

## Times Higher Education (THE): Good Health and Wellbeing (SDG-3)

### Questions

- 1- In 2022, what is the total number of graduates from your institution at each level (bachelor's, master's and doctoral level)?

**Response:** 3235

- 2- In 2022, what is the headcount of graduates in health professions at all levels (bachelor's, master's and doctoral level)?

**Response:** 1641

- 3- Does your university as an institution have existing collaborations with local, national or global health institutions to improve health and well-being outcomes?

**Response:** Turkey's Üsküdar University is the only participant in the G20- Neuroscience20 (BRAIN- SPINE- MENTAL- HEALTH) summit organized by the Society for Brain Mapping and Therapeutics (SBMT), which brings together the world's leading scientists in the field of neuroscience

(<https://uskudar.edu.tr/en/icerik/8553/uskudar-researchers-are-in-indonesia-g20n20-summit>)

There are local hospitals and institutions contracted by our "career center" department, which works on career planning, implementation and development of Üsküdar University students and graduates. This list of hospitals and institutions are listed at the URL address (<https://uskudar.edu.tr/en/career-center-university-and-hospital-cooperation> and <https://uskudar.edu.tr/en/career-center-contracted-companies>). In addition, there is a hospital-university cooperation with "NP-ISTANBUL Brain Hospital", which is affiliated to Üsküdar University and has the Joint Commission International accreditation.



Organization Accredited  
by Joint Commission International

- 4- Does your university as an institution offer outreach programs in the local community (which may include student volunteering programs) to improve or promote hygiene, nutrition, family planning, sports, exercise, good ageing and other health and well-being related issues?

**Response:** Our university works with scientists who have the notion of multidisciplinary work in many fields. Some of them are focused on basic science, while others focus on activities and scientific studies aimed at improving social health and welfare. In this context, our application and research centers and their activities in 2022 (URL for evidence: <https://uskudar.edu.tr/tr/uygulama-ve-arastirma-merkezleri-faaliyetleri>). We have "Working Groups" that diversify our academic activities and enable us to focus on different areas of expertise.

(URL for evidence: <https://uskudar.edu.tr/en/research-groups> )

Haydarpaşa Technical Anatolian High School parents were given a seminar titled "healthy nutrition" on 14.12.2021. In this context, training was given on how a healthy diet should be.

(URL for evidence: <https://uskudar.edu.tr/tr/icerik/7415/velilere-saglikli-beslenme-semineri-gerceklestirildi->)

The "Volunteering Projects" award ceremony was held by the Ministry of Youth and Sports within the scope of the Youth Projects Support Program (2020-1). "My Support is with You Everywhere Hospice Volunteers Project", a social responsibility project carried out by the Therapeutic Brain Mapping and Neurotechnology Association, was selected among the exemplary projects by the Ministry of Youth and Sports. (URL for evidence: <https://uskudar.edu.tr/tr/icerik/7783/destegim-seninle-her-yerde-darulaceze-gonulluler-projesi-genclik-ve-spor-bakanligi-tarafindan-ornek-proje-secildi>)

Uskudar University Senate published a "Global Well-Being Manifesto" for the aftermath of the pandemic.

(URL for evidence: <https://uskudar.edu.tr/en/icerik/6689/global-well-being-manifesto-for-the-post-pandemic>)

5- Does your university as an institution share its sports facilities with the local community, for example with local schools or the general public?

**Response:** Our university has signed lease agreements with various public institutions and organizations as well as as private enterprises in order to meet the need for open sports areas. The areas rented within the framework of the signed agreements are shared with the local community, local schools or the general public. Additionally, our fields are shared free of charge with different schools for preparation matches and other reasons.

6- Does your university as an institution provide students with access to sexual and reproductive health services, including information and education services?

**Response:** In this context, the 2nd Reproductive Health Exhibition (the first one was held in 2021) was opened in 2022 by Üsküdar University Faculty of Health Sciences, Counselling and training services were also provided at the exhibition with contributions from the Family Health and Planning Foundation of Turkey.

