



MONTHLY EVENTS AND NEWS BULLETIN

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İSTANBUL GELİŞİM ÜNİVERSİTESİ

SBF



September 2022

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September 1: World Peace Day



September 4: Sivas Congress



September 9: Liberation of İzmir



September 12: World First Aid Day



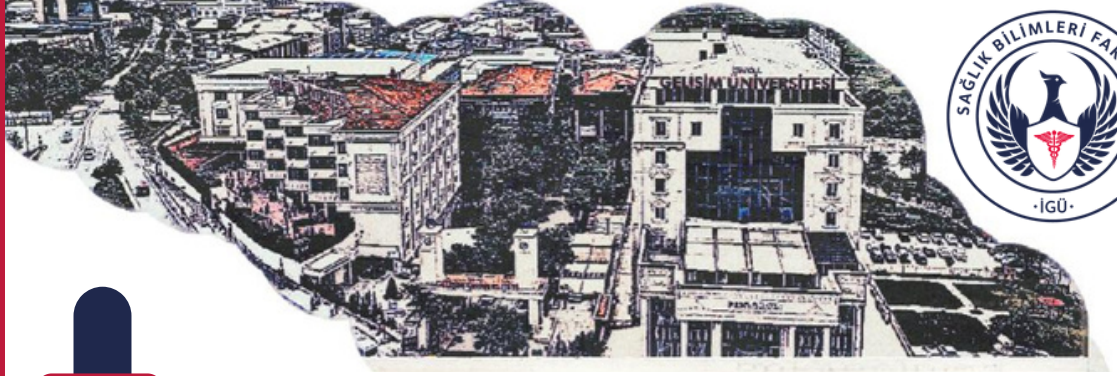
September 21: World Alzheimer's Day



September 29: World Heart Day



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IGU is one of the top 3 most preferred foundation universities in Turkey! İstanbul Gelişim University!

Following the announcement of Higher Education Institution Exam results, which shape the lives of millions of young people, university registrations started. Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelişim University, which is one of the top 3 most preferred foundation universities in Turkey, stated that the constantly developing opportunities of IGU were effective in this success and congratulate the students who will start the university.

OUR STUDENTS WILL GAIN ADVANTAGES ON A GLOBAL SCALE

University Placement Exam results, which millions of young people are eagerly waiting for, have been announced. Students who will start university this year will register between 22-26 August. Istanbul Gelisim University, which has achieved success on a global scale with its constantly improving opportunities and national and international standards on the way it started with the slogan "Be Open to Development", has become one of the top 3 most preferred foundation universities in Turkey. Abdulkadir Gayretli, Chairman of the Board of Trustees of IGU, wishing success to all students who will start university and stated the following: "The importance we attach to science and technology on a global scale is a major factor in achieving this success. We are on the way to become a world university with the opportunities we offer to our students in the national and international. Internationalization is very significant to us. Regarding Prof. Dr. Erol Ozvar's statement who is Chairman of the Council of Higher Education, internationalization is determined as a goal by all universities, we are moving forward with a vision that is suitable for the era, developing and producing by offering world-class education and training quality. Our 65 programs at IGU are internationally accredited. This is a Turkish record. Our students who graduate from accredited departments will have internationally valid diplomas and will gain advantages on a global scale in their careers. We are ranked 1st in Turkey and 16th in the world in the category of "Quality Education" by Impact Ranking of the world's respected higher education rating agency THE (Times Higher Education). At the same time, the satisfaction of our students with the TSI ISO 10002 certificate has been approved by TSI and our university has registered its quality."

"WE WILL PROVIDE SUPPORT TO OUR NEW STUDENTS REGARDING SCHOLARSHIP OPPORTUNITIES AND ACCOMMODATION"

Abdülkadir Gayretli, Chairman of the Board of Trustees, indicated, "IGU students have many advantages, particularly in academic and social areas. We will provide support to our new registered students in terms of scholarship opportunities and accommodation. We stand by the request of Prof. Dr. Erol Ozvar, Chairman of the Council of Higher Education Council, for foundation universities to provide the necessary support to students. Our students are very valuable to us, we are always with them."

