



— ISTANBUL —

**GELISIM**

— UNIVERSITY —

**GOOD HEALTH AND WELLBEING  
REPORT  
2018**



[www.gelisim.edu.tr](http://www.gelisim.edu.tr)

# GOOD HEALTH AND WELLBEING REPORT

2018

  
İSTANBUL  
GELİŞİM  
ÜNİVERSİTESİ



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# About

# This Report

İstanbul Gelişim University recognizes that its contribution to good health and well-being in terms of students, staff and the wider community is linked to its efforts in designing creative educational opportunities and social projects.

İGÜ's priority is to constitute a healthy and safe campus and work environment that fosters the individual performance of each member of the university and to support the community via providing them educational opportunities supporting health and well-being.

The aim of this report is to provide a review of outreach programmes provided to local communities including our academic and non-academic staff and our students, a review of educational services provided to its students and staff and a review of smoke free campus practices.

Aslıhan Güzin Selçuk, Ph.D., FHEA  
**Coordinator of the Education Support Unit**







**“ GOOD  
HEALTH AND  
WELLBEING  
REPORT  
”**

2018



## İGÜ in Numbers

The health profession programmes of İGÜ are listed below;

### HEALTH SCIENCES INSTITUTE:

- Nutrition And Dietetics (Master's - Without Thesis)
- Physiotherapy And Rehabilitation (Master With Thesis / Non-Thesis)
- Movement And Training Sciences (Ph.D. Program)
- Audiology (Master's Thesis)
- Sport Management (Master With Thesis / Non-Thesis)

### SCHOOL OF HEALTH SCIENCES:

- |                                       |                         |
|---------------------------------------|-------------------------|
| • Nutrition And Dietetics             | • Nursing               |
| • Child Development                   | • Audiology             |
| • Language And Speech Therapy         | • Orthotics-Prosthetics |
| • Ergotherapy                         | • Perfusion             |
| • Physical Therapy And Rehabilitation | • Healthcare Management |
| • Gerontology                         | • Social Service        |

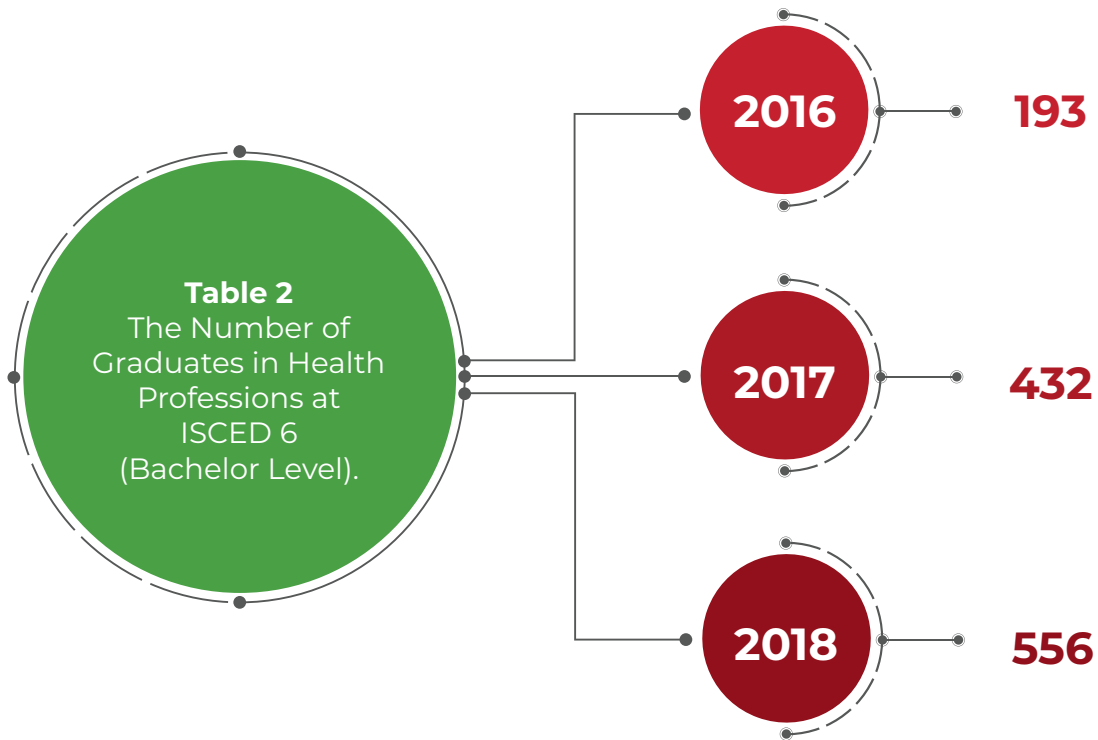
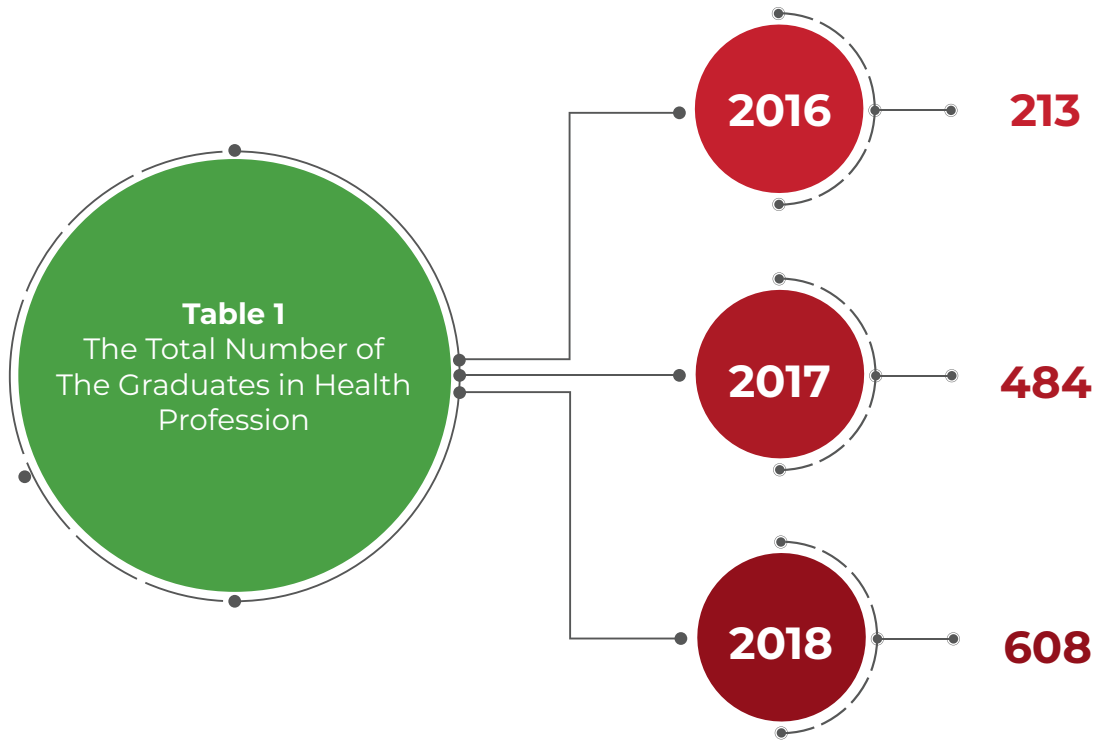
### VOCATIONAL SCHOOL OF HEALTH SERVICES:

