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## 8 MARCH INTERNATIONAL WOMEN'S DAY

Assist Prof. Dr. Abdullah Yüksel BARUT

Today, 8 March is celebrated as "International Women's Day" in the majority of the world. In fact, for women, March 8 is an endless fight that grows with defeats in order to achieve equality, rights and to become a free individual. In an environment where the woman is ignored, 8 March, which is of great importance, should be celebrated more effectively. March 8 is a fight to be equal in an environment where the strong crush the weak and become stronger by exploiting the labor, dreams, and future of women.

*continued on the next page.*



## GLASS CEILING: TRANSPARENT BUT REAL

SPECIAL FOR INTERNATIONAL WOMEN'S DAY



"Great ideas have no gender, race, ethnicity, or age.

The proportion of women participating in the workforce has increased significantly in recent years, however, women are still underrepresented worldwide, particularly for senior management positions. This situation is known as the glass ceiling effect and is expressed as a very thin and transparent but real obstacle that prevents qualified women from advancing to senior management positions. Work-family conflict is a major obstacle to women's efforts to rise to senior management positions. Women are subjected to pressures and compromises by themselves and the society over the time they need to devote to their work and family. With these concessions, as the time spent by women in the workplace becomes shorter, working subject to low wages, interruption of social rights and as a result of all of these, the halting of career progression negatively affects the place of women in the business world.



Women are constantly concerned that they will not be taken seriously, heard or move up the career ladder unless they suppress their gender and exhibit masculine behavior. For this reason, they make behavioral mistakes, thinking that they need to act in a masculine way in order to be accepted as good managers. Most studies on glass ceilings state that organizational culture is the primary obstacle to women's career development. The masculine organizational culture prevents women from advancing to higher positions. Mentor support has an important place in overcoming obstacles that women managers encounter in their career development. In addition, women who can get support from their relatives to cope with difficulties in their career journeys are better motivated to achieve success in their current careers.

Cultural prejudices that perceive women as suitable for certain roles are deeply rooted in society. The first of these cultural prejudices is that men are leaders and women are followers who support them at work. Another is that women are deemed worthy for care services, housekeeping, secretary, etc. professions. Such stereotypes have impressed indelible marks on people's mentality. In addition to the fact that women have higher academic qualifications than men on average, women's abilities and behaviors, socialization skills and attitudes do not in any way make women inadequate to take leadership positions.

[Click here for the details of the news.](#)

Assist. Prof. Dr. Gülay TAMER

Res. Asst. Semanur OKTAY

Res. Asst. Gözde TETİK

## WHAT IS SUSTAINABLE NUTRITION? WHAT ARE THE DUTIES FOR DIETICIANS?

**Assist. Prof. Dr. Ayşe Huri ÖZKARABULUT**

Sustainable healthy diets are accessible, affordable, reliable, equitable, and culturally acceptable nutritional patterns that improve the health and well-being of the individual in all aspects, have low environmental pressure and impact. It has goals such as contributing to the prevention of malnutrition, reducing the risk of non-communicable diseases (NCDs) due to nutrition, and supporting the protection of biodiversity and the planet by improving the mental, social and physical well-being and functionality of all people in all lives of today and in the future by ensuring that all individuals grow and develop at the most appropriate level. One of the ways to eliminate this threat is to change the food preferences of individuals.



### SUSTAINABLE NUTRITION PRINCIPLES

- Eat adequate and balanced diet.
- Prefer plant-based protein sources instead of animal-based proteins (eggs, meat, milk).
- Aim to consume at least 5 portions of fruit and vegetables a day.
- Increase your intake of legumes, whole grains, and oilseeds such as hazelnuts, walnuts or almonds.
- Prefer fish that are hunted with sustainable fishing (caught in season).
- Consume fruits and vegetables in their season.
- Aim to be at your ideal weight for a healthy life.
- Get sustainable eating habits.

### To Gain Sustainable Nutrition Habits;

- Think that you are doing something for your own health, for your life.
- Adjust your meals to live, not to eat.
- There is nothing prohibited in the diet, what is important is how much and how often it is consumed.
- Try to keep a nutrition diary, it is the most effective method for daily food tracking.
- Try to consume local foods and shop from local producers. Store the food you buy in the right conditions.
- Don't waste any food. Evaluate the juices or parts of food such as stems and leaves.
- Reduce the use of packaging, plastic bags, and choose recyclable products that can be used repeatedly and do not harm the environment.

Sustainable nutrition should be nutritious as well as safe, healthy and have a low environmental impact. This diet is economical, accessible to everyone, culturally acceptable, fair, contributing to food security and is a lifestyle that is essential for the survival of generations. Changing diets have begun to cause the consumption of much more than the amount of protein we need. As of 2009, the limit of 56 grams of protein required by a healthy adult has been exceeded and the world average has reached 68 grams. According to the World Resources Institute (WRI) 2016 report "Changing the Diet for a Sustainable Food Future"; Small changes in consumers' nutritional choices can have major effects, such as reduction of environmental problems and use of agricultural resources.

### WHAT DIETITIANS CAN DO FOR SUSTAINABLE NUTRITION?

- All professional groups and especially dietitians should understand and explain this definition and research that will raise awareness. Dietitians among healthcare professionals should further develop their knowledge, attitudes, and approaches regarding sustainable diets and inform the public about how to eat a more balanced diet. It should give information about what to consume. Generating more food to meet energy and nutritional needs is not a real solution. Studies aimed at improving the quality of foods and improving nutritional habits are more beneficial in this regard.
- In 2010, the Mediterranean diet was accepted as an example of sustainable nutrition. In particular, we can limit the consumption of red meat. Dietitians should be more active, reinforce their skills and advocate for sustainability. In the Nutrition and Dietetics Departments of universities, sustainable nutrition, sustainable health and sustainable environmental approaches should be included in the curriculum.

As a result, the concept of sustainability is very important for more efficient use of the world's resources and to leave a better world to future generations.

**[Click here for the details of the news.](#)**



# OBESITY AND MENTAL HEALTH

**Assist. Prof. Dr. M. Oğuzhan KILINÇEL**

Although obesity and overweight cause many physical illnesses, they are also associated with serious psychiatric disorders.

After the reports about the increased risk of obesity in individuals in the mid-1940s, a lot of research has been started in this area. These studies have been shown that there is a two-way relationship between obesity and mental health. It has been found that individuals with mental disorders have an almost threefold increased risk of obesity and individuals with obesity have an increased risk of mental disorders. Obesity is associated with the drugs which used in the treatment of depression, mood disorders such as bipolar, anxiety, personality disorders, attention deficit hyperactivity disorder (ADHD), binge eating disorder, trauma, schizophrenia and mental disorders.

In addition to, psychological problems such as depression, emotional and behavioral disorders, low self-esteem, motivational disorders, eating disorders, impaired body image and low quality of life occur due to obesity (3).

It is assumed that there are some variables that can affect the relationship between obesity and self-esteem. Studies have shown that for self-esteem, only weight is moderately related and social factors related to weight is more effective. As social factors, such as the criticism of the people around him/her about weight or the belief that weight gaining is out of control, play a role. Especially children are very sensitive to stigmatization and social pressures. There is a two-way and complex relationship between obesity and mental disorders. Although the mechanisms of many of these relationships are tried to be explained in the literature, there are still unclear and unexplained points.

In order to reduce the illness burden on individuals with obesity, it is important to support from mental health protectors, the fight against stigma and other health units.