Moreover, all infrastructures are being prepared for Istanbul Gelisim University to become a research university. We have 22 application research centers. We have a Technology Development Center and a Technology Transfer Office. We recently opened a Dental Hospital. We aim to be a 'Research University' that will contribute to the production of new technologies with the breakthroughs we will make in the field of health technology and engineering in the future. As the board of trustees, we always support the work of our esteemed academicians."

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



9 SEPTEMBER 1922

LIBERATION OF İZMİR



LIBERATION OF İZMİR



Asst. Prof. A. Yüksel BARUT

On September 9, 1922, the foundations of the liberation of Izmir were laid with the decision of "**Independence or Death**" at the Sivas Congress, which was held on September 04-11, 1919, in order to save the occupied Turkish lands after the World War I.

When Izmir was occupied by the soldiers of the Greek Efony Regiment on May 15, 1919, 31-year-old Hasan Tahsin Recep (Osman Nevres), who fired the first bullet in Kordonboyu, was the first to initiate the resistance. The person who fired the first bullet had studied at the Şemsi Efendi School, where Mustafa Kemal, who started the War of Independence, attended, and then continued his education at the Feyziye School in Thessaloniki. The birthplace and school of the one who started the resistance and the one who started the Liberation were the same.

Gazi Mustafa Kemal Atatürk started his speech on Saturday, October 15, 1927, at 10 am in the Grand National Assembly of Turkey: "Sirs, until August 1922, real positive relations with the Western States could not be established. Our opinion that it was not right to hope in the field of diplomacy was unequivocal and unchanging unless we removed the enemies in our country by force of arms and proved our national existence and strength. Those who lack power and talent are not valued. **Those who have all these qualities may demand the requirements of humanity, justice and bravery.**" He emphasized the importance of peace in his speech. Atatürk, who saw the real face of the war many times before, made efforts for the realization of peace, but those who did not know the humanity, justice and valour of the Turkish Nation at that time did not approach to peace.

Mustafa Kemal, as the Commander-in-Chief, in the secret session of the Grand National Assembly of Turkey on March 6, 1922; "The decision of our army is an offensive. But this attack is delayed. The reason is, that we need a little more time to fully resupply our preparation. If it is to be done with half preparation and half precaution, attacking is much worse than not attacking at all." With this speech, he asked for time for a definite victory. He took care of the salaries of the soldiers, their sandals, the barley of the horses, the cost of supplies, and the supply of weapons and planes and took care of all official correspondence and signed the documents. After the necessary preparations were completed, the Field Battle of the Commander-in-Chief started with artillery fire from Kocatepe on the morning of 26 August 1922. It continued with the order of Mustafa Kemal "Armies, your first target is the Mediterranean. Forward." on 30 August 1922. On Saturday, September 9, 1922, Turkish flags were hung in İzmir, resulting in victory.

It is a fact that it is not possible to describe Atatürk and his achievements, which do not fit into book volumes, encyclopedias, and documents, with a few sentences here. His determination can be seen in the telegram he sent to the Council of Ministers on September 5, 1922, in response to the one sent to him on September 4: "The Greek Army in Anatolia was definitively defeated. The Greek Army is no longer likely to show serious resistance again. There was no need for any negotiations for Anatolia. A ceasefire can only be in question for Thrace. Therefore, until the 10th of September, if the Greek Government applies directly to our Government or through England, the following conditions should be set and responded to. There is a possibility that the answer to the application to be made after this date, that is, after the 10th of September, will be different. As such, the situation should also be reported to me: 1- Within fifteen days starting from the ceasefire date, Thrace will be handed over to the civil servants and military forces of the Government of Grand National Assembly of Turkey unconditionally until the borders of 1914. 2-Our prisoners in Greece will be delivered to Izmir, Bandırma and Izmit ports within fifteen days. 3- The Greek Government will undertake to repair the destruction it has done and is doing in Anatolia for three and a half years."

In the conversation between Halide Edib, who went to the front at the call of Mustafa Kemal on August 27, 1922, we see the confident and calm Commander-in-Chief: "Congratulations Pasha, you have finally succeeded. *Laughing, yes we finally did it. How did you get here? *I almost fell among the Greeks. *Laughing, I too was falling among the Greeks today. *Your fall would be a great disaster. *Come on, lady, let's eat something. * After you take İzmir, you can rest for a while, Pasha, you are very tired. *Rest? After the Greeks, we will fight with each other, we will eat each other."