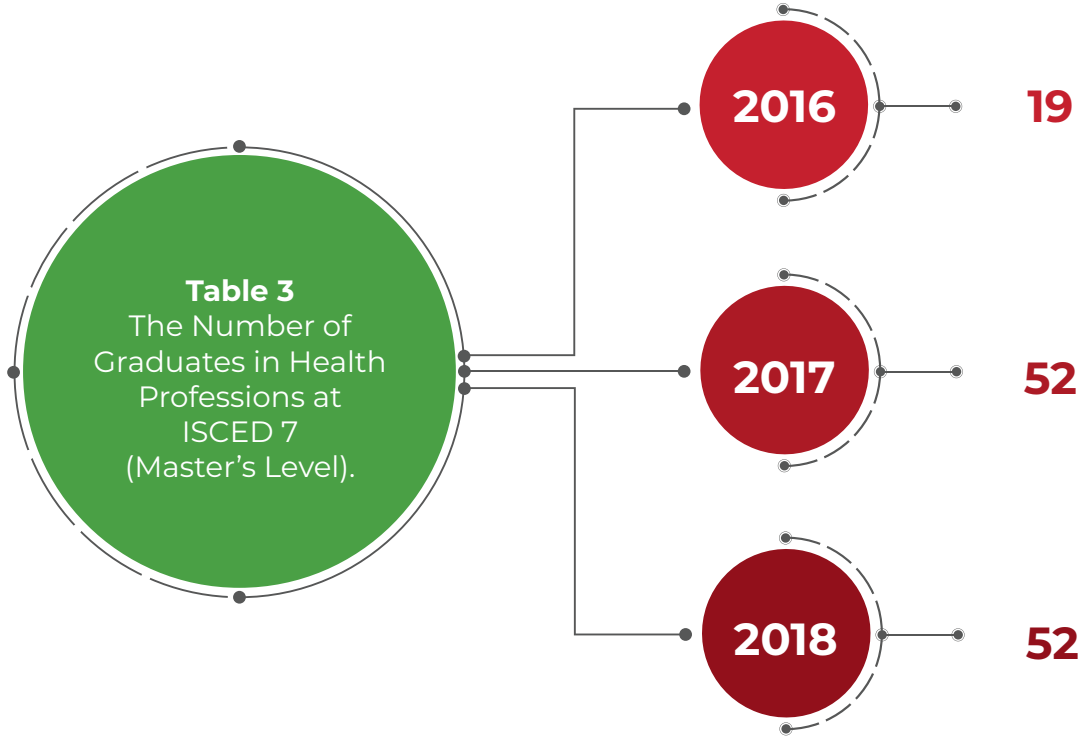
- |                                     |   |
|-------------------------------------|---|
| • Mouth and Dental Health           | • Orthopedic Prosthesis And Orthosis    |
| • Operating Room Services           | • Autopsy Assistance                    |
| • Anesthesia                        | • Pathology Laboratory Techniques       |
| • Biomedical Device Technology      | • Perfusion Techniques                  |
| • Child Development                 | • Podology                              |
| • Dental Prosthetics Technology     | • Radiotherapy                          |
| • Dialysis                          | • Hair Care and Beauty Services         |
| • Electroneurophysiology            | • Management of Health Institutions     |
| • Physiotherapy                     | • Medical Documentation and Secretariat |
| • Food Quality Control and Analysis | • Medical Imaging Techniques            |
| • First and Emergency Aid           | • Medical Laboratory Techniques         |
| • Audiometry                        | • Medical Promotion And Marketing       |
| • Optician                          |   |

