025 served as a significant academic platform that reinforced Biruni University's vision of advancing scientific research, public health, and sustainable nutrition. The event explored contemporary topics such as modern dietary models, clinical nutrition approaches, functional foods, microbiota research, and community-based nutrition policies through an interdisciplinary lens. Graduate students enhanced their competencies in research-based thinking, ethical evaluation, and innovative problem-solving through scientific presentations and discussion sessions. Closely aligned with Sustainable Development Goal 3: Good Health and Well-Being, these seminars provided an essential venue for promoting public health improvement, reducing nutritional inequalities, and strengthening lifelong health awareness. Through this initiative, Biruni University once again affirmed its role as a higher education institution that fosters scientific productivity, cultivates qualified human resources, and leads efforts toward sustainable development in the health sector.

Seminar on Multidisciplinary Approach to Athlete Health

The Seminar on Multidisciplinary Approach to Athlete Health was a significant scientific event organized by Biruni University, fully aligned with Sustainable Development Goal 3: Good Health and Well-Being. The seminar focused on comprehensive strategies for maintaining athlete health, enhancing performance, and preventing injuries, integrating perspectives from physiotherapy, nutrition, orthopedics, psychology, and sports medicine. Through scientific sessions and case discussions, participants evaluated the impact of multidisciplinary teamwork on athlete well-being and explored the role of emerging technologies and digital monitoring systems in rehabilitation. The event supported experiential learning for both students and health professionals, increasing awareness of athlete health at both academic and practical levels. This comprehensive seminar once again demonstrated Biruni University's commitment to educating qualified health professionals, promoting scientific inquiry, and enhancing public health awareness.



May 9th Gluten-Free Nutrition Seminar and Workshop



The May 9th Gluten-Free Nutrition Seminar and Workshop was organized by the Department of Nutrition and Dietetics at Biruni University to promote awareness of healthy eating habits in society. Conducted within the framework of Sustainable Development Goal 3: Good Health and Well-Being, the event explored the principles of gluten-free nutrition, as well as scientific approaches to celiac disease and gluten intolerance. Participants learned about the health impacts of gluten-free diets through expert presentations and gained hands-on experience by preparing gluten-free recipes in practical workshop sessions. Beyond raising nutritional awareness, the event contributed to the promotion of healthy lifestyle habits within the broader community. This seminar and workshop reaffirmed Biruni University's commitment to improving quality of life, strengthening nutrition education, and fostering a sustainable educational model that serves public health.

Blood Donation Training

The Blood Donation Training event, organized by the Biruni Young Red Crescent Society, featured a presentation by the Turkish Red Crescent team highlighting the social and personal significance of blood donation. The training emphasized the vital role of blood in human life, the safety of the donation process, and the impact of voluntary donations on the healthcare system. Participants were informed about the physical and psychological aspects of donating blood and the necessary precautions before and after donation. Conducted in alignment with Sustainable Development Goal 3: Good Health and Well-Being, this event stood out as a volunteer-driven public health awareness initiative, fostering students' social responsibility and civic engagement. The training clearly reflected Biruni University's vision of nurturing conscious, socially responsible, and community-oriented health professionals.



Experience Sharing Seminar with Dietitian Elif Nurşahin



The Experience Sharing Seminar with Dietitian Elif Nurşahin, organized by the Biruni Young Doctors of the Earth Society, provided students with insights into professional experiences, ethical responsibilities, and current field challenges in the field of nutrition and dietetics. Participants discussed the role of dietitians in improving public health, the impact of healthy eating habits on sustainable well-being, and the importance of raising nutrition awareness among disadvantaged groups. Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the event aimed to enhance future health professionals' vision while strengthening the quality of community-based health services. This seminar exemplified Biruni University's commitment to a sustainable health education model grounded in knowledge sharing, collaboration, and ethical values.

Every Wednesday a New Window: Dissoanalytic Psychohistory and the Traumatic Roots of Childhood

The event “Every Wednesday a New Window: Dissoanalytic Psychohistory and the Traumatic Roots of Childhood” bridged the disciplines of psychology and history, offering a new perspective on the complex relationship between individual memory and collective consciousness. Participants explored the lasting effects of childhood trauma on personality development, behavioral patterns, and social structures. The session emphasized the role of confronting the past in psychological healing and highlighted the importance of preventive approaches to mental health. Conducted within the framework of Sustainable Development Goal 3: Good Health and Well-Being, this seminar reinforced Biruni University’s innovative educational approach, providing students with a holistic understanding of human psychology, social interaction, and resilience.



Panel Discussion with Physicians: Plant-Based Nutrition and Lifestyle Medicine



The event “Panel Discussion with Physicians: Plant-Based Nutrition and Lifestyle Medicine” explored the intersection of modern preventive medicine and nutritional science. Participants evaluated the role of plant-based diets in preventing chronic diseases and enhancing quality of life through evidence-based discussions. The panel also examined lifestyle medicine’s contributions to developing healthier individuals, emphasizing environmental sustainability and ethical nutrition habits. In alignment with Sustainable Development Goal 3: Good Health and Well-Being, the event reflected Biruni University’s vision of equipping healthcare professionals not only with clinical expertise but also with a deep awareness of promoting a culture of healthy living across society.

Illuminating Perspectives in Developmental Assessment and Follow-Up

The event “Illuminating Perspectives in Developmental Assessment and Follow-Up” focused on current approaches to evaluating and monitoring child development from a multidimensional perspective. Expert speakers presented case examples demonstrating how early identification of neurodevelopmental processes affects lifelong health and learning potential. Discussions emphasized the importance of collaborative, holistic follow-up models involving families, healthcare professionals, and educators, highlighting the benefits of early support for developmental differences. Conducted in the context of Sustainable Development Goal 3: Good Health and Well-Being, the event strengthened Biruni University’s vision of contributing to public welfare through high-quality health education that protects and enhances individuals’ physical, cognitive, and emotional development.



Who Caries



Organized by BUDSA, the “Who Caries” event brought together students from the Faculty of Dentistry to share knowledge on the mechanisms of dental caries formation, preventive strategies, and modern treatment methods. The event emphasized the strong connection between oral health and overall systemic health, highlighting the importance of early diagnosis and preventive care. In alignment with Sustainable Development Goal 3: Good Health and Well-Being, this initiative reflected Biruni University’s hands-on, awareness-based educational philosophy, helping future dentists gain both scientific expertise and a strong sense of social responsibility.

Interns Ask: Do You Think This Is a Medical Error? — Case Discussions

The event “Interns Ask: Do You Think This Is a Medical Error? — Case Discussions” examined the concept of medical error from multiple perspectives, fostering dialogue on patient safety and ethical decision-making in clinical practice. Participants analyzed real case examples, developing their ability to assess clinical situations critically and ethically. The session highlighted the importance of communication, teamwork, and safety culture in healthcare. Conducted under Sustainable Development Goal 3: Good Health and Well-Being, the event strengthened Biruni University’s experiential learning approach, rooted in ethics, professional responsibility, and safe healthcare delivery.