After the first bullet of Hasan Tahsin Recep (Osman Nevres), more than 7 million bullets were fired in the War of Independence, nearly 60 thousand artillery shells were fired, and nearly 39 thousand martyrs were given. We celebrate the 103rd anniversary of the Sivas Congress on September 4, 1919, and the 100th anniversary of the Liberation of Izmir on September 9, 1922. We offer our respect and gratitude, especially, to Gazi Mustafa Kemal Atatürk and his comrades, to all our martyrs who shed their blood to make this land our homeland, to those who raised our flag coloured by martyrs' blood, soaked by the sweat of the survivors in Izmir. We wish them God's mercy.

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2-İ. ÇALIŞLAR. MUSTAFA KEMAL ATATÜRK MÜCADELESİ VE ÖZEL HAYATI. YAPI KREDİ YAYINLARI, 2018.

Are You Ready?

30.09.2022

AS IGU FACULTY OF HEALTH SCIENCES, WE CARRIED OUT ORIENTATION FOR OUR STUDENTS BEGINNING TO UNIVERSITY!



On Tuesday, 27.09.2022, we held a "Faculty Information and Promotion Meeting" with the participation of about 400 academic staff and new students at the Mehmet Akif Ersoy Conference Hall on the Tower Campus. IGU Faculty of Health Sciences took its place in this meeting with all its departments. After the meeting, at the tables reserved for Nutrition and Dietetics (Tr & Eng), Child Development (Tr & Eng), Nursing (Tr & Eng), Language and Speech Therapy, Occupational Therapy, Physiotherapy and Rehabilitation (Tr & Eng), Audiology, Perfusion, Health Management and Social Service Departments, students and academics came together and met.



103 YEARS AGO TODAY, THE CONGRESS WHERE THE FOUNDATIONS OF OUR REPUBLIC WERE LAID: SIVAS CONGRESS



Asst. Prof. Gülay TAMER

Sivas Congress was held on September 4, 1919 with the participation of delegates from various parts of the country. One of the important topics of the congress was mandate and protection. Among the delegates in question was Hikmet, who came to the city with the money collected by his fellow students. On the evening of September 8, when there were heated debates on the Mandate and Protectorate, Hikmet, a military medical student, said:

"My medical friends, to whom I am a delegate, sent me here to participate in the work to achieve our independence cause. I cannot accept the Mandate and the Protectorate. If there are those who will accept it, whoever it is, we strongly reject and condemn it. It will not happen, but if you accept the mandate idea, we will reject you as well. We call and curse Mustafa Kemal not as the savior of the homeland, but as the destroyer of the homeland."

Mustafa Kemal Pasha, who was proud of these words and said, "Friends, look at the youth, pay attention to the expression of the noble blood in the Turkish national body," turned to Hikmet Bey and said, "Son, be happy. I am proud of youth and I trust youth. Even if we remain in the minority (minority), we will not accept the mandate and patronage. Our password is unique and unchangeable, either independence or death." said.

This is exactly what the Sivas congress is;
Sivas Congress is the moment when a nation chooses to live.

It has been 103 years since Mustafa Kemal Atatürk said, "The homeland is an indivisible whole within its national borders; it cannot be divided".

DO NOT FIGHT WITH MIGRAINE, GET ALONG WELL WITH IT!

Prof. Ebru KOLSAL

Migraine and tension-type headaches are among the two most common causes of headaches. In migraine, in which headaches of varying intensity and severity are often throbbing sensations, avoidance of light and noise and situations such as nausea and vomiting are among the complaints of the patients. Migraine diagnosis is more common in individuals with a family who has a migraine history.