All figures are taken from the Student Affairs Department of İGÜ. Table 1 shows the total number of the graduates in health profession.









There is not any students who gain a formation for primary school education at ISCED 8 doctoral level.

## Outreach Programs

İGÜ has set several free programs through the vision of sustainable development goals- which promotes active participation of students and staffs- that contribute to the health and well being to the community. İGU organized 38 free outreach programmes to support health and wellbeing of the community in 2018. You can reach the details of the programmes below.

### 1. First and Immediate Aid Training

Istanbul Gelisim University Lecturer Nadiye CAMCI gave First and Immediate Aid Training to the students of Medical Faculty from outside the institution on 23.01.2018.





## 2. Polycystic Ovary Syndrome Seminar

Dietitian Eda Gilanlioğlu gave information about polycystic ovary syndrome in the seminar that the students studying in the field of health and the participants from local people showed interest, and she informed about the things that should and should not be done in the treatment of the disease.

<https://sbyo.gelisim.edu.tr/en/news/igu-nutrition-and-dietetics-department-seminar--polycystic-ovarian-syndrome-pcos-nutritional-therapy>

## 3. Stay Happy with Sports Event

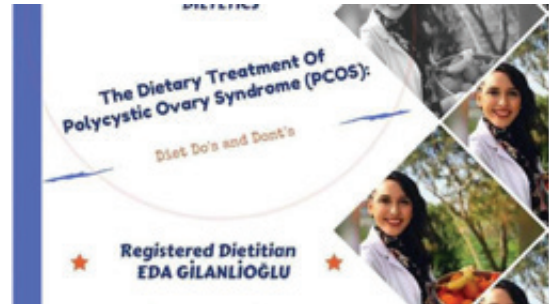
IGU School of Physical Education and Sports (BESYO), within the scope of International Day of Happiness, organized the “Stay Happy with Sports in Gelisim” event at the University’s new campus Gelisim Tower. In cooperation with Mac Fit Torium, in the event which was open to free participation of local people, sports expert Burak Keskin had the participants to practice sports.

## 4. Cancer Information Panel

To the panel where the effects of cancer on human psychology and the oncology are discussed; Asst. Prof. Dr. Ceyhun BOZKURT, Gözdenur ÇAVUŞ and Güliz ALTINBAŞAK participated. In the panel that local people also showed great interest, recommendations for preventing cancer were provided.



1. First and Immediate Aid Training



2. Polycystic Ovary Syndrome Seminar



3. Stay Happy with Sports Event



4. Cancer Information Panel





## 5. Entrepreneurship Seminar on Nutrition and Biotechnology

In the conference where Gözde Büyükkacaroğlu and the Dietitian Murat Koç met with students of Istanbul Gelisim University, sector professionals and individual participants, detailed information about nutrition and biotechnology entrepreneurship were shared.

## 6. Organic Life Conference

Within the scope of the conference, Ebru Baybara Demir and Gürsel Tonbul met with students and residents of Avcılar district. In the conference, attention was drawn to the need to know where the vegetables and fruit products used in the kitchen are grown, and the precautions to be taken to prevent the reduction of water.

<https://gelisim.edu.tr/haber/igu%E2%80%99de-organik-yasam-bulusmasi>

## 7. Hunger Types and Nutrition Awareness Seminar

Istanbul Gelisim University, Health, Culture and Sports Department, Nutrition and Dietetics Club organized a seminar on “Hunger Types and Nutrition Awareness”. In the seminar where the participation was high, IGU students and individual participants learned about their eating habits

<https://gelisim.edu.tr/haber/igude-beslenme-farkindaligi-semineri-duzenlendi>

## 8. Are We Really Ready for Happiness? Seminar

In the conference hall of the rectorate campus of Istanbul Gelisim University, a seminar on happiness was held with the participation of Psychology Specialist / Sociologist Bahar Akoğlu. The people of Avcılar district and IGU students showed great interest to the seminar.