Workshops for Dentistry Students: Soft Tissue Course, Orthodontic Diagnosis and Referral, and Implant Surgery Complications



These workshops reflected Biruni University's emphasis on applied, interdisciplinary dental education. Students gained comprehensive experience in soft tissue surgery techniques, orthodontic case assessment and referral protocols, and the management of complications in implant surgery. Supported by clinical simulations and case-based discussions, participants improved their technical proficiency, ethical awareness, and patient safety practices. These events, in line with Sustainable Development Goal 3: Good Health and Well-Being, enhanced dental students' clinical competence and contributed to the development of sustainable oral healthcare services that protect community health.

Speech and Language Therapy Case Presentations

The Speech and Language Therapy Case Presentations offered students an opportunity to strengthen their clinical observation and analytical skills through a practice-based learning experience. Participants examined cases involving individuals from various age groups with speech and language disorders, discussing assessment, therapy planning, and intervention within a scientific framework. This event helped future therapists enhance clinical reasoning, ethical awareness, and sensitivity to individual differences. Conducted in alignment with Sustainable Development Goal 3: Good Health and Well-Being, the presentations underscored the vital role of communication health in improving quality of life and encouraged a community-centered approach to therapy.



Ergonomics Training for Office Workers



The Ergonomics Training for Office Workers aimed to educate participants on the impact of posture, equipment use, and movement habits on overall health in the workplace. The program covered musculoskeletal disorder prevention, productivity enhancement, and body awareness during prolonged desk work through hands-on demonstrations. Participants learned practical ways to integrate ergonomic principles into daily routines, fostering healthier work habits. Connected to Sustainable Development Goal 3: Good Health and Well-Being, the training emphasized both physical and mental well-being at work and promoted inclusive ergonomic design to ensure accessibility for individuals with special needs.

AIDS Awareness Training

The AIDS Awareness Training program aimed to provide participants with accurate, science-based knowledge about HIV/AIDS transmission, prevention, and early diagnosis. The session sought to enhance public awareness, reduce social stigma, and encourage personal responsibility in disease management. Experts presented current treatment approaches and community-based support mechanisms to improve the quality of life for individuals living with HIV. Conducted under Sustainable Development Goal 3: Good Health and Well-Being, the training helped strengthen awareness of infectious disease prevention, particularly among young people, while also highlighting the importance of equality and inclusivity in access to healthcare for individuals with special needs.



Autism Early Intervention Conference – Azerbaijan



Representatives from Biruni University participated in the Autism Early Intervention Conference held in Azerbaijan, an international scientific event focused on early diagnosis, treatment, and educational approaches for individuals with Autism Spectrum Disorder (ASD). In alignment with Sustainable Development Goal 3: Good Health and Well-Being, the conference emphasized the importance of evidence-based early interventions that support children's neurodevelopmental progress.

Experts discussed topics such as the impact of early diagnosis on lifelong development, the empowerment of family support mechanisms, and the role of multidisciplinary teams in ASD intervention. Participants engaged with researchers from multiple countries, exchanging perspectives on educational, healthcare, and social inclusion models for individuals with autism.

This event reaffirmed Biruni University's role in promoting global knowledge exchange, scientific collaboration, and a community-centered approach to public health and education.

Autism Intervention Team Training Program – Iran

Biruni University participated in the “Autism Intervention Team Training Program” held in Iran, a comprehensive educational initiative designed to train professionals involved in early diagnosis, education, and rehabilitation for individuals with ASD. In accordance with Sustainable Development Goal 3: Good Health and Well-Being, the program aimed to enhance quality of life for individuals with autism and strengthen family support mechanisms.

The training emphasized multidisciplinary collaboration, involving psychologists, special education experts, speech-language pathologists, and physiotherapists in case-based, practical learning sessions. Participants gained hands-on experience in behavior management, communication skills development, and social adaptation strategies.

This program contributed to the international exchange of evidence-based intervention models and supported the training of competent professionals in the autism field. Biruni University’s participation highlighted its commitment to global collaboration in health and education and its dedication to sustainable social awareness in special needs care.



Fethiye District Directorate of National Education – Autism Awareness Program (Türkiye)



Representatives from Biruni University took part in the Autism Program organized by the Fethiye District Directorate of National Education, contributing to a significant initiative aimed at education, rehabilitation, and social inclusion for individuals with autism. The program aligned with Sustainable Development Goal 3: Good Health and Well-Being, emphasizing early intervention, family engagement, and inclusive education models.

Experts and healthcare professionals delivered presentations on current approaches to autism, early diagnosis, and multidisciplinary support systems, while participants engaged in sessions promoting evidence-based practices and community awareness.

Through this event, Biruni University reinforced its mission to promote social sensitivity, inclusive education, and sustainable health policies, contributing meaningfully to both local educational development and public health advancement.

Panel: “Common Misconceptions About Autism” (Türkiye)

Biruni University participated in the “Common Misconceptions About Autism” panel, designed to address widespread misunderstandings about Autism Spectrum Disorder through scientific evidence and public education. In alignment with Sustainable Development Goal 3: Good Health and Well-Being, the event aimed to correct misinformation and foster a fact-based understanding of autism within society.

Experts dispelled common myths—such as autism being a “temporary condition” or “family-related issue”—while highlighting the importance of early diagnosis, continuous education, and family involvement. Through interactive sessions, participants developed strategies for accurate public communication and reducing social prejudice.

This event strengthened Biruni University’s role as a scientifically grounded and socially conscious institution, promoting inclusive education and awareness within both the healthcare and educational systems.



Physical Activity Awareness Training – Biruni University



Biruni University organized the “Physical Activity Awareness Training” program to encourage healthy lifestyle habits and raise awareness about the benefits of regular physical activity. Conducted in the framework of Sustainable Development Goal 3: Good Health and Well-Being, the program explored the scientific effects of exercise on cardiovascular health, musculoskeletal endurance, mental well-being, and prevention of chronic diseases.

Participants received practical guidance on daily exercise planning, posture techniques, ergonomic movement habits, and strategies to counteract sedentary lifestyles. The training also promoted inclusive approaches that support the participation of individuals with special needs in physical activity, introducing safe and sustainable movement models for all.

This initiative reflected Biruni University’s commitment to promoting a culture of health and physical awareness, fostering long-term behavioral change and public engagement in sustainable wellness practices.

TÜBİTAK Science Talks – “Healthy Living” Event

Biruni University participated in the “Healthy Living” event organized within the scope of the TÜBİTAK Science Talks, contributing to the dissemination of science-based health awareness. Conducted in line with Sustainable Development Goal 3: Good Health and Well-Being, the event addressed key topics such as balanced nutrition, physical activity, stress management, and healthy lifestyle habits from a scientific perspective.

Throughout the program, Biruni University representatives engaged with students and participants to strengthen health literacy and promote the translation of scientific knowledge into public benefit. This participation reinforced the university’s commitment to public health initiatives and its collaborative approach with national programs aimed at promoting healthy lifestyles.



Functional Medicine and Nutrition Summit



Biruni University organized the “Physical Activity Awareness Training” program to encourage healthy lifestyle habits and raise awareness about the benefits of regular physical activity. Conducted in the framework of Sustainable Development Goal 3: Good Health and Well-Being, the program explored the scientific effects of exercise on cardiovascular health, musculoskeletal endurance, mental well-being, and prevention of chronic diseases.

Participants received practical guidance on daily exercise planning, posture techniques, ergonomic movement habits, and strategies to counteract sedentary lifestyles. The training also promoted inclusive approaches that support the participation of individuals with special needs in physical activity, introducing safe and sustainable movement models for all.