ONE MUST BE CAREFUL ABOUT SUDDEN ONSET HEADACHES

Headaches greatly affect daily life, quality of life and school success in both children and adults. Prof. Dr. Ebru Kolsal, Child Neurology Specialist from Istanbul Gelisim University, Faculty of Health Sciences, Department of Child Development, made the following statements about September 5-11 Migraine Awareness Week:

“Headache is one of the most common complaints in childhood. Headaches reach 40% around the age of 7 and 70-80% in adolescence. Persistent headache is significant for the diagnostic approach. Sudden onset headaches must be taken seriously. There may be an infection accompanying the pain. Tumor-like formations that can cause increased intracranial pressure can be considered in headaches that wake people up at night, particularly in the morning accompanied by vomiting. It can also be a symptom of conditions such as loss of consciousness, seizures or loss of motor function, bleeding and stroke that occur with headaches.

DETAILED EXAMINATION IS REQUIRED WHEN DIAGNOSING MIGRAINE IN CHILDHOOD!

In Migraine with Aura (also called classic migraine) attacks, which is a type of migraine, patients see lines or circles before the pain starts. Along with these visual findings, which are the precursors of a migraine attack, sometimes severe pain in the eye, temporary paralysis-like symptoms in the eye muscles or zig zag lines in vision, blind spots can be observed. Especially in patients with such symptoms, epilepsy must be differentiated. Prof. Dr. Ebru Kolsal: “These visual symptoms or attacks of headache and vomiting can be confused with some types of epilepsy. When diagnosing migraine in childhood, it is definitely useful to have a detailed eye examination, imaging and EEG recording. Thanks to these examinations, diseases that should not be delayed in treatment will be caught.”

CONSUMPTION OF CHOCOLATE, TEA AND COFFEE INCREASE MIGRAINE ATTACKS

It is known that migraine is a disease that progresses in attacks that last a lifetime. Depending on the frequency of the attacks, continuous drug therapy can be applied, or medication can be used only during the attack periods. Prof. Dr. Kolsal indicated, “The crucial thing here is to regulate living conditions and prevent attacks. Especially being sleepless and hungry increases the attacks. It is very significant for the patient with migraine to have a sleep pattern and to eat regularly. Moreover, the foods to be chosen in nutrition are of great importance in preventing attacks. Particularly ready-made foods containing additives, chocolate, excessive consumption of tea, consumption of coffee and fermented beverages increase migraine attacks. Identifying and avoiding foods that trigger attacks in patients with migraine will eliminate the need for continuous medication. You need to stay on good terms and stay away from behaviors you do not like by living like a friend, not by fighting migraines.”

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



WHAT SHOULD BE CONSIDERED WHEN CHOOSING A PROBIOTIC?

Lecturer
Münevver Başak ONAT

Probiotics and Health Benefits

In 2001, specialist team members of the World Health Organization and Food and Agriculture Organization defined probiotics. This definition is like this: “live microorganisms that, when administered in adequate amounts, confer a health benefit on the host.”. There are lots of studies focused on these health benefits and showed the result that probiotics and their use are promising us a future about these main topics: rearranging the gut flora and health; strengthening the immune system; anti-inflammatory, anti-allergic and antimicrobial activities; cancer and obesity studies and nervous system studies.

Sources of Probiotics

It is possible to take natural probiotics with our foods with sources like fermented; dairy products, fruits and vegetables or soy etc. But also today we are producing probiotics in laboratories too. These products are sold with the label of "food supplement" in our country. These products can contain different probiotic species and their combinations, also they can be presented with prebiotics. Their live microorganism numbers make these products desirable for modern people who can't always consume a healthy and balanced diet because of their working places and hours; and also for industrial societies. Also having alternative forms of capsules, powders, and tablets which are easy ways for consumption are pros for consumers because they are providing time savings.

Ideal Characteristics of Probiotics

According to Attri et al. (2021), an ideal probiotic should have these characteristics:

- Non-pathogenic.
- Lactic acid producer.
- Production of antimicrobial substances.
- Adherence to the gut lining.
- Genetically stable.
- Safety in food and clinical use.
- Susceptible for antibiotics.
- Persistence in the human intestinal tract.
- Antagonism against enteric pathogens.
- Acid and bile tolerant.