In the event aiming to help participants get to know themselves better and to raise awareness in the psychology world, happiness was defined in terms of psychology, philosophy and literature. During the event, feelings of suffering, psychological loss, the fact of age and the difficulties of self- love were also discussed.

<https://iisbf.gelisim.edu.tr/haber/mutluluga-gercekten-hazir-miyiz>





5. Entrepreneurship Seminar on Nutrition and Biotechnology



6. Organic Life Conference



Beslenme ve Diyetetik Bölümü ve  
Beslenme ve Diyetetik Kulübü  
Ortak Etkinliği

### "Açlık Türleri ve Beslenme Farkındalığı"

30.10.2018 / 09:30 -12:00  
Erasmus+ Konferans Salonu / E Blok

7. Hunger Types and Nutrition Awareness Seminar



7. Hunger Types and Nutrition Awareness Seminar



8. Are We Really Ready for Happiness? Seminar



## 9. Social Gender and Its Reflections on the Health Conference

In the department, 14.12.2018 tarihinde “Social Gender and Its Reflections on the Health” conference was held. Addressing the social gender equality, the conference was attracted great interest of the students of Istanbul Gelisim University and individual participants.

<https://sbyo.gelisim.edu.tr/bolum/nursing-51/haber/toplumsal-cinsiyet>

## 10. Cardiac Massage Simulation Training

Having the motto “Even if the Heart Stops, Don’t Stop”, the cardiac massage seminar was held where the Hayatta Kal (Stay Alive) Association was the guest, and thereafter cardiac massage simulation was performed.

In the seminar where Hakan Demir, the General Secretary of Hayatta Kal Association was the speaker, the students, staff of Istanbul Gelisim University and participants from people of Avcılar district were trained on first aid and correct cardiac massage.

<https://gelisim.edu.tr/haber/ogrenciler-toplu-kalp-masaji-egitimi-ile-hayat-kurtarmaya-hazirlandi>

## 11. True Talks About Nutrition ‘18

Istanbul Gelisim University, Health Culture and Sports Department, Biotechnology and Life Sciences Club organized the event “True Talks about Nutrition’18”. The students, sector professionals, individual participants and academic staff showed great interest to the event where Dietitian Nutrition Specialist Didem Kanca Üstay, Dr. Alp Sirman and Dietitian Chef Elif Edes Tapan were the speakers.

Participated numerous international congresses and trainings, visited many nutrition centers around the world and conducted research on different types of nutrition

since 2003, Dietitian Nutrition Specialist Didem Kanca Üstay made a presentation titled “The Effect of Media on Nutritional Habits” in the event, while Dr. Alp Sirman informed the participants with his speech “Food Additives School and Workplace Nutrition”.

<https://gelisim.edu.tr/haber/beslenme-specialistlari-ogrencilerle-bulustu>





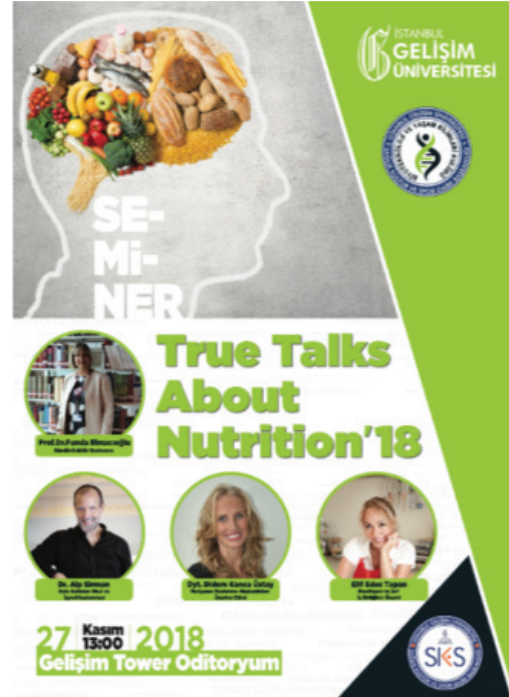
9. Social Gender and Its Reflections on the Health Conference



9. Social Gender and Its Reflections on the Health Conference



10. Cardiac Massage Simulation Training



11. True Talks About Nutrition '18



11. True Talks About Nutrition '18





## 12. Recipes for Happiness Seminar

In the seminar where Hakan İnanır met with IGU students, personnel, and participants from Avclar district, how to program the subconscious to be happy was relayed to the participants. How to get rid of bad habits, the reasons behind insecurity and the recipe for happiness were addressed.