[Click here for the details of the news.](#)

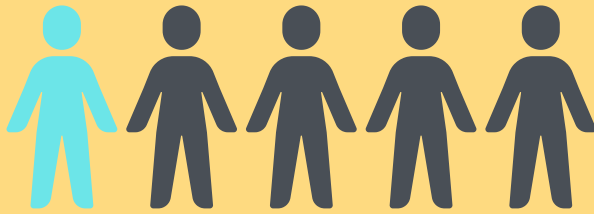
*In order to reduce the illness burden on individuals with obesity, it is important to support from mental health protectors, the fight against stigma and other health units.*

**"The childhood obesity is increasing every day as an important public health problem."**

Assist. Prof. Dr Nurten ELKİN



Today, obesity ranks second after smoking among preventable deaths. The World Health Organization points out obesity are one of the important public health problems. The prevalence of childhood obesity is increasing day by day all over the world. The prevalence of obesity increased almost threefold between 1975 and 2016 of worldwide.

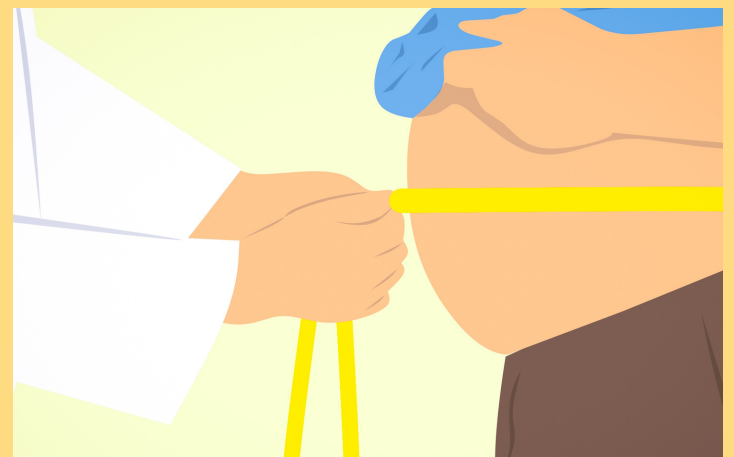


According to Turkey Statistical Institute's (TSI) data of 2016, the proportion of obese individuals 15 years and older in Turkey were found to be 19.6%.

In addition, according to Childhood Obesity Surveillance Initiative's (COSI-TUR) data of 2016, the rate of being overweight in 2nd grade primary school children is 14.6% and obesity rate is 9.9%. The World Health Organization (WHO) defines obesity as "abnormal or excessive fat accumulation that presents a risk to health".

Obesity is a multifactorial condition affected by genetic and non-genetic factors. Childhood obesity is not only limited to childhood; it also paves the way for most of them to continue their lives as obese adults in the future. Obesity causes; type 2 diabetes mellitus, hypertension, cardiovascular diseases, osteoporosis and some types of cancer and obesity brings along not only biological but also psychological problems in individuals. For this reason, our priority as healthcare professionals isn't to treat obesity after it develops; it is preventive measures to be taken prevention of the development of obesity starting from infancy and even prenatal period in the womb. In order to provide primary prevention in obesity, the factors that play a role in etiology should be known and evaluated.

It is seen that only 1-2% of childhood obesities develop due to the underlying diseases and syndromes and that very large rate is caused by exogenous obesity that is, the calorie taken is more than the energy consumed, and therefore it is a preventable property. It is thought that obesity is developing when nurture factors interact with some nature factors. The feeding of the baby starts in the mother's womb and it is known that the mother's diet from the prenatal period affects the baby's future quality of life. Because of the content of protein and calorie is lower than formulas, breast milk and therefore breastfeeding is protective against obesity in the later years of life. Studies show that, not taking breast milk or weaning early in the infancy causes a tendency to obesity. Nowadays, the time spent with television, mobile phones and computers is increasing day by day and it is known that the frequency of obesity increases when the time spent in front of the screen increases. It has been shown that every 1 hour spent in front of the screen increases obesity by 7% in adulthood. Also it has been shown that children who spend more than 4 hours in front of a screen (television, tablet, video, computer, etc.) during the day show less physical activity and have more body mass indexes than children who spend less than 2 hours a day. Again, researches show that when the time of sleep decreases, the obesity percentage is increase.



It is important to create healthy and regular eating habits not only for the child but also for all family members in preventing obesity so parents should be good role models for children in terms of nutrition and physical activity. For school-age children and youth; good school environment, good nutrition literacy and physical activity guidelines should be established. Prevention of obesity is important in protecting and improving public health.

[Click here for the detailed news.](#)



Lecturer, Physiotherapist Çağıl ERTÜRK

## Exercise is a Non- Pharmacological Drug That Strengthens The Immune System

Stating that exercise plays a major role in strengthening the immune system, Physiotherapist Çağıl Ertürk said: "Exercise practices we do at home strengthen the immune system. It also strengthens our cardiovascular system and improves our bone health along with it. Therefore, we can say that exercise is a non-pharmacological method of medicine in international societies." Exercise is a non-pharmacological drug that strengthens the immune system. Experts emphasize that a strong immune system plays an important role in combating Covid-19. The importance of exercise is highlighted during the pandemic process where millions of people are locked away and work on digital platforms. Lecturer Physiotherapist Çağıl Ertürk from Istanbul Gelisim University said that exercise is seen as a non-pharmacological treatment in the international community.

Stating that it is one of the factors that strengthen the immune system, Ertürk said: "First of all, nowadays we are struggling with Covid-19, everyone is looking for ways to strengthen the immune system. Exercise is also part of that. We, as physical therapists, recommend exercises. We have been closed to our homes for about 1 year and the exercise practices we do at home strengthen our immune system. It also strengthens our cardiovascular system and improves our bone health along with it. Therefore, we can say that exercise is a non-pharmacological method of medicine in international societies."

Underlining that exercise planning should be accompanied by a physiotherapist and unique to the individual, Ertürk said: "In the end, every individual is unique. Each individual's cardiovascular health and bone structure is unique. However, if we need to categorize it, it is appropriate to plan the maximal oxygen consumption around 50-60% and 30-40 minutes of exercise in young individuals. In the older population, which we call geriatric, this rate may drop to 40-50 percent. We can recommend 20-30 minute exercise types. However, as I said, it has to be unique to the individual.

[Click here for the detailed news.](#)

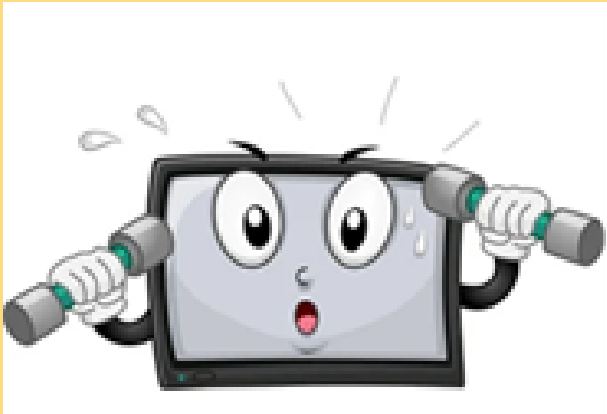
## EXERGAME: ACTIVE VIDEO GAME SYSTEMS

Res. Asst. Öznur KAYA

*Research in recent years shows that people spend 4-5 hours a day with computers, television and video games. According to the same research, individuals who spend more than 4 hours a day in front of the screen do less physical activity. In other words, spending time in front of the screen leads people to sedentary life. So, how can we prevent inactivity in this period when technology is developing rapidly and we are exposed to more and more screens every day?*



Exergame is a system that comes into our lives at this point and should be considered especially in this pandemic period when we are exposed to sedentary life. This system; we can think of it as exercising with video games, acting with it's directions. So, systems that encourage you to exercise while playing your video games on the screen while imagining you are in those games. Many technology companies have contributed to the health, education and sports sectors by producing games and game consoles for this system. Now on the floor, on the wall, on the bike, while dancing etc. all kinds of games and devices can be accessed.