Considerations When Choosing Probiotics

According to all this information, during the purchasing phase consumers should consider these: probiotic species and the side substances must be approved by health authorities, the probiotic product must contain species that will affect the health problem, and the production technology must be suitable for the target tissues or systems, production and storage must be done in proper conditions. Also, consumers should be careful about; storing the products in a proper heat and environment, consuming the product with recommended amounts and frequency and the hunger-satiety situation.



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



PSYCHIATRY, PSYCHOLOGY, PUBLIC HEALTH AND SOCIOLOGY THEMATIC AREA GROUP MEETING WAS HELD



Within the IGU Rectorate, The Psychiatry, Psychology, Public Health and Sociology Thematic Field Group meeting, which was established under the leadership of our Vice Rector Prof. Dr. Necmettin MARAŞLI, was chaired by Assistant Professor Nurten ELKİN. ELKİN shared the reasons for the formation of the thematic area group and the scientific studies that this thematic area can do. Subgroups were formed at the meeting. It was stated that one representative of the subgroups will be elected and these representatives will be in contact with the thematic area presidency.

It is planned to carry out projects and scientific research in the fields of addiction, family, society, migration, disadvantaged groups, education, technology and mental health and clinical psychology within thematic area groups. Planning needed training in the fields (statistics, etc.) in line with the feedback of the participants is also among the objectives of the thematic group. Assistant Professor Talat SARIKAVAK, vice president of thematic area, also shared the feedback collected from the group members with the Google form, under headings. The meeting was ended by determining the next meeting date.

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

DOUBLE MAJOR PROGRAM

FREQUENTLY ASKED QUESTIONS

What is the Double Major Program?

Double Major Program (DMP): It refers to the second bachelor's or associate's degree program that enables students to obtain an undergraduate/associate degree from another department/program that is close to the major undergraduate/associate degree program in terms of science.

When can I apply for the Double Major Program?

A student can apply to a double major diploma program at the beginning of the third semester at the earliest and, at the beginning of the fifth semester in four-year programs, at the beginning of the seventh semester in five-year programs, and at the beginning of the ninth semester in six-year programs at the latest. In major associate degree programs, students can apply at the beginning of the second semester at the earliest and at the beginning of the third semester at the latest.

What are the Application Requirements for the Double Major Program?

- Students who have a cumulative grade point average of at least 70 out of 100 (2.72/4.00) in the major diploma program at the time of application for a double major and who are in the top 20% of the major diploma program in terms of success in the relevant class can apply to the second major diploma program.
- In order for the student to apply for the double major program, he/she must have successfully completed all the credit courses in the major undergraduate/associate degree program until the semester he/she applied and not have received a disciplinary penalty.
- It is not possible to apply for a double major between the programs with the same name in Turkish and foreign language programs.
- If the student applies to a program that provides education in a foreign language wholly or partially, he/she must obtain a score of at least 70 out of 100 from the foreign language proficiency exam conducted by the School of Foreign Languages or an equivalent score from the national/international exams accepted by the Senate as equivalent.
- In order to apply for the double major diploma program, the student who has registered through lateral transfer must have studied at least two semesters in the undergraduate program and at least one semester in the associate degree program.
- A student who enrolled with vertical transfer cannot apply to a double major program.

Will I Pay Fees in the Double Major Program?

DMP at Istanbul Gelisim University is completely **FREE**.

DOUBLE MAJOR PROGRAM FREQUENTLY ASKED QUESTIONS

With Which Departments Can I DMP?

**FACULTY OF HEALTH
SCIENCES**

FREE DMP →

- FACULTY OF HEALTH SCIENCES
- FACULTY OF APPLIED SCIENCES
- FACULTY OF ECONOMICS, ADMINISTRATIVE AND SOCIAL SCIENCES
- FACULTY OF FINE ARTS
- İSTANBUL DEVELOPMENT VOCATIONAL SCHOOL
- VOCATIONAL SCHOOL OF HEALTH SERVICES
- SCHOOL OF PHYSICAL EDUCATION AND SPORTS

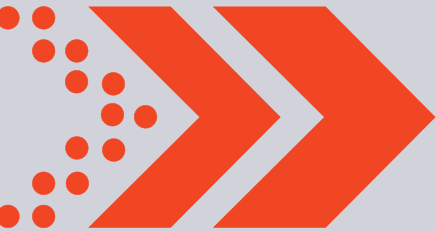
With Which Departments Can DMP be More Advantageous?