This initiative reflected Biruni University’s commitment to promoting a culture of health and physical awareness, fostering long-term behavioral change and public engagement in sustainable wellness practices.

Assisted Reproductive Technologies (ART) Basic Training Course

Faculty members from Biruni University attended the Assisted Reproductive Technologies (ART) Basic Training Course, an intensive program focused on the latest scientific and clinical approaches in reproductive health and infertility treatment.

The course covered detailed topics such as in vitro fertilization (IVF), embryo transfer, laboratory techniques, hormonal regulation, and ethical considerations. Participants enhanced their theoretical understanding while gaining practical laboratory experience, fostering multidisciplinary perspectives on reproductive biotechnologies.

Aligned with Sustainable Development Goal 3: Good Health and Well-Being, the program contributed to raising quality standards in reproductive health, promoting awareness in family planning, and strengthening ethical practices in treatment processes.

Biruni University's participation reaffirmed its commitment to training innovative, ethically responsible, and scientifically skilled healthcare professionals in the field of reproductive medicine.



“Our Differences in Health Sciences” Training Program



The “Our Differences in Health Sciences” training program, organized by Biruni University, was designed to strengthen the institution’s modern, student-centered, and sustainable approach to health sciences education. The program aimed to promote innovative teaching methods and share best practices in line with Sustainable Development Goal 3: Good Health and Well-Being, focusing on the development of a qualified healthcare workforce.

Participants explored essential topics such as experiential learning, clinical simulation, case-based teaching, digital education technologies, and assessment and evaluation methods. The training also emphasized pedagogical strategies supporting student success, ethics-based instruction, and the importance of interdisciplinary education models.

This comprehensive program strengthened Biruni University’s vision of quality education, scientific productivity, and innovation in learning processes. The initiative played a leading role in fostering a culture of excellence in health sciences education and contributed to the professional development of academic staff.

Healthy Living Vision and Activities at Biruni University

At Biruni University, our commitment to “Healthy Living and Well-Being” (SDG 3) is rooted in our mission to educate future physicians who will practice medicine with a holistic approach throughout their medical training and professional careers. Guided by our vision of being a leading university in the health sciences, we prioritize research and innovation to develop projects that advance public health. Improving community well-being is one of our fundamental priorities, and the institutional positioning of our university is built upon the ideal of ensuring a healthy life for every individual.

In addition to treating diseases, Biruni University places great emphasis on equipping healthy individuals with the knowledge and behaviors needed to maintain their well-being. In collaboration with our university hospital and local governments, we regularly conduct health screenings and awareness campaigns. Our medical interns actively participate in public health rotations, gaining experience in primary care delivery and graduating with the competencies needed to understand community health challenges and propose

effective solutions.

Within the scope of our collaboration with Avcılar Municipality, the project titled “Listen to Your Heart!” provided free cardiac screenings throughout September for citizens over the age of 40, raising awareness and supporting early diagnosis of potential cardiovascular diseases. Following the project, healthy individuals were encouraged to make regular check-ups a routine part of their lives.

During October, in observance of Breast Cancer Awareness Month, our university organized symposia on campus focusing on early diagnosis, screening programs, and risk factors, alongside preventive strategies for cancer. To reinforce the transformation of knowledge into action, we organized the event “Rowing for Breast Cancer Awareness,” in which breast cancer survivors, physicians, students, and volunteers participated to highlight the importance of early detection and the protective role of physical activity.

Healthy living and the maintenance of well-being depend on several key factors. Lifestyle,



Prof. Dr. Esra Kaytan Sağlam
Dean, Faculty of Medicine

particularly regular physical activity, plays a critical role and is strongly correlated with longevity. To support physical activity, our campus offers 886 m² of indoor sports facilities (fitness center, multi-purpose sports areas) and 840 m² of outdoor sports spaces for students' use. Through sports tournaments, yoga and exercise events, and walking clubs, we prioritize improving both the physical and mental health of our students and staff.

To emphasize this message and encourage students to adopt physical activity as a lifestyle, gym spaces, sports clubs, and activity areas have been established on campus. At the beginning of October, we hosted "Global Fitness Day," where various exercise models were introduced, and group activities such as competitions, dance, and yoga were carried out. The inseparable link between physical exercise and healthy living was highlighted in an engaging and impactful manner.

Our Faculty of Dentistry supports early diagnosis and preventive care by conducting free dental screenings in schools and nursing homes during Community Oral and Dental Health Week. Each year, our medical students raise community

awareness through social responsibility projects—for example, delivering interactive seminars at primary schools to educate children about the importance of childhood vaccinations. Through such community-based clinical practices and social responsibility initiatives, our university directly contributes to public health and sets an example for our students.

To educate the next generation of healthcare professionals, we implement a practical and simulation-based educational model. Within its accredited curriculum, our Faculty of Medicine offers clinical skills training through OSCE laboratories and simulated patients, providing a safe learning environment. From their first year, students gain practical experience through observation and clinical engagement at our university hospital. Equipped with modern medical technologies, Biruni University Faculty of Medicine Hospital provides world-class healthcare services while also offering students comprehensive field-training opportunities. In this way, we both educate qualified healthcare professionals and provide high-quality clinical services to the surrounding community. Our academic staff prioritizes evidence-based practice and innovative learning methods (e.g.,

problem-based learning, small-group work) to continuously enhance the quality of health education and care.

Recognizing that disease prevention relies not only on childhood immunizations but also on vaccines such as those for cervical cancer, we regularly conduct seminars and awareness-raising activities to encourage all students to receive necessary immunizations.

Our faculty further supports global health education by promoting international exchange programs and inviting expert international scholars, thereby enabling students to gain broader global perspectives.

The BİRUS Counseling and Psychological Guidance Unit, operating within the Directorate of Health, Culture, and Sports, provides both in-person and online counseling services with expert psychologists. The unit aims to support the emotional, social, and academic development of students and staff, offering accessible psychological services to all who need them. Through regular seminars, stress-management workshops, and personal development programs, we help students adapt

to university life and strengthen their well-being. Across campus, numerous initiatives promote healthy living habits. Under the leadership of the Nutrition and Dietetics Department of the Faculty of Health Sciences, awareness on healthy nutrition is fostered, and students are guided toward balanced and affordable dietary choices. These efforts aim to cultivate a sustained culture of healthy living within our university community.

The social responsibility activities organized by our faculties are also an integral part of our educational mission. Nursing and other health departments provide support to disadvantaged populations through public health education, screenings, free clinical service days, and volunteer projects. For example, health sciences students offer basic health education in rural areas, while dentistry students periodically provide free oral and dental screenings to individuals in need. Such initiatives cultivate a strong sense of community service in our students while deepening their professional experience.

In conclusion, as the Biruni University community, we remain sincerely committed to

the ideal of “healthy living at every age.” Every unit of our university—from our hospital and faculties to our student clubs and administrative departments—actively upholds and promotes a culture of health and well-being, both internally and within the community we serve. As the Dean of the Faculty of Medicine, our core objective is to translate the vision of SDG 3 into practice by ensuring that our graduates embrace not only the diagnosis and treatment of diseases but also the promotion of long, healthy living as a fundamental lifestyle.