## 13. Epilepsy and Life Conference

In the conference, held in IGU Taşkent conference hall and moderated by community service club, information was given on many matters related to epilepsy such as characteristics of epilepsy, what should be done in epilepsy, how epilepsy is perceived by the society. The students and local people who participated in the conference gained in-depth knowledge of the matter.

<https://sbyo.gelisim.edu.tr/bolum/sosyal-hizmet-52/haber/saglik-bilimleri-yuksekokulu-sosyal-hizmet-bolumu-terafindan-epilepsi-ve-yasam-konferansi-duzenlendi>

## 14. Autism Training for Family Physicians

The Child and Adolescent Psychiatrist Asst. Prof. Dr. Canan Tanıdır, who is a faculty member in the Psychology department of Istanbul Gelisim University, gave information about the definition, symptoms and frequency of autism to the family physicians in our school. The importance of early diagnosis of autism has been emphasized and the guidance of family physicians has been explained about how they can help in the treatment. In the conference, the treatment of autism is addressed and the most effective methods are emphasized.

Since family physicians see babies from an early stage, they have great responsibilities in this regard. The purpose of the conference is to recognize autism at an early age and to direct them to specialists. For these reasons, a volunteer training was given to the participants.

<https://iisbf.gelisim.edu.tr/bolum/psikoloji-ingilizce-104/haber/aile-hekimlerine-otizm-egitimi-vermenin-oneminden-bahsedildi>







**MUTLULUĞUN FORMÜLLERİ**

İSTANBUL GELİŞİM ÜNİVERSİTESİ  
Sağlık Hizmetleri Meslek Yüksekokulu  
Sağ Bakım ve Güzellik Hizmetleri

**SEMİNER BAŞLIKLARI**

- \* Mutlu olmak ne demek?
- \* Bilinç altına nasıl programlanır?
- \* Gerçekten ne istediğinizi biliyor musunuz?
- \* Kötü alışkanlıklardan nasıl kurtuluruz?
- \* Neden kimseye güvenemiyoruz?
- \* Herhangi bir ilişkideki en önemli nokta: Formülü ve Önemi
- \* Hayal alemi mi, gerçeklik alemi mi yaşamalıyız?
- \* Neden birbirimizi anlamıyoruz?
- \* En büyük ve kötü gerçek düşmanımız kim?
- \* Hayatı kaçırmaktan korkarken, neden, neredeyse herkes kaçıyor?

**Katılımcı: Hakan İNANIR**

16 NİSAN 2018 12:00-15:00 Taşkent Konferans Salonu A Blok

12. Recipes for Happiness Seminar

**Epilepsi ve Yaşam Konferansı**

KONUŞMACI: **Ebru ÖZTÜRK**

Epilepsi ve Yaşam Platformu Kurucusu

04 ARALIK 2018  
13:00-16:00  
Taşkent Konferans Salonu

İSTANBUL GELİŞİM ÜNİVERSİTESİ

13. Epilepsy and Life Conference



13. Epilepsy and Life Conference



14. Autism Training for Family Physicians





## 15. Nutrients that Boost Cognitive Power Seminar

Istanbul Gelisim University students and individual participants who want to be informed about nutrients that boost cognitive power met with Pinar Cava Gümüő, the EuRho Vital Product Group Manager, Turkey Business Unit of Euro OTC Pharma which is a German origin company.

In the seminar organized by Asst. Prof. Dr. İsmail Hakkı Tekiner and Lecturer Tolgahan Tabak, information was given on nutrients and supplements that boost cognitive power.

<https://gelisim.edu.tr/haber/ogrenciler-bilissel-gucu-artiran-besinler-hakkinda-bilgilendirildi>

## 16. Brain Tumor Seminar

From Health Sciences University, Bakırköy Mental Health and Neurological Diseases Education and Research Hospital, Neurosurgery Specialist Surgeon Ayőegöl Özdemir Ovaliođlu and Deputy Chief Physician Surgeon Cem Ovaliođlu were the speakers of the seminar, and it was attracted great interest of the students and people of People of Avcılar district.

The students were informed about brain tumor symptoms and diagnostic methods, brain tumor treatment, brain tumor surgical treatment, and living conditions after brain tumor surgery in the seminar which s provided a new perspective to the students of Vocational School of Health Sciences in their career planning.

<https://gelisim.edu.tr/haber/shmyo-%E2%80%9Cbeyin-tumoru%E2%80%9D-Seminar-duzenledi>

## 17. Nutrition, Health and Food Safety The Other Side of the Coin Healthy Nutrition Conference

In the seminar, errors, truths and mistakes in food processing and consumption were addressed. At the end of the seminar, Food Engineer Erdem ÖNER replied the questions of the participants, and shared his valuable knowledge.