Doing DMP with specific departments may be more advantageous in terms of vocational and education. For instance, it may be more advantageous in terms of the education process and career to do CAP with Nutrition and Dietetics department and Physiotherapy and Rehabilitation, Psychology and Gastronomy and Culinary Arts departments; Physiotherapy and Rehabilitation department and Occupational Therapy, Nutrition and Dietetics, Speech and Language Therapy departments; Occupational Therapy department and Speech and Language Therapy department; Perfusion department and Nursing department; Audiology department and Speech and Language Therapy department; Social Work and Psychology, Child Development and Sociology departments; Health Management department and Nursing department; Child Development department and Psychology, Language and Speech Therapy, Occupational Therapy and Social Work departments.

Res. Asst. Engin ÇAĞLAR



For more information about the DMP, you can read the [DMP Regulation](#).



OUR GUEST OF THIS MONTH

Asst. Prof. Ayşe Huri ÖZKARABULUT



It is said that the French writer Marcel Proust chatted with the characters he created and asked them some questions.

It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered them himself when he was 20.

Using these questions prepared by him, we ask these questions to an experienced faculty member for each issue.

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

No littering and no smoking

2-Which of the inventions would you like to be the inventor of?

Telephone because communication is very important

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

Finding a cure for cancer

4-If you were to write a book, what would it be named?

The power of love

5-If they made a movie about your life, which actor/actress would you like to play you?

Elizabeth Taylor

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

Honest, Positive, Hardworking, Devoted, Loving

7-What kind of talent would you like to have?

Never getting tired

8-Who is your hero?

Mustafa Kemal Atatürk

9-Who is your favorite author?

Zülfü Livaneli

10-What word would be the summary of the years you lived?

Living to the fullest

WHO IS WHO?



HULUSİ BEHÇET

Hulusi Behcet was born in Istanbul in 1889.

He was the first scientist to describe Behcet's disease, which is known by his name today, and the first person to receive the title of professor in the Turkish academy.

Behçet, who lost his mother at a young age, was raised by his grandmother. He completed his education in Damascus, which was then a part of the Ottoman Empire. He learned French, German and Latin. He studied medicine at Gülhane Military Medical Academy and specialized in dermatology. He served in a military hospital in Edirne during the First World War, and after the war he went to Germany and Budapest to improve his medical education.



Istanbul University was newly established in 1933 and Hulusi Behçet founded the Dermatology Clinic, which was then called "Skin Diseases and Syphilis Clinic" and was elected Professor. Since the first years of his profession, he has participated in various national and international congresses as a productive person in the field of dermatology and shed light on science with his original studies. He has contributed to the education of new generations by translating many articles into Turkish, has been working on syphilis since 1922 and has published many international articles. Behçet was the first scientist to describe Behcet's disease, which is a disease of blood vessel inflammation (vasculitis) that is named after him today.

Hulusi Behcet, who died in 1948, was awarded the TÜBİTAK service award in 1975, 27 years after his death.



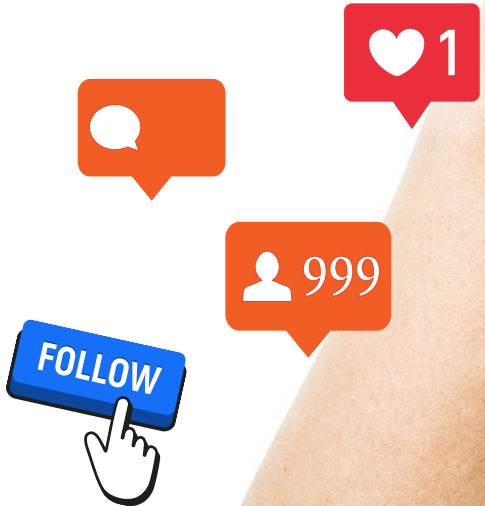
**OFFICIAL SOCIAL MEDIA
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İGÜ Sağlık Bilimleri Fakültesi



**New
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İSTANBUL GELİŞİM ÜNİVERSİTESİ

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