In the period ahead, we will continue working with dedication to enhance the well-being of both our students and society through holistic academic initiatives, social-responsibility projects, and innovative educational practices that promote the sustainable foundations of long and healthy living—mind, body, and lifestyle.

Respectfully,

Prof. Dr. Esra Kaytan Sağlam
Dean, Faculty of Medicine

<https://www.birunihastanesi.com.tr/haberler-ve-etkinlikler/saglik-icin-ortak-adim-kalbinin-sesine-kulak-ver>

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Community Access to Sports and Wellbeing Facilities

At Biruni University, physical wellbeing is considered a cornerstone of holistic health.

The university not only promotes active living among its students and staff but also opens its extensive sports infrastructure to the local community -reinforcing its commitment to social inclusion, physical health, and quality of life.

Campus Sports Infrastructure

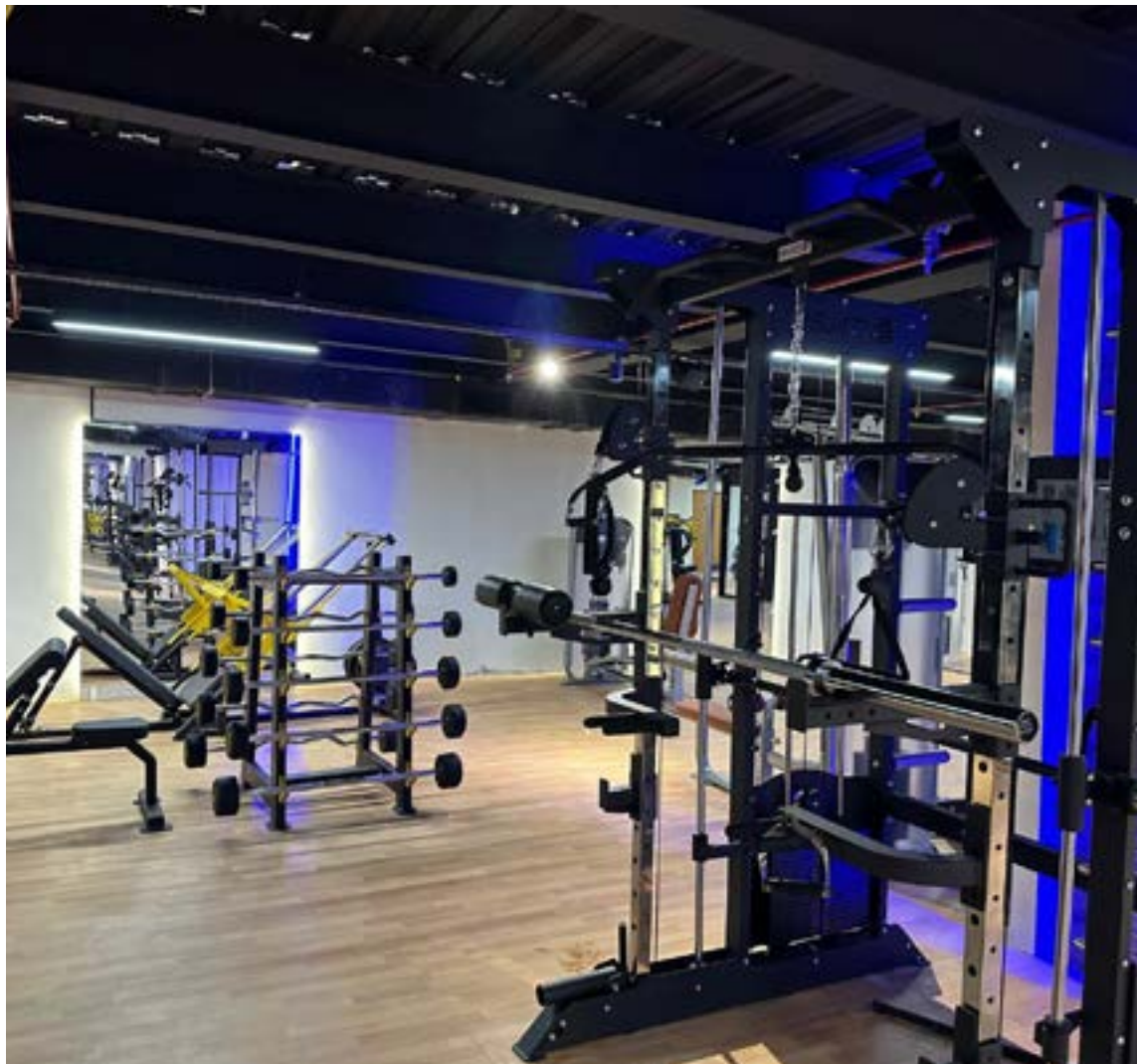
Biruni University's modern Indoor Sports Complex and open-air recreation areas are designed to support both academic and community use:

- Indoor Facilities:
 - A fully equipped multi-purpose sports hall used for basketball, volleyball, futsal, and fitness training.
 - A dedicated dance studio for rhythmic movement, aerobic exercise, and cultural performances.
 - A Pilates studio equipped with mats and reformers, frequently used for both student and community wellbeing programs.
- Outdoor Facilities:
 - Basketball and volleyball courts accessible to students, staff, and community members through scheduled open sessions.
 - Four table-tennis stations located in outdoor and semi-enclosed recreational areas for informal activity.
 - Landscaped walking paths and open recreation zones promoting outdoor movement and social interaction.

All facilities are managed under the Department of Health, Culture and Sports, ensuring safety, hygiene, and fair access for all users.



Shared Use with the Local Community



Biruni University maintains an open-access policy for its sports infrastructure, in coordination with municipal authorities, local schools, and community organizations.

- **School Partnerships:** Local high schools and secondary schools regularly use the indoor sports hall and outdoor courts for tournaments, physical-education classes, and interschool events.
- **Public Access Hours:** On weekends and evenings, sports areas are available to residents of the Zeytinburnu district, encouraging community engagement and active living.
- **University-Community Events:** The university hosts annual sports festivals, wellbeing weeks, and health campaigns (such as “Move for Health” and “Active Campus Day”), open to both Biruni members and the surrounding community.

These initiatives ensure that the campus remains a shared social space that promotes wellbeing beyond its student population.

Health and Wellness Integration

Sports and recreation activities are supported by the Faculty of Health Sciences and the Wellbeing Hub, linking physical activity with preventive health education.

- Regular fitness and posture screenings are conducted by physiotherapy students.
- Nutrition and exercise seminars are organized in parallel, promoting balanced, sustainable lifestyles for participants.
- The Psychology Department contributes mindfulness and stress-management workshops that complement physical health with mental wellbeing.



Impact and Reach

2.000+

external
participants

have accessed university sports facilities
through partnership programs and open
community sessions.

Annual

Wellbeing
Week

attracts hundreds of local attendees,
merging sports with health literacy.

30+

local
schools

have participated in shared-use events
and tournaments since 2023.

Strategic Commitment



Biruni University views its sports and recreation spaces not only as facilities but as community wellbeing hubs — where physical activity, mental health, and social inclusion intersect.

By sharing its resources with the public, the university contributes directly to health equity, community vitality, and the Sustainable Development Goals.

“Movement connects us — at Biruni, health is a shared experience.”