Physiotherapists are also working on these systems to encourage elderly people who do not exercise and children who constantly play video games to exercise at home, to prevent obesity, which is increasing in our age, in addition to traditional treatment programs in different areas such as joint diseases, autism, and heart diseases. It is a very important issue in physiotherapy that the patients find the treatment exciting and the exercises fun. In this respect, it is expected that the participation of patients in the treatment will be increased by exergame.

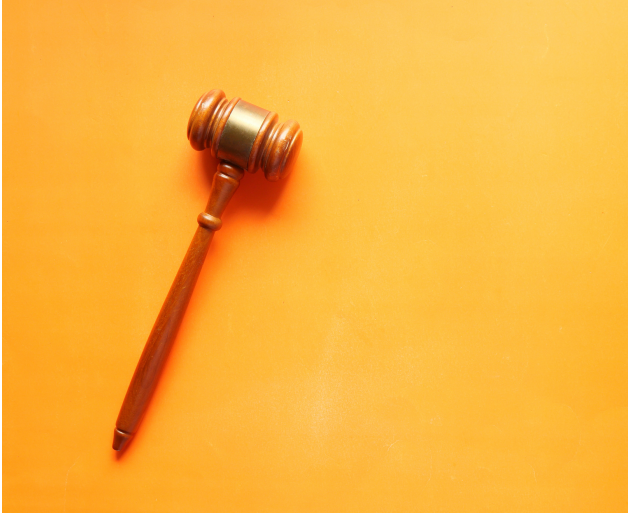
One of the important issues in physiotherapy is evaluation. We definitely evaluate the patients to see the progress of the treatment before, during and after the treatment. At this stage, exergame can help us as a guide with the scores in the games. It allows us to see the progress of individuals objectively, both for patients and for us. Thanks to the diversity of video games, it is sometimes aimed to try to develop capacity by providing online competitive games with competitors.

We can list the benefits of exergame as being able to be developed according to the needs of the people, to be designed for even a single joint in treatments, to increase motivation, to make exercise enjoyable, to be instructive. However, we should also try to eliminate the disadvantages of being a very new technology. For example, we still do not know how often it is beneficial to use it. More importantly, while trying to reduce screen time, it is not yet clear how we should go about exposing children to the screen for longer with exergame.

Even though studies on these issues are still ongoing, we should acknowledge the positive effects of exergame on people's physical activation levels and eliminate the damages that technology brings to our lives with the beneficial aspects of technology.

[Click here for the detailed news.](#)





## JUVENILE PUSHED TO CRIME

Melek BİLGİN\*  
Esengül ÇELİK\*  
Zehra KAÇMAZ\*

When we look at the concepts of child and family, we see that families lay the groundwork for their children's future and self. This situation can be either good or bad. The possibilities and attitudes offered by the family for both types of aspects affect the child. In this respect, the first issue we need to deal with in relation to personality will be the concept of "Self". Because the concept of "Self" is established through family relationships. The child's first social environment and social perception gain experience in the family. For this reason, a child who grows up devoid of love and attention seeks a place for herself/himself in these gaps. If she/he cannot find the satisfaction she/he seeks in the family, she/he turns to the outside. When we look at the situation in our country, we do not create a healthy and safe environment for children. Under these conditions, a child who seeks love, attention and satisfaction may find herself/himself guilty. There is no child who has committed a crime, there is juvenile pushed to crime.

So if a child was raised "on the street", is that child first of all a "child"? Or is it a whole human being imprisoned in a child's body? While childhood is a sensitive period that should be respected by caregivers with love, care, understanding and respect, what does it mean for a child to beg, work or engage in various crimes on the street? There are 3 most common types of crime in our country. Crimes against the person (1); Crimes against property (2); Sexual crimes (3). Raising our children without their physiological needs, normalizing the constantly cited blood feuds, fights, conflicts, and continuing to treat the education of sexual urges as a shame will lead children to various criminal factors. Because children who are unaware that what is normalized is a violation of rights, will continue to be dragged into crime by the society.

### WHAT SHOULD WE DO?

As families and individuals living in this society, it is our responsibility to meet the basic needs of children and to prevent them from being dragged into crime by giving them a happy childhood. From this point of view, juvenile delinquency concerns many disciplines and professional groups. Mentioning the units related to juvenile delinquency in our country will be useful in understanding the interventions. The first of these units is the Children Services. Branch manager, deputy manager and a total of 21 civil servants in various units work in the Children Services. According to the Law 236/3 of the Criminal Procedure Law, a social service specialist is available in the management staff in accordance with the provision that "specialists in the field of psychology, psychiatry, medicine or education are present during the interviews of the child victims or people whose psychology is impaired due to the crime committed." In this regard, the social worker is present at the statements of the child victims and is responsible for conducting social investigations regarding the children. The second is the Social Services Provincial Directorate. In addition to other areas of duty, it continues its activities by establishing units for street children and children working on the street. With its units, individuals or groups who are disadvantaged (poor, homeless, elderly and disabled, immigrants, women or children victims of violence, children living or working on the streets, addicts, problematic or broken families, etc.) aims to raise healthy families and generations for the society. Finally, and thirdly, they are Non-Governmental Organizations. Sharing the same space within the scope of "Umutevi", "Sokak Çocukları Derneği/Street Child Association" continues its activities. The basic building block of these institutions is the Child Protection Law No. 5395. According to this law, if the child is dragged into crime, security measures are taken. These measures: (1) Supporting the child in the field of counseling, health and education under the name of "Supportive Measures" alongside the family; (2) As "Protective Measures", it includes taking the child into institutional care and custody, either temporarily or permanently. The legal basis for this is that the responsibility of raising children, which is included in Article 18 of the Convention on the Rights of the Child, belongs to the state along with the parents, that the legal representatives should be given appropriate assistance to the parents to fulfill their responsibilities and the legal representative should be guided. In addition, article 27 of the same contract states that financial aid and support programs will be implemented by the state for those who take care of the child in the implementation of their rights.

Within the framework of all these, "childhood" is the most precious period of all the developmental stages we have passed. Therefore, the childhood of children should be protected and parents, caregivers and the state should fulfill their responsibilities with great devotion in order for children to live their childhood in the most productive way.

\*Students of IGU Faculty of Health Sciences Social Work Turkish Department

[Click here for the details of the news.](#)



# "International Women's Day and Turkish Women" Event

Within the scope of March 8, the "International Women's Day and Turkish Women" event was held on Instagram and Facebook with the moderation of Lecturer Buse Kerigan, and the participation of Assist Prof. Dr. A. Yüksel BARUT, Vice Dean of Faculty Of Health Sciences.

Lecturer Buse Kerigan stated that the meeting was held to talk about International Women's Day and Turkish Women following the meaning and importance of the day, and left the floor to the guest Assist Prof. Dr. A. Yüksel BARUT, Vice Dean of Faculty Of Health Sciences, to hear about the history of the day.

Assist Prof. Dr. A. Yüksel BARUT said, "First of all, I would like to start my words by commemorating all our martyrs who gave this flag its color and shed their blood. I also wish patience to their relatives and our nation. If you don't mind, I would like to continue with Nazım Hikmet's 'Woman' poem."