<https://myo.gelisim.edu.tr/bolum/gida-teknolojisi-127/haber/beslenme-saglik-ve-gida-guvenliginde-madalyonun-oteki-yuzu>





*15. Nutrients that Boost Cognitive Power Seminar*



*16. Brain Tumor Seminar*



*17. Nutrition, Health and Food Safety The Other Side of the Coin Healthy Nutrition Conference*





## 18. Healthy Nutrition Training for Darülaceze Institution

Aid Club, established in our university, visited Darülaceze and gave education on healthy nutrition. Aid Club Advisor Lecturer Nadiye Camcı, Club President Esra Acar and the management team drew attention to the nutrition of older adults during the visit.

<https://shmyo.gelisim.edu.tr/bolum/ilk-ve-acil-yardim-42/haber/aid-kulubud-en-darulaceze-ziyareti>

## 19. Obesity Disease of Our Age Seminar

Surgeon Ömer Avlanmış and Dietitian İrem Uysal provided valuable information on obesity and ways to prevent obesity to IGU students, sector professionals and the participants from local people who have interest on this matter.

<https://sbyo.gelisim.edu.tr/duyuru/cagin-hastaligi-obeziite-Seminar>

## 20. The Importance of Blood Donation and Current Issues about Kızılay (Red Crescent)

Kızılay Branch Head Mr. İlhami Yıldırım came together with IGU students and people of Avcılar district in the conference titled The Importance of Blood Donation and Current Issues about Kızılay, and gave valuable information for creating awareness on blood donation.

## 21. Breast Cancer Awareness Seminar

Dr. Turgay Dağtekin, Dr. Abdullah Yüksel Barut and Lecturer Ebru Sevinç provided valuable information on breast cancer to the residents of Avcılar district and IGU students.

## 22. Belgrad Run for Healthy Life

Istanbul Gelisim University, Health Culture and Sports Department, Run Club organized the event "Belgrad Forest Run for Healthy Life". In the run, which was open to free participation throughout the province of Istanbul, participants joined many activities in addition to doing sports in the fresh air of Belgrad Forest. Within the scope of the running activity held under the supervision of Asst. Prof. Dr. Engin Işık Abanoz, the participants completed a 6 km track in the Forest's Neşet Water and practiced Boot Camp and Tai Chi exercises.

<https://gelisim.edu.tr/haber/ogrenciler-belgrad-ormaninda-spora-doydu>





18. Healthy Nutrition Training for Darülaceze Institution



20. The Importance of Blood Donation and Current Issues about Kızılay (Red Crescent)



22. Belgrad Run for Healthy Life



19. Obesity Disease of Our Age Seminar



21. Breast Cancer Awareness Seminar





### 23. British professor of play is in Turkey

The professor of play Sue Jennings, who spoke at the International Psychology Day” which was held for the first time this year in Istanbul Gelisim University (IGU), she said, “We strive to contribute healthier development of children, to have them to build relationships and to overcome trauma after moments of crisis. Although the game means having fun, it is also a tool to learn”.

In the conference, the professor of play and storyteller Sue Jennings, who was the speaker at the workshop having the theme “Game Therapy and

Neurodramatic Play”, played valuable information to help healthier development of children, to have them to build relationships and to overcome trauma after moments of crisis.

<https://gelisim.edu.tr/haber/ingiliz-oyun-profesoru-turkiyede-ogrencilerle-bulustu>

### 24. Nutrition Awareness Training for Primary School Students

Within the scope of “Life Skills project” and “International Food Day” organized jointly by IGU and Biltes Koleji (Private High School), a seminar was given by Asst. Prof. Dr. Murat Doğan regarding healthy food and nutrition to the primary school students in Biltes Koleji Kâğıthane campus.

Addressing the hunger problems of today’s world and offering solutions, Doğan emphasized food safety and the importance of healthy eating.

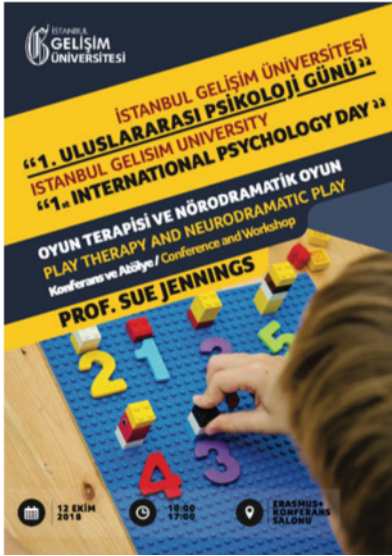
<https://gelisim.edu.tr/haber/igu-ilkokul-ogrencilerine-saglikli-beslenme-farkindaligi-asiliyor>

### 25. Evidence-Based Practices to Prevent Pressure Sores

Held with the participation of Specialist Nurse Banu KATRAN, in the training, she emphasized the evidence- based nursing in case of pressure sores and the fact that evidence-based practices accelerate healing of such wounds. She stated that evidence-based nursing is the planning, implementation and evaluation of the care, based on theory and knowledge, and by taking into account the needs and preferences of the person, group or family being cared for.