Sexual and Reproductive Health Services and Education

At Biruni University, sexual and reproductive health is viewed as an essential part of holistic wellbeing, equality, and human dignity.

The university provides accessible, confidential, and preventive health services that combine medical care, psychological counselling, and education — ensuring that every student can make informed, safe, and empowered decisions about their health.



On-Campus Health Services (Medical Center / Revir)



The Biruni University Medical Center offers free primary healthcare and reproductive-health counselling to all students and staff.

Services include:

- General health consultations and medical screenings.
- Free reproductive-health counselling covering menstrual health, family planning, and reproductive hygiene.
- Information on sexual health, contraception, and safe practices.
- STI prevention and awareness guidance, with confidential referrals when needed.
- Health education on emotional wellbeing, body awareness, and consent.

All consultations are delivered by qualified healthcare professionals in a confidential, stigma-free environment. Students are encouraged to seek support proactively, knowing their privacy and comfort are fully respected.

Access to Specialist Care through Biruni University Hospital

For clinical examinations or advanced diagnostics, students can access specialized reproductive and sexual healthcare services at Biruni University Hospital and Biruni Dental Hospital with up to 70% discounts.

This includes:

- Gynecological and urological check-ups.
- Fertility and hormonal consultations.
- Maternal and prenatal care.
- Preventive screenings (ultrasound, pap smear, bloodwork).

The connection between the Medical Center and Biruni Hospital network ensures continuity of care — students can move seamlessly from free on-campus guidance to discounted professional services when further medical evaluation is required.



Wellbeing Hub: Education, Counselling, and Empowerment



The Biruni University Wellbeing Hub is the institutional framework that integrates psychological care, emotional education, and preventive health literacy under one structure.

It operates as a multi-disciplinary collaboration between the Medical Center (Revir), Faculty of Psychology, Faculty of Health Sciences, Student Affairs, and the Equality & Inclusion Committee (EIC) — ensuring that every student, regardless of background, has access to a safe, confidential, and supportive environment for mental, emotional, and reproductive wellbeing.

Services & Accessibility

The Hub functions as the university's one-stop psychosocial service platform, connecting health, emotional wellbeing, and academic success.

Free and Confidential Counselling

- Individual sessions (solution-focused and cognitive-behavioral approaches).
- Crisis response and psychological first aid.
- Long-term referrals coordinated with Biruni University Hospital's psychiatric and medical units (with up to 70% discounted services for students, staff, and families).
- Confidential record-keeping under KVKK compliance and strict data-protection protocols.

Group and Preventive Programs

- Structured six-week groups on stress regulation, exam anxiety, emotional resilience, and grief management.
- Open psychoeducation sessions covering relationship wellbeing, sleep hygiene, and nutrition-mood connection.
- Weekly "Mindful Mondays" drop-in guided meditation and breathing practice sessions.

24/7 Accessibility System

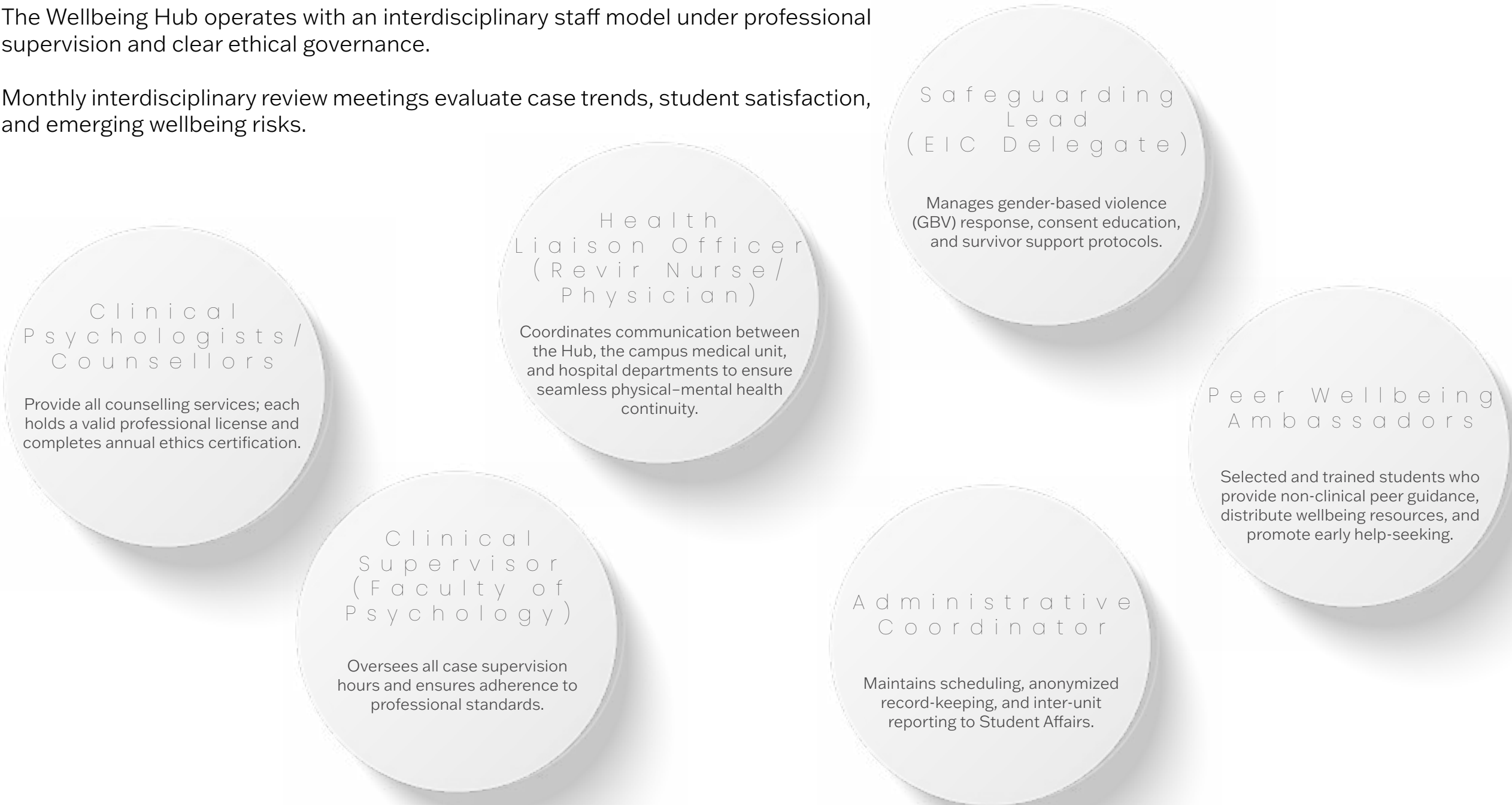
- Online appointment platform (integrated into the student portal).
- Same-day crisis hours and "urgent walk-in" slots.
- Extended service hours during exam periods.
- Anonymous feedback line and after-hours referral hotline to hospital emergency units.



Staffing and Clinical Governance

The Wellbeing Hub operates with an interdisciplinary staff model under professional supervision and clear ethical governance.

Monthly interdisciplinary review meetings evaluate case trends, student satisfaction, and emerging wellbeing risks.



