

UNI HEALTH announces training:

“Health, Wellness, and Sport”

Trakia University – Stara Zagora is pleased to announce a UNI HEALTH project training focused on the theme of Health, Wellness, and Sport. This innovative program will run from July 9th to July 14th, combining online and in-person sessions to provide a rich and engaging learning experience.

Dates: July 9th- July 14th

Location: COMU, Çanakkale, Türkiye

In-person sessions with detailed travel information provided upon registration.

Main Thematic Area: Health, Wellness, and Sport

The topic of Health, Wellness, and Sport is particularly important for students due to several reasons that impact their overall wellbeing, academic performance, and personal development.

Here are some key points highlighting why this topic is crucial:

1. Physical Health Benefits

Improved Physical Fitness: Regular physical activity helps maintain a healthy weight, builds muscle strength, and improves cardiovascular health.

Reduced Risk of Chronic Diseases: Engaging in regular exercise can lower the risk of developing chronic conditions such as obesity, diabetes, and heart disease later in life.

2. Mental Health Benefits

Stress Reduction: Exercise has been proven to reduce stress levels and alleviate symptoms of anxiety and depression.

Enhanced Cognitive Function: Physical activity stimulates brain function, improving memory, concentration, and overall cognitive abilities.

Better Sleep Quality: Regular exercise contributes to better sleep patterns, which are essential for optimal mental and physical recovery.

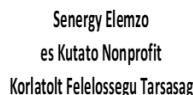
3. Social Benefits

Teamwork and Collaboration: Participation in team sports teaches students the importance of teamwork, communication, and collaboration—skills that are highly valued in both academic and professional settings.

Social Integration: Sports and group fitness activities provide opportunities for students to build friendships and social connections, fostering a sense of belonging and community.

4. Academic Performance

Increased Focus and Concentration: Regular physical activity can improve attention span and focus, leading to better academic performance.



Time Management Skills: Balancing academic responsibilities with sports or wellness activities helps students develop effective time management skills.

5. Lifestyle Habits

Healthy Eating Habits: Understanding the importance of nutrition and maintaining a balanced diet is crucial for long-term health.

Sustainable Practices: Learning about sustainable practices in fitness and wellness encourages environmentally conscious behavior.

6. Personal Development

Self-Discipline and Resilience: Participating in sports and wellness activities cultivates discipline, perseverance, and resilience—qualities that are invaluable in overcoming challenges.

Goal Setting: Setting and achieving fitness goals helps students understand the value of setting and working towards personal and academic goals.

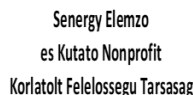
7. Holistic Wellbeing

Mind-Body Connection: Recognizing the interconnectedness of physical, mental, and emotional health promotes a holistic approach to wellbeing.

Long-Term Health Awareness: Early adoption of healthy habits sets the foundation for a lifetime of wellness and longevity.

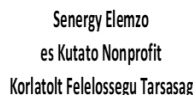
By focusing on health, wellness, and sport, students not only enhance their immediate quality of life but also lay the groundwork for a healthier, happier, and more successful future. This integrated approach ensures that students are equipped with the knowledge and skills needed to thrive in all aspects of their lives.

Join us for this enriching experience and delve deep into the world of health, wellness, and sport. Network with peers, learn from experts, and enhance your understanding of these critical areas. Don't miss out on this opportunity!



Programme

Date	Lectures/ Seminars
9 th July, 2025	<p>13:00 – 13:30 Welcome and logistic information</p> <p>13:30 – 14:30 Traditional seeds and obesity: The health benefits of natural nutrition <i>Dr. Kemal Celik, COMU</i></p> <p>14:30 – 16:30 Seminar: Move more, stress less and the role of active tourism in healthy lifestyle <i>Tunde Kis Simon, Sinergy</i></p> <p>Seminar: The mind and body connection <i>Mila Lazic, Osvezenjie</i></p> <p>16:30 – 17:00 Q&A session</p> <p>17:00 Wrap-up and discussion</p>
10 th July, 2025	<p>10:00 – 11:00 The impact of sleep on mental health and cognitive abilities <i>Dr. Mergul Kulakhmetova, PPU; Dr. Nurbolat Alpusbay, PPU</i></p> <p>11:00 – 12:00 The impact of smartphone use on brain function and learning efficiency <i>Dr. Nurbolat Alpusbay, PPU; Dr. Mergul Kulakhmetova, PPU</i></p> <p>12:00 – 12:30 Q&A session</p> <p>14:00 – 16:30 Academic burnout: diagnosis, prevention, intervention Mental health and self-care in higher education: The concept of academic burnout <i>Dr. Yavor Georgiev, TrU</i></p> <p>16:30 – 17:00 Q&A session</p> <p>17:00 Wrap-up and discussion</p>
11 th July, 2025	<p>10:00 – 11:00 The basics of a healthy lifestyle <i>Dr. Gabor Pinter, Sinergy</i></p> <p>11:00 – 12:00 Smart and health eating on a student budget <i>Dr. Tunde Kis Simon, Sinergy</i></p> <p>12:00 – 12:30 Q&A session</p> <p>14:00 – 16:30 Seminar: Integration of wellness gymnastics, fitness, and balanced nutrition into the student healthy lifestyle system <i>Dr. Angela Polevaia-Secăreanu, Dr. Oxana Curteva, COMRAT</i></p> <p>Seminar: Why sports matter? <i>Marko Cenic, Osvezenjie</i></p> <p>16:30 – 17:00 Q&A session</p> <p>17:00 Wrap-up and discussion</p>



12 th July, 2025	<p>10:00 – 11:00 Effects of a training program in physiotherapy students at the University North <i>Dr. Neven Gladović, UN</i></p> <p>11:00 – 12:00 Physical activity and health of students at the University North <i>Martina Mak, mag.oec., UN</i></p> <p>12:00 – 12:30 Q&A session</p> <p>14:00 – 16:30 Hydration, mineral waters, and nutrition: foundation for recovery, mental clarity, and vitality in the academic environment <i>Dr. Petya Hristova, TrU</i> The sport, health and wellness <i>Dr. Georgi Kalaydzhiev, TrU</i></p> <p>16:30 – 17:00 Q&A session</p> <p>17:00 Wrap-up and discussion</p>
13 th July, 2025	<p>10:00 – 11:00 Proper nutrition based on the food pyramid, balanced menus and metabolic plate <i>Dr. Oxana Curteva, COMRAT</i></p> <p>11:00 – 12:00 Gymnastics and fitness programs for students with special health needs <i>Dr. Angela Polevaia-Secăreanu, COMRAT</i></p> <p>12:00 – 12:30 Q&A session</p> <p>14:00 – 16:30 Seminar: Beyond the limits: sport, disability and the paralympic journey of Chiara Vellucci <i>Chiara Vellucci, LIBERTAS</i> Sport training as a tool to boost the socialization of people and children with disabilities <i>Simone Perrone, LIBERTAS</i></p> <p>16:30 – 17:00 Q&A session</p> <p>17:00 Wrap-up and discussion</p>
14 th July, 2025	<p>10:00 – 11:00 Mission healthier lives through food: best practices from the European institute of innovation and technology's knowledge and innovation communities <i>Dr. Rosen Dimov, Phasegrowth</i></p> <p>11:00 – 11:30 Q&A session</p> <p>12:00 – 12:30 Wrap-up and closing remarks</p>