He continued his speech with "When we look at the history of the International Women's Day, the first date we come across is March 8, 1857, in New York. On this date, women workers and laborers whose labor were exploited in weaving factories in America started a strike. They faced the strong reaction of the police, and they retreat to their factories. Meanwhile, a fire broke out in the factory where these women are closed, the cause of which was unknown or known but never explained. On that day, unfortunately, young women and laborers, mostly immigrants between the ages of 15-25, lost their lives. After these incidents, many developments have happened. The voice of women has started being permanent with some women's marches for the anniversary of this sad event. The commemoration of the deaths of 129 working women on 18 March 1857 was brought up for the first time at the 'International Socialist Women's Conference' in Copenhagen on 26-27 August 1910. On this occasion, "International Women's Day" had begun to be commemorated. However, a specific date was not set. Then, the 'Paris International Women's Day' was held on March 18, 1911. The protection of the rights of working women was brought up once again. Decisions were made to celebrate the day, but again, no date was specified. Later, in 1921, March 8 was set as the date at the 'Moscow III. International Women's Conference'. After that decision, it started to be celebrated as 'March 8, International Working Women's Day' for the first time in 1922. On December 16, 1977, the United Nations decided to celebrate March 8 as International Women's Day, after the period from 1857 to 1977. However, there is an interesting situation here. The United Nations made no mention of the events that took place on and after March 8, 1857, as a reason for the commemoration of March 8. It is like they had a favor for women and let the 8 March be International Women's Day. Such a decision was made by ignoring all the efforts and lost lives of women in history. When you look at the history of the day, there is such a situation."

ISTANBUL  
GELİSİM  
ÜNİVERSİTESİ

8 MART  
Dünya Emekçi Kadınlar Günü ve Türk Kadını

8 Mart 16.30  
iguelisim

Moderatör  
Öğr.Gör.  
BUSE KERİGAN

Konuşmacı  
Dr. A. Yüksel BARUT

gelisim.edu.tr

Continuing his speech with how the place of Turkish women in society has changed from past to present, "The 'Turkish Working Women's Day' was celebrated for the first time on March 8, 1921. In 1975, it was declared 'United Nations World Woman Year' and the period between 1975-1985 was accepted as '10 Year of Women'. 'Women's Year Conference' was held on March 8, 1975, for the first time in Turkey. Unfortunately, Women's Day was not celebrated between 1980-1984 due to the coup commands. 'International Women's Day XII. International Women's Congress' was held in Istanbul on April 18-24, 1935. Delegates from 30 different countries attended the congress. Stamps were printed in memory of that day."

Lecturer Buse Kerigan asked "What do you think about violence against women today?"

He answered the question as "Heartbreaking! What has a woman been asking? She wants equal rights. How weird it is, is not it? In 500 B.C, the woman was superior. What does she want in our world today? She wants equality! She never says that she is superior. Statistics made in 2020 show that 300 women were killed. So, who is committing these murders? Most of them are men. Who is the man? He is born of a woman who was once considered a great asset. He develops in the woman's uterus for 9 months. Then, he kills the woman. What is the uterus? The name of God. When we recite Bismillah, we say in the name of God, the Most Gracious and Most Merciful. Therefore, the man has only one task - protect the women, not killing them. Mustafa Kemal ATATÜRK says 'O Hero Turkish Woman! You are worthy not to crawl on the ground, but to rise in the skies on your shoulders.'"

The event was ended after Barut celebrated the International Women's Day of Buse Kerigan, and presented flowers to her on behalf of all the world and Turkish women.

[Click here for the details of the news.](#)

## A TALK ABOUT RAISING AWARENESS ON 14 MARCH MEDICINE DAY WAS HELD

Assist. Prof. Dr. Nurten ELKİN celebrated the 14th March Medicine Day of all healthcare professionals and participants in her opening speech. Stating that March 14 is a special, important and meaningful day for all healthcare professionals, she stated that we could not be as enthusiastic and joyful as in previous years on March 14, too. We are sad due to our healthcare professionals who lost their lives during the pandemic process. She stated that a great struggle was waged and she congratulated all the healthcare professionals who worked at the forefront of this struggle with great devotion and sacrifice for their success. After the opening speech, she introduced her first guests Istanbul Gelişim University Faculty of Health Sciences Vice Dean Assist. Prof. Dr. A. Yüksel BARUT. After that she shared his curriculum vitae with the participants.

Dr. BARUT started his speech by 100th anniversary of the acceptance of National Anthem on March 12, condolences the health workers who lost their lives in the global epidemic and emphasizing the Çanakkale Victory on March 18.

On Wednesday, March 14, 1827, with Hekimbaşı Mustafa Behçet's proposal, II. Mahmut said that Turkey's first modern medical education start by name Tıphane-i Amire ve Cerrahane-i Amire in Şehzadebaşı Tulumbacıbaşı Mansion. In addition he stated that today is the start of "Medicine Day".

He emphasized that the resistance against the celebration and occupation that took place in occupied Istanbul on March 14, 1919, gave this a different meaning. On that day, under the leadership of medical school 3rd grade student Hikmet (Boran), medical school students gathered to protest the occupation and the famous doctors also supported them. Thus, the Medicine Day started as the homeland defense movement of the members of the medical profession. He showed the first medical emblem on March 14, 1827, and talked about the training of military students and the health workers on duty. After Mektebi-i Tıbbiye-i Adliye-i Şahane gave its first graduates in 1843 and after transferring the developments in the following years, the language of medical education, which was French until 1870, was Turkish during the reign of Sultan Abdulaziz. He talked about the history of Medical Faculties in the 1900s, explained the wars during the period and the roles of the Faculty of Medicine students in this process and supported. They came to use Haydarpaşa as headquarters in 1918, after the British began to settle slowly in Istanbul and began to rule Istanbul by restricting the authority of the Sultan. Medical students and patients are allowed to stay on the roof floor of Haydarpaşa. Students are traveling in military uniforms. But the British are uncomfortable with this situation and they want them to wear civilian clothes. Medical students do not accept this situation and start the resistance by participating in the education with their nightgowns. They celebrate the First Medicine Day on March 14, 1919 with certain permissions. And medical students held the resistance organization they prepared beforehand during this celebration. During the Medicine Day celebrations, they hung the Turkish flag between the Haydarpaşa Clock Towers. Medical students who resisted the resistance and occupation made March 14 more meaningful with these behaviors. Dr. BARUT continued his words with the life of Hikmet in Medicine and finished his speech with a poem by Nazım Hikmet.

Prof. Dr. Sabahat Tezcan, explained that the development of health services in Turkey, the period from 1923 until today. The first period was the period until 1937 and during this period, they established the Ministry of Health as the Ministry of Health and Public Health that time on May 3, 1920. The first minister of Ministry of Health of the TBMM period, Dr. Adnan Adıvar became. In the first years of the Ministry, it had services such as collecting information and bringing articles about health services from Istanbul. Dr. Refik Saydam is important minister of health of the Republic Period. He is the person who has made the greatest contribution to the establishment and development of Health Services in our country. Therefore, it is necessary to know the thoughts and practices of Saydam. Looking at his principles, the basic principle adopted by Dr. Refik Saydam in the provision of health services is to prioritize preventive health services. He has provided the opening of Numune Hospitals in Ankara, Istanbul, Sivas and Erzurum in order to be educational examples for municipalities about hospital management.