Preventive and Educational Programs

Wellbeing Education Calendar — A structured annual schedule open to the entire campus community:



Protocols, Safeguarding, and Confidentiality



The Wellbeing Hub is structured around ethical transparency and student safety:

- Every case is handled under strict confidentiality; data shared only with explicit consent.
- KVKK data-protection training is mandatory for all staff.
- A Safeguarding Protocol defines immediate actions for harassment or trauma cases — survivor-led, non-judgmental, and confidential.
- Academic accommodation mechanism: in cases of verified distress, the Hub coordinates with Student Affairs to extend deadlines or reschedule exams.

The Equality & Inclusion Committee audits compliance and reviews anonymized annual reports.

Education and Curriculum Integration

The Hub extends beyond counselling — it embeds wellbeing education into 14 course modules across the university.

Each faculty integrates short, evidence-based segments on emotional regulation, communication, and mental resilience.



Curriculum-Linked Components



- Healthy Relationships & Consent: boundaries, communication, digital safety.
- Sexual and Reproductive Literacy: menstrual health, contraception, STIs, safe relationships.
- Stress and Performance: neuroscience of stress, emotion regulation, and cognitive reframing.
- Mental Health Awareness: stigma reduction, self-help tools, early signs of distress.

Academic Collaboration:

All content is developed jointly by the Wellbeing Hub, Faculty of Health Sciences, and the Curriculum Development Committee, ensuring scientific rigor and YÖK alignment.

Privacy, Ethics, and Gender Sensitivity

Biruni University guarantees a safe, inclusive, and confidential environment for all reproductive-health and wellbeing services.

All operations are monitored by the Equality and Inclusion Committee, ensuring compliance with the principles of:

- Confidentiality and data protection under KVKK.
- Gender equity and non-discrimination.
- Cultural and ethical sensitivity in all education and clinical practices.



Impact and Reach (2024)



Strategic Commitment



Biruni University stands for a future where health and knowledge empower one another.

Through its free on-campus medical counselling, discounted hospital services, and continuous education programs, the university ensures that every student — regardless of gender, background, or belief — can access the care and knowledge needed to live with confidence, dignity, and wellbeing.

Mental Health Support Systems at Biruni University

At Biruni University, mental health is considered a cornerstone of holistic education and student success.

The university provides an integrated, multi-tier system of free psychological counselling, wellbeing education, early intervention, and clinical referral, ensuring that every student can access timely, confidential, and professional mental health support — regardless of financial or social background.



Institutional Framework

Mental health services are organized under a three-layer system coordinated by the Wellbeing Hub, the Medical Center (Revir), and the Faculty of Psychology, operating in collaboration with the Equality & Inclusion Committee (EIC) and Student Affairs Directorate.

This coordinated system ensures a continuum of care — from early stress management to clinical treatment when necessary.



Free and Confidential Counselling Services



The Wellbeing Hub serves as the university's primary platform for mental health access:

- Individual Counselling: Short- to mid-term therapy for stress, anxiety, depression, trauma recovery, academic burnout, or adjustment difficulties.
- Group Therapy: Thematic programs on emotional regulation, grief, interpersonal relationships, and self-esteem.
- Crisis Intervention: Same-day appointments for emergencies, with 24/7 referral to hospital psychiatric units when clinical care is required.
- Confidentiality: All sessions are strictly confidential and compliant with Türkiye's Personal Data Protection Law (KVKK).
- Accessibility: Services available in Turkish and English, with tele-counselling for distance or mobility-challenged students.

All services are free of charge for students and staff.

Preventive and Psychoeducational Programs

Mental health support at Biruni is rooted in prevention and awareness, not only treatment.

The Wellbeing Education Calendar, developed with the

Faculty of Psychology, includes more than 70 annual sessions focused on early intervention and resilience-building.

Key Topics:

- Stress management and coping strategies.
- Anxiety and exam-performance regulation.
- Emotional intelligence, mindfulness, and self-compassion.
- Sleep hygiene, digital wellbeing, and balance.
- Coping with grief, trauma, and family conflict.

Signature Programs:



Health & Harmony Seminar Series



The Health & Harmony Seminar Series is Biruni University’s flagship interdisciplinary wellbeing program that bridges psychology, neuroscience, and health sciences to cultivate holistic awareness among students and staff.

It is designed and delivered jointly by the Wellbeing Hub, Faculty of Psychology, and the Faculty of Health Sciences.

Objectives:

- To enhance mental health literacy and normalize conversations around emotional wellbeing.
- To provide scientific understanding of the mind-body connection — how stress, sleep, nutrition, and emotional regulation interact.
- To offer practical, research-based tools for self-regulation and resilience.

Format and Frequency:

- Conducted monthly, with each session lasting 90–120 minutes.
- Delivered by faculty experts, clinicians, and invited researchers.
- Includes interactive Q&A, mindfulness exercises, and self-assessment activities.
- Average attendance: 150–200 participants per session, both in-person and streamed online.

Recent Topics (2024):

- “The Neurobiology of Stress and Focus”
- “The Science of Sleep and Academic Performance”
- “Emotions in the Body: Psychosomatic Awareness”
- “Compassion Fatigue in Helping Professions”
- “Mindfulness and Cognitive Flexibility in Modern Life”

Outputs And Impact

“Health & Harmony brings science and empathy into the same room - making wellbeing both measurable and meaningful.”



Exam Resilience Week

Exam Resilience Week is a university-wide initiative organized twice a year during midterm and final exam periods.

It aims to protect students' mental health under high-stress conditions, offering a structured framework of preventive care, quick-access counselling, and stress-regulation spaces.

Program Structure:

- Coordinated by the Wellbeing Hub, Student Affairs, and Revir.
- Runs for 7 consecutive days, covering both daytime and evening hours.
- Services include:
 - Drop-in Mini Counselling Clinics — 15-minute private sessions for anxiety or panic support.
 - Nutrition Corners providing free herbal teas, fruit, and water for hydration and blood-sugar balance.
 - Sleep & Study Hygiene Workshops — science-based talks on optimizing cognitive focus and rest cycles.
 - Peer Support Corners, staffed by trained Wellbeing Ambassadors for emotional check-ins.

Accessibility:

- All activities are free and walk-in friendly.
- Extended hours: 8:00 a.m.–10:00 p.m. for counselling; 24-hour online resources and meditation playlists.
- Revir staff and Hub counsellors collaborate to ensure any acute stress cases are addressed immediately.



Outputs And Impact

“During exams, wellbeing becomes the syllabus - resilience is the skill we teach.”



Peer Wellbeing Ambassadors Program (PWAP)



The Peer Wellbeing Ambassadors Program is Biruni University’s flagship student-led mental health initiative. It empowers students to act as bridge figures between their peers and professional services, helping to normalize help-seeking and foster a campus culture of empathy and care.

Structure:

- Managed by the Wellbeing Hub and Faculty of Psychology, in collaboration with the Equality & Inclusion Committee (EIC).
- Ambassadors are selected annually through an open application process emphasizing empathy, communication, and confidentiality.
- Each academic year, 25–30 ambassadors represent different faculties, dormitories, and clubs.

Training Curriculum:

- A 32-hour certification program delivered by psychologists and counsellors, covering:
- Activelistingandbasicpsychological first aid.
 - Recognizing early signs of distress, burnout, or crisis.

- Mental health stigma reduction and inclusive communication.
- Ethical boundaries, confidentiality, and referral protocols.
- Gender sensitivity and harassment-prevention awareness.