(URL for evidence: <https://uskudar.edu.tr/tr/icerik/8637/2-ureme-sagligi-sergisi-acildi>)

An AIDS awareness conference was organized with the contribution of Üsküdar University Faculty of Health Sciences

(URL for evidence:<https://uskudar.edu.tr/tr/icerik/8646/aids-farkindaligi-konusuldu>)

Trainer Training on Evidence Collection and Evidence Security in Sexual Assault, jointly conducted by Üsküdar University Institute of Addiction and Forensic Sciences and the Ministry of Health, was held.

(URL for evidence:<https://uskudar.edu.tr/tr/icerik/12512/cinsel-saldirida-delil-toplama-ve-delil-guvenligi-egitici-egitimi-duzenlendi> )

In addition, within the scope of Üsküdar University Family Application and Research Center (AİLEMER) activities, the external events held in 2022.

7- Does your university as an institution provide access to mental health support for students and staff?

**Response:** The aim of the Psychological Counselling Service is to support students in their personal, social and academic development, to facilitate their adjustment to university and residential life, and to provide them with the necessary skills to deal with any problems that may arise. Students who refer to the Psychological Counselling Service can receive free individual counselling and therapy services according to their needs and requirements. Students who wish to use the services of NP GRUP Psychiatry at a discounted rate must make an appointment with our Psychological Counselling Unit at Üsküdar University. If our expert psychologists deem the referral process appropriate after a preliminary interview, our students can benefit from the discounts provided. Discounts are also available for university staff who wish to use the services of NP GRUP Psychiatry. Information on this can be found in the Student Handbook (p. 26) and on the website of Üsküdar University, Health, Culture and Sports Department (CSD) under the tab "Psychological Counselling Unit".

(URL for evidence: <https://sks.uskudar.edu.tr/psikolojik-danismanlik-birimi> and, <https://uskudar.edu.tr/assets/uploads/sayfa/154/file/ogrenci-el-kitabi.pdf> (p. 26)

In addition, the book titled "The Science of Happiness, Positive Psychology Practices for Young People" was published by Üsküdar University Publications with the support of Üsküdar University Founding Rector Psychiatrist Prof. Dr. Nevzat Tarhan and Üsküdar University academicians.

(URL for evidence: <https://uskudar.edu.tr/en/icerik/8775/science-of-happiness-supplementary-textbook-hit-the-shelves->)

PSIKOHAYAT magazine, which provides access to all kinds of information about psychiatry and aims to share the topics, innovations and important developments discussed in congresses with its readers, is published quarterly as a free publication of the foundation. The magazine, which is published free of charge within the scope of social responsibility by the Human Values and Mental Health Foundation affiliated to Üsküdar University, is sent to the libraries and guidance counselors of all public and private schools all over Turkey, with postage paid by the foundation. It continues to be sent free of charge to the governorships, district governorships and the guidance and counseling offices of mufti offices.

(URL for evidence: <https://uskudar.edu.tr/tr/sureli-yayinlar/5/psikohayat>)

8- Does your university have a "smoke-free" policy as an institution?

**Response:** 10.03.2022 dated 2022-09 numbered "Üsküdar University directive on smoke-free campus practices", which entered into force with the Senate decision dated 10.03.2022 and numbered 2022-09, and the articles regarding the principles of implementation were published.

(URL for evidence: <https://uskudar.edu.tr/assets/uploads/sayfa/18/file/dumansiz-kampus-uygulamasi-yonergesi.pdf> )

Within the scope of the project carried out with the aim of a Smoke-Free University, World Health Organization Administrator and Green Crescent Scientific Board member Prof. Dr. Toker Ergüder gave a seminar titled "Prevention, Control and Treatment of Tobacco and Tobacco Product Use World Health Organization Practices" to the students of the Faculty of Medicine and Faculty of Health Sciences and started trainings for a "smoke-free campus".

(URL for evidence: <https://uskudar.edu.tr/en/icerik/7602/uskudar-university-ranked-among-smoke-free-universities> and, <https://uskudar.edu.tr/tr/icerik/7829/dumansiz-kampus-icin-egitimler-basladi> and, <https://uskudar.edu.tr/tr/icerik/8439/her-sey-dumansiz-kampus-icin->)

9- What is the effective date of this policy?

**Response:** 2022

10- What is the date of revision of this policy?

**Response:** The regulation that has entered into force has not yet been revised.