Another principle of Dr. Refik Saydam is that he prioritized the fight against diseases such as malaria, trachoma, syphilis and leprosy which were important diseases of that period. The healthcare workforce in Turkey in 1923 is 554 doctors, 136 midwives and 560 health officers. The number of nurses in those years was not even known. These figures showed the insufficiency of the health manpower. To solve this problem, Dr. Saydam opened medical student dormitories and increased the attractiveness of the Faculty of Medicine. Dr. Saydam has accepted the Government Medical units as the basis for the organization of health services. The second period in the development of health services was between 1937 and 1960. In this period, Tuberculosis General Directorates, Social Insurance Units and Mother and Child Health Centers were established. It was also emphasized that in this period, treatment services and preventive services cannot be separated from each other and should be provided as integrated services. The third phase of Health Services is the period of socialization of Health Services between 1961 and 2005. The Law No. 224 on Socialization of Health Services, which was adopted in 1961, is very important. This law is a law that fundamentally changes the principles of health services. It advocates that health is an innate human right, therefore the right to equal service, continuity in service, integrated service, priority service, gradual referral chain and team service. Again with this law, in addition to individual health services, community health and environmental health services are also provided in a planned manner. With the Health Services Transformation program, which is the 4th Period in Health Services, a family medicine system is established and it is ensured that the 1st Level Health Services are provided in Family Health Centers and Community Health Centers. When we look at the main achievements of Public Health, at the beginning of the 20th century, especially with the availability and use of vaccines, serums and antibiotics, infectious diseases were controlled and significant reductions were achieved in maternal and infant mortality rates, which are important health criteria of a country. The place of immunization in all these successes is indisputable. Today, with the national immunization program, our children become immune to 11 disease antigens. Immunization rates are very high and over 95%. However, with this period, as in the "onion skin" theory in Public Health, a group of diseases is reduced in public health and an increase is observed in another group of diseases. This is likened to the layers of an onion. That is why it is explained as the phenomenon of onion peel. When we look and evaluate according to this phenomenon, it has left chronic and degenerative diseases instead of infectious diseases. There is an increase in coronary artery diseases, obesity, diabetes, cancer and many degenerative diseases related to old age. Each of these is a multifactorial disease and some causes such as genetics, inactivity, diet, smoking, and tobacco use are among the etiological factors of these diseases. Therefore, she stated that these diseases would be more difficult to control. She finished his speech by thanking.

[Click here for the details of the news.](#)

## HOME THERAPY PROGRAM OF THE OCCUPATIONAL THERAPIST

Gökçe ÖZDAĞ\*

### Being an Occupational Therapist

The process of integrating the theoretical and practical knowledge gained by an occupational therapist into his professional life is shaped by his experience. Sensory Integration-based approach, which has gained a certain popularity in today's conditions, the pandemic process that requires creating a restructured therapy program with the client and parents, the adaptation of using alternative materials with the clients with the advancement of technology; An occupational therapist shapes his professional progress.

### The Importance of the Concept of Meaningful and Purposeful Activity From a Professional Perspective

Occupational therapy is basically a health profession that supports individuals and their families to participate as independently as possible in the activities they want to do or have to do in order to survive, taking into account their social environment. The concepts of meaning and purpose, which are the main components of our professional perspective, directly affect the working principle of an occupational therapist. In addition to the skills aimed to be acquired by individuals, it is very important to be aware of the daily life activities that the client can do and enjoy, and to include them in the learning process in the skill to be integrated. The aim is to bring individuals to the level of independent participation; Increasing participation by planning activities that will improve the person's skills and / or organizing the environment so that the person can do the activity is one of the main task components. The person-centered principle is in line with the wishes of the client and should be meaningful for the person and suitable for the purpose of increasing participation. Meaningful and purposeful activity is meant to fill in the meaning, to direct it to the goal. For example; The main goal should not be limited to performing these tasks, if the field where he has a problem is to collect his hair, to button your buttons, and to tie his shoes. The occupational therapist should be informed about the activities that the child enjoys and can continue, and the skills that need to be learned should be integrated into the activities that they enjoy in daily life.

### Occupational Therapist or Sensory Integration Therapist?

An Occupational Therapist is not a Sensory Integration therapist but integrates it into his professional identity as perspective. Thanks to this identity, it can penetrate various problems of clients in many areas. On the other hand, it is inevitable that the professional identity of an occupational therapist is much more than that. Frequently encountered and coming to the agenda nowadays, "Is the activity of parents and children at home is sensory integration?" The answer to the question "The activity that families do with their children at home is not sensory integration, it is quality time that includes sensory stimuli with the child; Of course, this time cannot be denied. "

Pediatric Occupational Therapist Gökçe Özdağ shared her field experiences with our students in our Seminar on "Home Therapy Program" of the Occupational Therapist, organized by Istanbul Gelişim University Faculty of Health Sciences Occupational Therapy Department.

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SKS Söyleşi

ERGOTERAPİST'İN  
'EV TERAPİ PROGRAMI'

Moderatör  
BEYZA ASLI BİLSEL  
Ergoterapi Bölümü Araştırma Görevlisi

5 MART CUMA  
19.00

Katılımcı  
Gökçe Özdağ  
Ergoterapist

gelisim.edu.tr

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<https://meet.google.com/cyb-nvjk-qab>

### Home Therapy Program of the Occupational Therapist

Home therapy program is one of the working areas of occupational therapists within the scope of occupational therapy sessions. The individual can be a completely different person in the clinical setting than in the home environment. The aim is for the individual to use what he/she has acquired in the clinic in daily life activities. For example; Occupational Therapist, who learned that the individual with left hemiplegia does not use his left hand in his home life and continues his life with his right hand; can include the practice of using the left hand in the activity by preparing cookies with it in the individual's home. When viewed from the outside, this situation may seem small or simple, but individuals are brought to life with such meaningful and purposeful approaches. Imagination and abilities of occupational therapists; By touching the lives of its clients, it enables them to achieve independence and spend quality time. In Home Therapy, occupational therapists can not only support the development of the child, but also support families in providing opportunities for the child and improve the way families live together. In online therapy programs, with the support of camera equipment and wireless headphones, the parents can be given the necessary guidance and advice on family relations. The main purpose of home therapies is to include activities in daily life and to combine home program activities with family routines. For this purpose, it works in cooperation with parents or other caregivers. It makes regular assessments, strategies set with families and adaptations according to the child. The home program helps to develop habits that include designed activities, and can make additions to daily routines that already exist at home.

### Being an Occupational Therapist During Pandemic Process

To answer the question of how occupational therapists should create a program for their clients during the pandemic process and what should they pay attention to; It would be functional to draw up a roadmap such that there should be a personalized program and separate from the goals in the therapy room, the parents should be interviewed beforehand, and if necessary, the parent should be included and notified before being included. Online therapy applied during the pandemic process; It has to be different from the goals and programs in the therapy room. The tools and equipment in the therapy room may not be available at home. The occupational therapist aims to gain the independence of the person by using the materials in the house and turning them into activity.

[Click here for the details of the news.](#)

\*Occupational Therapist

## ONLINE SEMINAR ON "COMMON ATTENTION, COMMON INTENTION AND THE IMPORTANCE OF MEANING IN LANGUAGE ACQUISITION" WAS HELD

Speech and Language Therapy Department

Istanbul Gelisim University (IGU) Faculty of Health Sciences organized an online seminar on 17.03.2021 on "The Importance of Common Attention, Common Intent and Meaning in Language Acquisition" by the Department of Speech and Language Therapy. Specialist Speech and Language Therapist Kemal Colay was invited as a speaker to the online seminar. Before starting the speech of the guest, Department of Speech and Language Therapy Lecturer Betül Özsoy Tanrıku started the online seminar by briefly mentioning Colay's CV. The event continued with the useful information Kemal Colay gave about attention, intention and meaning.

Colay began his words as follows: "What makes human cognition different is not his individual brain power. It is the ability of an individual to learn through other people and their works, and to cooperate with others and engage in joint activities. In other words, culture, technology and civilization do not occur alone. We must work in harmony with other people and want to learn from each other. The same processes are required for language acquisition. Because it is acquired through joint activities. How is it that we learn from someone else?" He reinforced his words by presenting audio and video recordings of the children he practiced therapy with his words.