Roles and Activities:

- Conduct informal peer outreach in dormitories, cafeterias, and student clubs.
- Distribute wellbeing resources and promote events such as Health & Harmony or Exam Resilience Week.
- Identify students struggling with stress or isolation and refer them confidentially to the Wellbeing Hub.
- Organize peer-to-peer workshops and discussions (“Let’s Talk Mental Health”, “Managing Overthinking”).

Supervision & Support:

- Ambassadors receive monthly group supervision with Hub counsellors.
- Continuous evaluation of referral quality, outreach effectiveness, and ethical compliance.
- Recognition certificates and co-curricular credit awarded each semester.

Impact (2024)

“Biruni’s Peer Wellbeing Ambassadors make care visible — turning empathy into action and connection into healing.”



Strategic Integration

Together, these three signature programs form the core behavioural architecture of Biruni’s mental health and wellbeing ecosystem:

**Health &
Harmony**
Builds Literacy
and Awareness

**Exam
Resilience
Week**
Provides Preventive,
Time - Sensitive
Interventions

**Peer
Wellbeing
Ambassadors**
ensure consant,
student-centered
continuity and trust.

This triadic structure transforms wellbeing from an individual responsibility into a collective culture — rooted in science, solidarity, and compassion.

Early-Alert and Academic Integration Mechanisms

Mental health support is embedded in the academic process through preventive tracking and academic accommodation protocols.

●**Early-Alert System:**

Academic advisors and instructors can refer students showing signs of distress (e.g., absenteeism, academic decline, social withdrawal) to the Wellbeing Hub for proactive intervention — with full respect for confidentiality and consent.

●**Academic Accommodation Policy:**

Students facing psychological or emotional crises can apply for exam deferrals, flexible deadlines, or reduced course loads.

Each request is reviewed jointly by the Wellbeing Hub and Student Affairs to protect academic continuity without stigma.

●**Mental Health in the Curriculum:**

Elements of emotional regulation, resilience, and wellbeing are integrated into 78 course modules, ensuring that mental health literacy becomes part of learning outcomes for all health, psychology, and education students.



Collaboration with Biruni University Hospital



When specialized care is required, students are referred to Biruni University Hospital's Psychiatry and Psychology Clinics.

- Services include clinical assessment, psychotherapy, psychiatric medication management, and neuropsychological evaluation.
- Students, staff, and family members benefit from discounts of up to 70% through institutional agreements.
- Referral coordination ensures smooth transitions from campus-level counselling to hospital-based treatment.

The hospital's Department of Psychiatry also contributes to training sessions and clinical supervision for university counsellors.

Safeguarding, Ethics, and Crisis Management

Mental health support is embedded in the academic process through preventive tracking and academic accommodation protocols.

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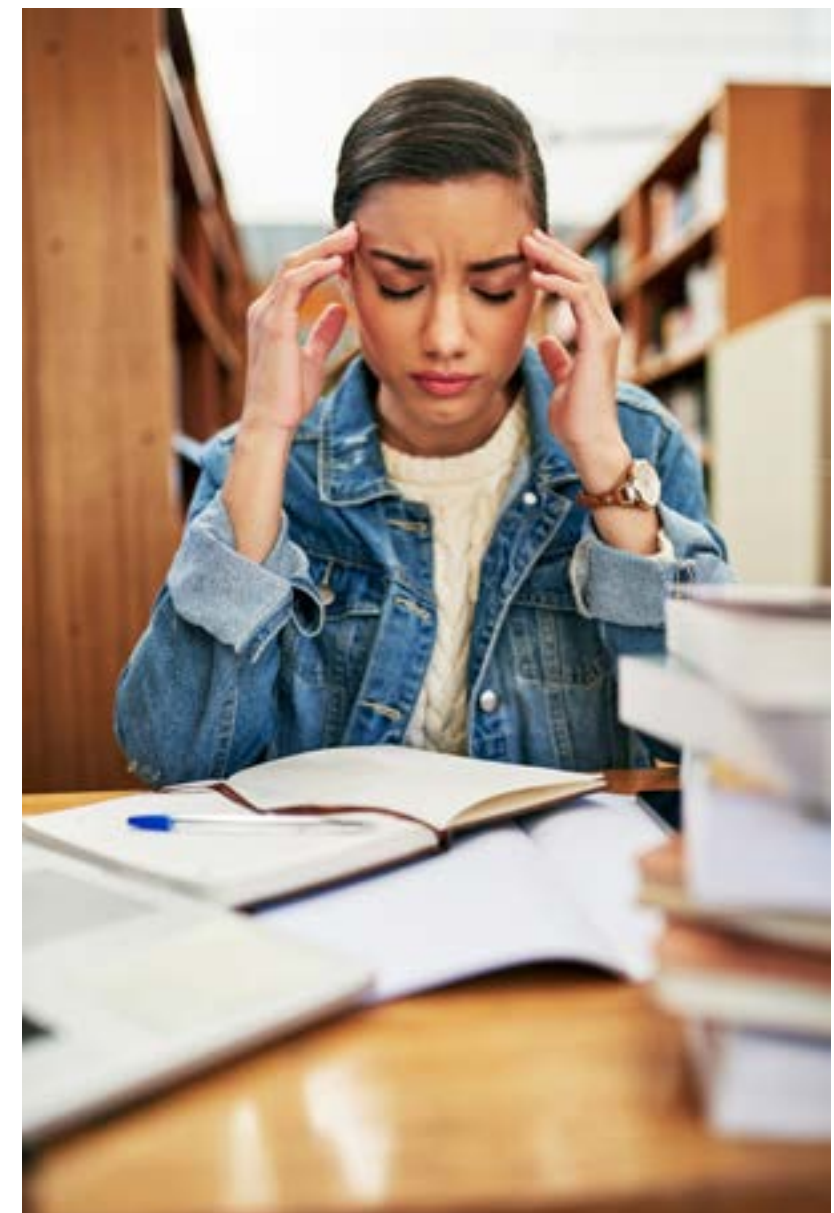
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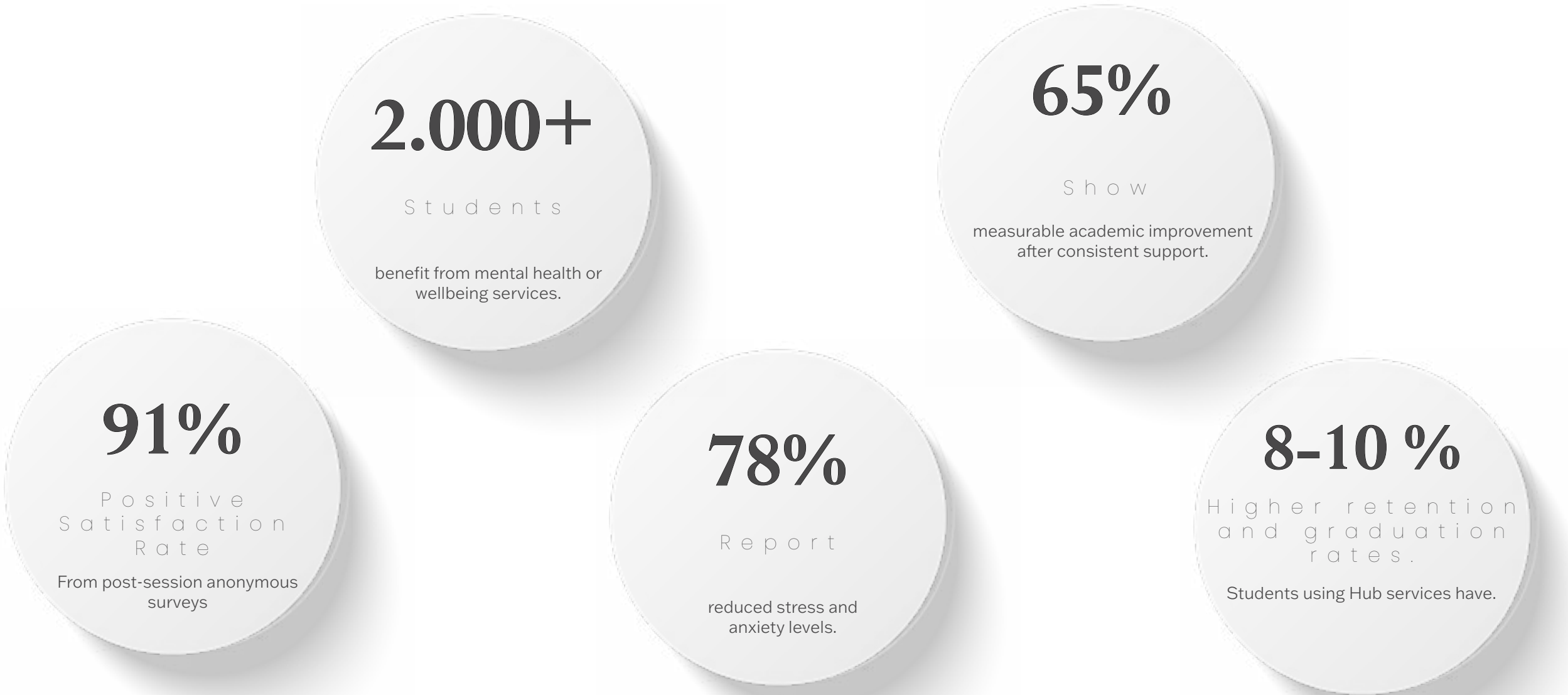