<https://sbyo.gelisim.edu.tr/bolum/nursing-51/haber/basinc-yaralarini-onlemede-kanita-dayali- uygulamalar>





23. British professor of play is in Turkey



23. British professor of play is in Turkey



24. Nutrition Awareness Training for Primary School Students

25. Evidence-Based Practices to Prevent Pressure Sores



25. Evidence-Based Practices to Prevent Pressure Sores





## 26. Hearing Aids Symposium

IGU students and sector representatives showed great interest to the symposium where valuable information was provided on matters such as “Hearing Aid Sector in the World and Turkey”, “Hearing Aid Selection Criteria and Approach to the Patient with Hearing Aid”, “Ear Mold Applications”, “REM, Fitting, Customization”, “Pediatric Instrumentation”, “Current Approaches in Tinnitus” and “Opening a Hearing Aid Center”.

<https://sbyo.gelisim.edu.tr/bolum/odyoloji-82/haber/isitme-cihazlari-sempozyumu>

## 27. Lymphedema Therapy in Physiotherapy Training

Specialist physiotherapist Gülsüm GÜREL met with sector professionals working in the field of physiotherapy and the students who are studying in the same field. Shared valuable information on lymphedema therapy, Gürel answered questions at the end of the training.

## 28. Multidisciplinary Perspective on Pediatric Rehabilitation Seminar

The seminar titled ‘Multidisciplinary Perspective on Pediatric Rehabilitation’ was organized by Istanbul Gelisim University on 3 December International Day of Disabled Persons.

Hüseyin Bol drew attention to the importance of interdisciplinary cooperation and multidisciplinary study on cerebral palsy and its treatment. He gave information about approaches like occupational therapy, play therapy, technological (virtual reality, robot, video) rehabilitation, hydrotherapy, hypotherapy, osteopathy.

<https://sbyo.gelisim.edu.tr/bolum/fizyoterapi-ve-rehabilitasyon-50/haber/pediyatrik-rehabilitasyona-multidisipliner-bakis>

## 29. Being an Occupational Therapist in the World and in Turkey

Muammer Aydoğdu gave a seminar on being an occupational therapist in the world and in Turkey. The seminar explained the profession of occupational therapy which is a newly-introduced profession in Turkey, and how its application areas will change our future; in addition to scientific knowledge, interactive applications were also included to the seminar. Aydoğdu, whose scientific interests are Autism, Cerebral palsy, Neuroplasticity, Magnetic stimulation treatments, also shared his knowledge on these fields with the participants who wanted to take information regarding the profession of occupational therapy

<https://sbyo.gelisim.edu.tr/bolum/fizyoterapi-ve-rehabilitasyon-ingilizce-159/haber/turkiyede-ve-dunyada-ergoterapistlik>







Sağlık Bilimleri Yüksekokulu Odyoloji Kulübü  
**İŞİTME CİHAZLARI  
SEMPOZYUMU**

İSTANBUL  
GELİŞİM  
ÜNİVERSİTESİ

**SEMPOZYUM**

**11 ARALIK 2018**  
10:00-17:00  
**6 BLOK MYO  
KONFERANS  
SALONU**

**Katılımcılar**

Şenol Özer  
Uzm. Ody. Ahmet Ovacık  
Ody. Aybars Koçça  
Ody. Önder Paksoy  
Ody. Ezgi Şenel  
Ody. Sami Aktaş  
Ody. Hilal Köse

İOU  
SKS



26. Hearing Aids Symposium

26. Hearing Aids Symposium



28. Multidisciplinary Perspective on Pediatric Rehabilitation Seminar

İSTANBUL  
GELİŞİM  
ÜNİVERSİTESİ  
Fizyoterapi ve Rehabilitasyon Bölümü

**Fizyoterapide  
Lenfödem  
Tedavisi**

Uzman  
Fzt.  
Gülsün  
GÜREL

14:00-17:00 26.11.2018  
Gelişim Tower Oditoryum

27. Lymphedema Therapy in  
Physiotherapy Training



27. Lymphedema Therapy in  
Physiotherapy Training

29. Being an Occupational  
Therapist in the World and  
in Turkey

**Türkiye'de ve Dünya'da  
Ergoterapistlik** SAĞLIK BİLİMLERİ YÜKSEKOKULU  
MÜDÜRLÜĞÜ ERGOTERAPİ BÖLÜMÜ

"Geleceği Hayal Et"

**Tarih: 04.12.2018** **Ergoterapist**  
**09:00 - 12:30** Saat: **Muammer AYDOĞDU**  
**Yer: UBYO Konferans Salonu A Blok**





### 30. Manual Therapy in Rehabilitation Training

Participants interested in the Manual Therapy method which has an important place in the field of physiotherapy and rehabilitation gained information about many subjects that they were wondering about in this event.