İSTANBUL GELİŞİM ÜNİVERSİTESİ

Seminer

### Ortak Dikkat, Ortak Niyet ve Anlamanın Dil Edinimindeki Önemi

Dil ve Konuşma Terapisi Bölümü



Uzm. Dkt. Kemal Colay



Google Meet

17.03.2021 | 18:30



meet.google.com/tmn-uqhi-pdu

Talking about the relationship between Language and Intention, Colay said, "Learning from each other, intellectual flexibility and paying attention to each other are the most basic elements of human communication. Understanding the intention of another person, creating this in the mind and preparing for what will happen, opens the door to human cognitive development. So why do we care about this partnership? Because linguistic code is built on the understanding of non-linguistic purpose-intention and a common conceptual basis."

Speaking about common attention and common intention in the rest of his speech, Colay said, "Common attention; It is the directing of an individual's own attention to someone else's for the purpose of creating a common reference and sharing information. Mutual attention between target-adult-infant is essential for later language and cognitive development. Common intention or intentionality occurs in collaborative interactions in which participants share their psychological states with each other. Collective attention is thought to be a precursor to perspective taking, or theory of mind. The goal and reinforcement here is to share the experience with others. According to the social cognitive model, the maturation of the capacity to understand others' thoughts, intentions, and emotions, or the development of joint attention is very important for development."

Referring to the issue of common meaning, Colay said, "The common meaning is the child's related needs, the needs that are relevant to him, the current context, like the past, that is, it is important for the child and has priority for him. Cognitive development in the first year of life creates an expansion in experience and sense. In the first half of life, the foundations of language are formed as a result of interactions with people and the environment. The children talk about this later. Language is developed to share this content in the mind with others."

Finally, Colay, who gave information about language and its acquisition, said, "Language is a medium used to express what is happening in our minds. It brings out what is inner and personal. Transition from individual meanings to common meanings is one of the most important points in child development. Almost all of the language that children acquire in the early period comes from their routine interactions with someone who is competent in that language."

Specialist Speech and Language Therapist Kemal Colay ended his speech after answering the questions of the students who attended the seminar. Department of Speech and Language Therapy Lecturer Betül Özsoy Tanrıku thanked Kemal Colay for his participation.

[Click here for the details of the news.](#)

## THE FUTURE OF HEALTH SCIENCES DEPARTMENTS AFTER THE PANDEMIC

Within the scope of the Continuing Education Center Events, the event "The Future of Health Sciences Departments after Pandemic" was held with the moderation of Assist. Prof. Dr. Emel Tozlu Öztay the Director of the Continuing Education Center, and with the participation of the Heads of the Faculty of Health Sciences Departments and the students.

Assist. Prof. Dr. Emel Tozlu Öztay said "What will be the future of our departments of Faculty of Health Sciences after the pandemic? What awaits our students? Now, we encounter situations that we call 'new' normal. So what awaits us in this new normal? I would like to ask these questions to the Dean of the Faculty of Health Sciences, Prof. Dr. Rifat Mutuş. Later, I will ask our Heads of Departments."

Prof. Dr. Rifat Mutuş said, "We are going through a period when we are all affected. According to the reports of the World Health Organization, it is stated that the mass trauma caused by this global epidemic is higher than the trauma that occurred in World War II. During the pandemic, healthcare workers are fighting with the virus at the forefront. But at the same time, this has increased the trust in the health sector. It has further increased the value and reputation of healthcare professionals. Therefore, I think that the pandemic will affect the choices of university candidates and the demand for health departments will continue to increase. We say that health always comes first. That's why there is always a need for healthcare professionals and this need will continue to increase."

In the continuation of the event, the Head of Nutrition and Dietetics Department Assist. Prof. Dr. Ayşe Huri Özkarakulut, Head of Child Development Department Assist. Prof. Dr. Nurten Elkin, Head of Physiotherapy and Rehabilitation (Eng) Department Assist. Prof. Dr. Motaz Alawna and Lecturer Buse Terim, Head of Nursing (Eng) Department Assist. Prof. Dr. Funda Karaman, Head of Social Service Assist. Prof. Dr. Ayşe Aydın, Head of Speech and Language Therapy Department Assist. Prof. Dr. Emrah Tüncer, Department of Occupational Therapy Lecturer Çağıl Ertürk, Head of Department of Gerontology Assist. Prof. Dr. Aslı Genç, Head of Audiology Department Assist. Prof. Dr. Selva Zeren, Head of Orthotics Prosthetics Department Assist. Prof. Dr. Turgay Dağtekin, Head of Perfusion Department Assist. Prof. Dr. Deniz Yıldız, Head of Health Management Department Assist. Prof. Dr. Abdullah Çetin Yiğit expressed their thoughts on the future of healthcare departments after the pandemic.

Prof. Dr. Rifat Mutuş said, "Our country has a strong health system. For this reason, 141 of the 203 universities in our country have Faculty/Schools of Health Sciences. 101 of them are in state universities and 40 of them are in foundation universities. Istanbul Gelişim University, Faculty of Health Sciences is one of the biggest Health Sciences Faculties of our country with its 17 departments, 147 tutors, and 3695 students. In addition, our faculty has the highest occupancy rate in our university. The most important thing that makes our faculty stand out is its International Accreditation. Thirteen out of 14 departments that accept students in the 2020-2021 Academic Year were unconditionally accredited for 5 years by the AHPGS Accreditation Agency from Germany. We are the only faculty in our country that has received accreditation from this institution. As you can see, we are moving fast on the road to internationalization. Therefore, I recommend that candidate students take these features into consideration while choosing their health departments."

Faculty of Health Sciences Vice Dean Assist. Prof. Dr. A. Yüksel Barut said, "After Covid-19 emerged, we saw the rise of artificial intelligence. What happened in the pandemic? Let's take a look at this through the presentation.

*Sağlık Bilimleri Fakültesi*  
*Bölüm Başkanlarının Katılımıyla*  
Istanbul Gelişim Üniversitesi

**SÜREKLİ EĞİTİM MERKEZİ**  
**SÖYLEŞİLERİ 9**  
Pandemi Sonrası  
**Sağlık Bilimleri**  
**Bölümlerinin Geleceği**

Konuşmacı  
**Prof. Dr. Rifat Mutuş**  
Istanbul Gelişim Üniversitesi,  
Sağlık Bilimleri Fakültesi Dekanı.

Moderatör  
Dr. Öğr. Üyesi  
**Emel Tozlu Öztay**  
Süreklî Eğitim Merkez Müdürü

12.03.2021  
Cuma 11:00/12:00

QR Code  
Google Meet  
meet.google.com/kos-yxik-pvp

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SEM

The world balance has changed in political matters. There were uncertainties in the economic system. People's social attitudes and preferences have changed because social life has passed from the active period to the passive period. Digitalization and automation have gradually gained momentum. The crisis caused by the pandemic brought legal regulations. The climate crisis made its effects felt more. Smartphones, wearable devices, subcutaneous technologies and new generation automobiles will be developed with artificial intelligence. Instead of the internet of objects that connect machines to each other, the internet of people connecting people to each other and certain centers will be used. It brought together smart automation and machine learning, artificial intelligence and process automation technologies. Online health consultation platforms were established. Software and hardware technological studies have accelerated to be used in digital health. In the future, besides wearable technologies, artificial intelligence, sensor technologies, big data analysis, robotic surgery, cloud systems, and 3D printers, will be used more intensively in implant production. The technology will also move towards the establishment of personalized medical practices and patient-centered healthcare systems. The healing process of patients who receive treatment from home will be monitored remotely. Preventive healthcare will change from post-illness treatment to preventive treatments. The use of many data from the physical state to the psychological state will allow for an early and proactive approach as possible. In the micro-personalized treatment approach, in addition to extracting data from external sources, hereditary characteristics will also be considered. The risk of incorrect treatment will be minimized, and the financial burden of unsuccessful treatments will be reduced. Remote surgeries will become widespread in the future with the combination of surgical robots, augmented reality (AR) and virtual reality (VR) technologies and the use of artificial intelligence."