Infrastructure and Accessibility



- **Location:** Central position on campus, adjacent to Student Affairs.
- **Facilities:** Private counselling rooms, sound-proofed group spaces, mindfulness zone, and sensory-adjusted waiting areas.
- **Digital Services:** Secure online booking system, tele-counselling, digital wellbeing resources, and post-session feedback forms.
- **Inclusivity:** Gender-sensitive services; accessible facilities for students with disabilities; interpreter support on request.

Monitoring, Quality, and Impact



•Reporting: The Annual Wellbeing & Mental Health Report is submitted to the Rectorate and published as part of Biruni's Sustainability & SDG Dashboard, ensuring transparency and accountability.

Strategic Commitment

Biruni University's approach to mental health is proactive, data-informed, and compassionate. It transforms care from a reactive service into a core component of academic and personal growth - grounded in science, ethics, and human understanding.

“At Biruni, mental health is not a privilege - it is a right, a responsibility, and a foundation for learning.”



Mental Health Support for Staff at Biruni University

Institutional Approach & Service Framework



Biruni University recognises that staff wellbeing is fundamental to institutional excellence. The university provides a comprehensive mental health access system for all employees — academic, administrative, and technical — coordinated by the Wellbeing Hub, Medical Center (Revir), Human Resources (HR), and the Equality & Inclusion Committee (EIC).

- This structure operates through three interconnected tiers:
- Tier1** – Prevention & Awareness: Wellbeing workshops, stress-management sessions, and psychoeducation programs.
 - Tier 2** – Counselling & Support Services: Free and confidential psychological counselling through the Wellbeing Hub.
 - Tier 3** – Clinical Referral: Access to specialist mental-health services at Biruni University Hospital, offered with substantial staff discounts and guided clinical coordination.

Free and Confidential Counselling

All staff have free access to short-term, confidential counselling services through the Wellbeing Hub.

Sessions are available for stress, burnout, anxiety, interpersonal issues, grief, or professional fatigue.

- **Access & Booking:** Employees may self-refer via an online appointment system or by contacting HR directly.
- **Confidentiality:** Sessions are fully compliant with Türkiye's Personal Data Protection Law (KVKK); no information is shared with supervisors or HR without explicit consent.
- **Language Options:** Services offered in both Turkish and English; interpreters available for international staff.
- **Clinical Continuity:** When clinical care is required, the Hub coordinates warm referrals to the university hospital's psychiatry or psychology units, where staff and family members benefit from up to 70% discounts.



Preventive and Wellness Education for Staff



Biruni University promotes proactive wellbeing through structured training and awareness initiatives.

- **Workplace Resilience Workshops:** Regular sessions on stress regulation, mindfulness, emotional agility, and communication in teams.
- **Digital & Cognitive Hygiene Seminars:** Addressing the effects of screen fatigue, multitasking, and hybrid-work burnout.
- **Leadership & Compassion Training:** For academic and administrative leaders to foster psychologically safe teams.
- **Annual Wellness Week for Staff:** A dedicated event featuring mindfulness breaks, yoga and stretching classes, short counselling consultations, and reflective circles.

All programs are free of charge and scheduled during working hours to ensure maximum participation.

Work-Life Balance, Flexibility, and Occupational Health

The university integrates mental-health considerations into HR policies and daily management practices.

- Flexible Work Arrangements:** Staff may request modified schedules, hybrid work options, or short leave extensions for wellbeing reasons, reviewed collaboratively by HR and the Wellbeing Hub.

- Early-Warning & Wellbeing Integration:** HR and line managers are trained to recognise early signs of distress — absenteeism, disengagement, or emotional exhaustion — and initiate a wellbeing check-in instead of disciplinary action.

- Occupational Health Coordination:** The Revir provides on-site medical and mental-health screenings; staff may also receive doctor-psychologist joint evaluations when needed.



Infrastructure & Accessibility



•**Counselling Spaces:** Private rooms located in administrative buildings and the Wellbeing Hub; sound-insulated and ergonomically designed for comfort and privacy.

•**Quiet Zones:** Dedicated relaxation corners and silent rooms within staff lounges for short breaks and decompression.

•**Digital Access:** Secure tele-counselling sessions for staff working remotely or at partner hospitals.

•**Inclusive Design:** Services and physical spaces are accessible for staff with disabilities; visual or sensory accommodations available on request.

Monitoring & Impact

- Each year, approximately 15% of staff members participate in wellbeing activities or counselling.
- Post-session evaluations show 88% report reduced stress and improved emotional regulation.
- Staff who access the Hub demonstrate 7% fewer sick-leave days and higher retention rates, based on HR analytics.
- The Annual Staff Wellbeing Report, compiled by HR and the Wellbeing Hub, informs institutional planning and SDG 3 monitoring.



Strategic Commitment



Biruni University views staff mental health not as a support service but as a strategic pillar of institutional sustainability.

Through free access to counselling, preventive training, and flexible HR policies, the university ensures that every employee can thrive personally and professionally.

“At Biruni, care is not a benefit — it is our culture.”