After celebrating of the 14 March Medicine Day, the event was ended with words of Assist. Prof. Dr. A. Yüksel Barut and Prof. Dr. Rifat Mutuş.

[Click here for the details of the news.](#)

**Organized by Istanbul Gelişim University Physiotherapy and Rehabilitation (TR and EN) Department Head, "Non-Stop FTR Fest" was held on March 3-11. 6 events were held with the intense participation of students from Physiotherapy and Rehabilitation Turkish and English Departments.**

Firstly, "Sports Physiotherapy Seminar" was held on Wednesday, March 3, with the participation of Beşiktaş JK Football A Team Physiotherapist Cumhuri Erol. Within the scope of the event, MSc. Physiotherapist Cumhuri Erol, who touched on the path and qualifications that physiotherapist candidates who want to become sports physiotherapists should follow, ended the event by answering the students questions.



On Monday, March 8, "Sports Physiotherapist and Preventive Approaches in Sports Injuries" event was held with the participation of MSc. Physiotherapist Gizem Caner. MSc. PT Gizem Caner, who made the definition of sports physiotherapy, completed her presentation by explaining the injury mechanisms and preventive approaches in sports.



The event titled "Modern Physiotherapy Approaches in Pre-Pregnancy, Pregnancy and Post-Pregnancy Processes" was held online on Monday, March 8, with the participation of MSc. Physiotherapist Songül Sevim. Physiotherapist Songül Sevim, started her presentation by talking about the evaluation of expectant mothers in the pre pregnancy period and possible risk factors. Later, MSc. Physiotherapist Songül Sevim talked about the pregnancy training program and talked about the problems encountered during pregnancy and exercise training. MSc. PT Songül Sevim, who touched upon the points to be considered in exercise training, completed her presentation by talking about the applications that can be done in the birth and post-natal period.



The event titled "Becoming a Child Physiotherapist" was held online on Tuesday, March 9, with the participation of Professor Doctor Mintaze Kerem Günel. Professor Doctor Mintaze Kerem Günel told the participants about the process she has lived and has been through so far in the field of child physiotherapy. After sharing her presentation with the participants, Professor Doctor Mintaze Kerem Günel explained the child physiotherapy in detail to the participants.

"Robotic Rehabilitation in Physiotherapy" event was held online on Tuesday, March 9, with the participation of Assoc. Prof. Dr. Devrim Tarakçı. Assoc. Prof. Dr. Devrim Tarakçı explained how he chose the department of physiotherapy and rehabilitation, then the process of getting acquainted with Technological rehabilitation and his experiences while advancing in this field. Assoc. Prof. Dr. Devrim Tarakçı explained the developments in this field by including his R & D studies and the devices they completed, with videos and photographs.



The last of the "Non-Stop FTR Fest" events, "Sensory Integration in Physiotherapy" activity, was held on Thursday, March 11, with the participation of Doctor Physiotherapist Aymen Balıkcı. Doctor Physiotherapist Aymen Balıkcı made a scientific definition of Sensory Integration Therapy. Then Dr. PT Aymen Balıkcı talked about the scientific limits of Sensory Integration Therapy in terms of physiotherapy and rehabilitation and occupational therapy departments. By answering the questions of the participants, Dr. PT Aymen Balıkcı ended the event.

Click the events names for reach events and [click here for the detailed news.](#)

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**FİZYOTERAPİDE  
KARIYER SOHBETLERİ**

**13 Mart 2021  
Cumartesi  
21:00**

Moderatör  
Çoğul Ertürk

Katılımcı  
Yeni Dönem  
Gökhan Ekiz

gelisim.edu.tr

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meet.google.com/ssv-yjrs-ka

On Saturday, March 13, "Career Planning in Physiotherapy" activity was held with the students of Istanbul Gelişim University Physiotherapy and Rehabilitation Department. Physiotherapist Osteopath Gökhan Ekiz was the guest of the event organized by IGU Physiotherapy and Rehabilitation Club.

The choice of profession and profession is among the most important stages of the professional development process. Individuals choose a specific job and lifestyle while choosing a profession. The profession is above all a way of using talents, self-realization and development. It is another very important issue that individuals can choose the field they will specialize in after graduation. If, after graduation, individuals choose areas of expertise in line with their professions, taking into account their abilities, interests and wishes; they will likely be successful, productive and happy in this area.

The foundation of adopting a profession and practicing professionally, that is, the awareness of the profession, is laid during university education and continues throughout professional life. In health education; It is very important to raise more qualified and self-confident individuals who continuously increase their personal development by using training strategies such as the coaching process and/or peer education. In the graduation phase; It is aimed to ensure professional integration with seminar arrangements that include career planning issues for our students.

It is recommended to include the expectations and suggestions of students in every stage of education, to conduct researches, to include students' thoughts in personal counseling services, and to carry out career planning trainings in line with their professions in order to eliminate the negative feelings of students towards themselves. Such studies will not only pave the way for educating health professionals who are enthusiastic, loving, motivated, successful in career planning and provide quality services even after graduation, but will also contribute to health professions.

Within the scope of the seminar, after graduating from the Physiotherapy and Rehabilitation Department, students were informed about their areas of specialization. At the end of the activity, after the question and answer section about the topics our students are curious about, the activity was ended.



[Click here for the details of news](#)



## Social Work Club Organized an Event named "YEDAM and Multidisciplinary Work"

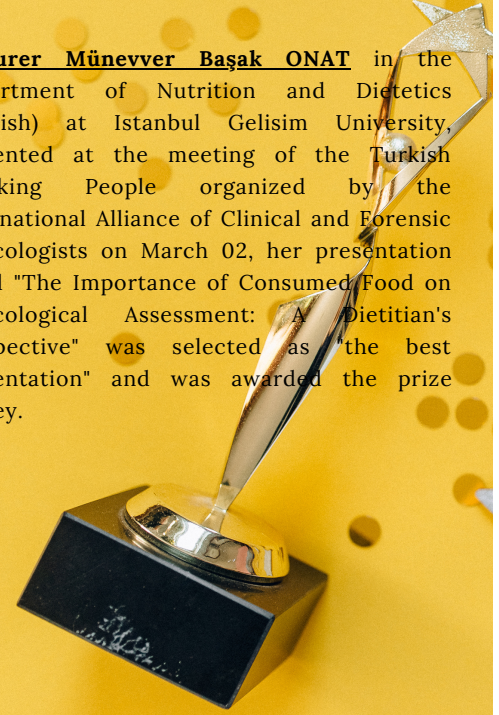
On March 26, 2021, the activity of the Social Work Club named "YEDAM and Multidisciplinary Work" was held between 14:00 and 15:00. Psychologist Berna Baltacı and Social Worker Kasım Yazıcı attended the event moderated by Lecturer Betül Çolak. Berna Baltacı, who briefly talked about herself at the event, then gave information about what the Green Crescent Consultancy Center is and which problem areas are dealt with. Psychologist Baltacı, who mentioned that services are provided within the framework of the "Yedam Model", which is a multidisciplinary working model in terms of treatment and counseling in the fields of alcohol and substance addiction, explained the psychosocial treatment plans and personalized intervention programs. Baltacı left the floor to Yazıcı after briefly mentioning the social adaptation programs, which include the social review assessment and intervention plans carried out by social workers.

Yazıcı, who mentioned the "Yedamsoft" application that enables all interventions such as clinical initial interview, examination, analysis to be carried out over a single system, stated that an effective service framework is carried out by gathering the whole process under a single roof in multidisciplinary studies. Kasım Yazıcı stated that the biopsychosocial intervention process in Yedam Center consists of medical intervention, social support intervention and mental intervention stages and that studies are carried out with individuals, families and groups. After conveying that social service support was provided with clients, field visits, works with families and mentors, Yazıcı mentioned that there are "Yedam" centers in almost every province in our country. In this model, where it is aimed to ensure cooperation at micro, mezzo and macro levels while working with individuals in this respect, he mentioned a process where individuals' leisure time is spent with the Green Crescent Consultancy Center workshops, studies are carried out to acquire a profession and at the same time, it is tried to keep people away from risky environments. Social worker Kasım Yazıcı and Psychologist Berna Baltacı underlined the importance of stating with the words "Addiction is both a brain and family illnesses." that the client and family system is a process that should be considered together, and the activity was ended after answering the questions in this context.

[Click here for the details of news.](#)

## The "Best Presentation" Award Was Given To The Faculty Member Of Istanbul Gelisim University.

Lecturer Münevver Başak ONAT in the Department of Nutrition and Dietetics (English) at Istanbul Gelisim University, presented at the meeting of the Turkish Speaking People organized by the International Alliance of Clinical and Forensic Toxicologists on March 02, her presentation titled "The Importance of Consumed Food on Toxicological Assessment: A Dietitian's Perspective" was selected as "the best presentation" and was awarded the prize money.



“

Addiction is both a brain and family illness.

”

## Who is Who?



### HIKMET BORAN: DOCTOR HIKMET (1901-1945)

Hikmet Boran, aka Doctor Hikmet, was born in 1901 in Balıkesir. He completed his higher education at the Medical School. He played a leading role in the demonstrations held in the school dominated by the British occupiers. When he was in the third year of the university, he was elected as a representative for Sivas Congress and went to Sivas. He was one of the three delegates from Istanbul to the Sivas Congress. He became known for his anti-mandate speech to Mustafa Kemal Atatürk at this congress:

*"Pasha, the medical professionals I am a member of have sent me here to participate in the work towards achieving our independence cause. I cannot accept the mandate. If there are those who will accept, we will strongly reject them, whoever they are. For example, if you accept the idea of buffalo, we will reject you too. If such a thing happens, we will not call Mustafa Kemal the savior of the homeland."*

Upon this speech, Mustafa Kemal Atatürk responded with the following words: *"Friends, look at the youth; Pay attention to the expression of the noble blood within the Turkish national body! Young people, all the hope and future of the homeland are connected to you, the understanding and energy of the young generations."* After he said, *"Son; be of good cheer. I take pride in youth and trust in youth. Even if we are in the minority, we will not accept the mandate. Our password is unique and does not change: Either independence or death!"*

Grand National Assembly of Turkey was founded in Ankara on 23 April 1920. Afterwards, Hikmet Boran and his friend Yusuf Balkan left their medical education and went to Ankara together. Two of them took part in vaccination studies against typhus epidemic at the Military Hospital in Cebeci. Because of this success, Hikmet Boran was given the rank of Lieutenant. He served in the Great Offensive in 1922 as a Medic Officer.

After the National Struggle, he returned to Istanbul to complete his medical education. After 1923 he worked as a General Surgeon. Afterwards, he worked voluntarily in Sarıkamış in 1940. During this duty, he caught tuberculosis and returned to Istanbul for treatment. Unfortunately, he could not regain his health. Hikmet Boran passed away in Istanbul in 1945. He left behind a life full of sincerity, faith, and struggle, as well as services to be remembered with gratitude.

Res. Assist. Rumeysa Nur AKBAŞ

[Click here for the details of news.](#)

It is said that French writer Marcel Proust chatted with the characters he created and asked them questions. It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered him when he was 20. Using these questions prepared by him, we ask different questions to the students of different high schools for each issue.



## OUR GUEST IN THIS MONTH

Eylem Cemre Kozak

Antalya-Serik Yön College

12th Grade Student

**1-Let's say you decide to start a new society and discover a beautiful island. What would be the first rule you put in place?**

I would prohibit war and exploitation. Thus, instead of a society full of war and suffering, we would be an intellectual, peaceful, unworn, hopeful society interested in science and art.

**2-Which of the inventions you would like to invent?**

Printing press. It would be great to ensure that the ideas that will change the world rapidly spread to wide geographies and cause revolutions by enlightening those places.

**3-If you could witness any event in the past or future, which event would you choose?**

In the past, I would have liked to witness the construction stages of the Egyptian Pyramids. As it is known, it still keeps its mystery. There are countless unknowns and dreams about the future. But I would like to see the days when we migrated to new planets, galaxies. For now, we can only predict this much. Who knows what miracles await humanity in the future?

**4-If you were to write a book, what would its name be?**

For this, I must first think about what I will write a book on. I think I would write a socialist and at the same time romantic book. Just like Nazım Hikmet. It could have been "Sevdamin Kavgası".

**5-If they had made a movie about your life, which actor/actress would you want to be the person who will role of you in this movie?**

I can say Gülşen Bubikoğlu. But I do not know much about its personality. She is an actress that I like from Yeşilçam cinema. It could be great if the movie contains a little nostalgia. If she was a foreign actress, she could have been Natalie Portman, who we know from in Leon.

**6-What are the 5 words that best describe you?**

It will be a little difficult to answer this question as "myself". But I think the words idealist, patriotic, sensitive, shy, loyal and art-loving describe me.

**7-Do you know and love cooking/dessert? If your answer is yes, what is the best food/dessert you can cook?**

Frankly, it cannot be said that I am fully competent in these matters yet. There are a few simple desserts I know of. But I am not assertive in this regard.

**8-What kind of talent would you like to have?**

If I perceive this question as a superpower, I would love to have the ability to travel through time. It's a kind of teleportation.

**9-Who is your hero?**

Of course, like every Turkish youth, my answer to this question will be Mustafa Kemal Atatürk. In addition to being our savior and founding leader, he reminded every member of the Turkish nation that has been in captivity for centuries that he is a human being and has given countless rights and freedoms. He is the hero of an unprecedented struggle against imperialism in the world. He is a genius who saw the present from a century ago and enlightened our way.

**10-What is your favorite author?**

Yaşar Kemal

**11-Where would you like to see yourself after 10 years?**

I would like to see myself in the days when I have a say in our society and become someone's hope while fighting for the rights of people who are thirsty for justice in the courthouse corridors and courtrooms. I would also like to see myself playing the violin and singing on the stage, when I was hope. First of all, I would like to see myself in an honorable and beautiful life.

# ISTANBUL GELİŞİM ÜNİVERSİTESİ

## Important Days in March

1-7 March	Green Crescent Week
1-7 March	Earthquake Week
8 March	International Working Women's Day
8-14 March	Science and Technology Week
12 March	Turkish National Anthem
14 March	Feast of Medicine
18 March	Canakkale Victory
18-24 March	Seniors Week
21 March	World Down Syndrome Day
21 March	Nevruz Festival
21 March	World Forestry Day
21 March	World Poetry Day
23 March	World Meteorology Day
24 March	World Tuberculosis Day
27 March	World Theater Day
Last Week of March	Library Week
Last Week of March	Tax Week



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