Sector professionals and the students studying in this field showed high level of participation in this training where information was provided on Manuel Therapy which is a treatment method for pain and loss of function caused by vulnerability of muscles, ligaments and joints, which are the elements of the movement system in the human body.

<https://sksdb.gelisim.edu.tr/haber/fizyoterapi-ve-rehabilitasyonda-manuel-terapi-nin-onemi-konusuldu>

### 31. Sensory Integration Practices in Pediatric Neurology Training

the training where the occupational therapist Öykü Su Ünay emphasized the aspects to pay attention in sensory integration therapy and family education, occupational therapy students, graduates and sector professionals came together. Sh shared in-depth information regarding sensory integration practices in pediatric neurology.

<https://sbyo.gelisim.edu.tr/bolum/ergoterapi-186/haber/cocuk-norolojide-duyu-bu-tunleme-Seminar>

### 32. Oncology Dietitian Training

In the training that the students studying nutrition and dietetics and specialist dietitians wanting to be trained on oncology dietitian showed great interest, Specialist Dietitian Hilal Karaca explained how normal body cells turned into cancer cells by dysplasia after hyperplasia.

Talking about the factors that trigger cancer, Karaca said that 30% of individuals with cancer can be protected from cancer by proper nutrition. Divided the training into three titles Hilal Karaca talked about,

- Nutrition and Cancer prevention
- Nutrition in Cancer
- Nutrition of Individuals Defeated Cancer.

<https://sbyo.gelisim.edu.tr/bolum/beslenme-ve-diyetetik-48/haber/onkoloji-dietitianligi>





30. Manual Therapy in Rehabilitation Training



30. Manual Therapy in Rehabilitation Training



31. Sensory Integration Practices in Pediatric Neurology Training

**ÇOCUK NÖROLOJİDE  
DUYU BÜTÜNLEME UYGULAMALARI**



31. Sensory Integration Practices in Pediatric Neurology Training



32. Oncology Dietitian Training





### 33. National Physical Activity Symposium III

Participated by sector professionals, students and local people, in this symposium, after an overview of the disabled people, risky infants, vestibular system problems, down syndrome, oncologic rehabilitation in pediatrics, children with cardiopulmonary problems, brain exercises in pediatrics, protective physical activities in schools and physiotherapist relationship was examined.

Physical activity in healthy elderly, dancing, balance and physical activity in healthy elderly, physical activity in patients with orthopedic problems, diabetes and physical activities, profession choice and employment in disabled individuals, physical activity in supported employment were discussed.

In the last panel, within the scope of social responsibility projects, paralympic sports and physical activities for disabled people, physical activities in boccia example included to the Paralympics newly, physiotherapist approaches in paralympics and activities of the fiziksel aktivite (physical activity) association were shared.

<https://sbyo.gelisim.edu.tr/bolum/fizyoterapi-ve-rehabilitasyon-ingilizce-159/haber/iii-ulusal-fiziksel-aktivite-sempozyumu-engelliler-ve-fiziksel-aktivite>

### 34. Orthopedic Rehabilitation Conference

The graduates and students in this field and sector professionals showed great interest to the conference, where Prof. Dr. Mehmet Tuncay DURUÖZ participated as the speaker. In the conference, valuable information on orthopedic rehabilitation practices were shared, and questions of the participants were answered at the end.

### 35. Learning Contents of Recreational Sports Seminar

Participated by Kartal Youth and Sports District Director Baturalp Eliçevik, in the seminar, information on “pedagogical foundations of recreational sports” and “tourism and recreation relationship” were provided.

### 36. Neuroscience of Autism Seminar

The students studying in the field and the professionals of the field participated in the seminar where Special Education Specialist Rojhat Altan was the speaker.

Giving information about autism and neuroscience of autism, Rojhat Altan talked about the importance of common action of all disciplines related to the therapy of diagnosed case and collaboration with the family in the treatment of children with autism.

<https://gelisim.edu.tr/haber/%E2%80%9Ccotizmin-norobilimi%E2%80%9D-konulu-seminer-gerceklestirildi>





# THE GLOBAL GOALS

For Sustainable Development

GOOD HEALTH  
AND WELL-BEING



Fizyoterapi ve Rehabilitasyon  
Bölüm Başkanlığı

ISTANBUL  
GELİŞİM  
ÜNİVERSİTESİ

III. ULUSAL FİZİKSEL  
AKTİVİTE SEMPOZYUMU  
(Engellilerde Fiziksel Aktivite)

22  
ARALIK  
2018

08:30-18:00  
GSF Konferans Salonu  
E Blok

SKS

Fiziksel Aktivite

33. National Physical Activity  
Symposium III

Ortopedik  
Rehabilitasyon  
Konferansı

Osteoporoz Osteoartrit Bel Boyun Ağrısı

Prof. Dr.  
Mehmet Tuncay  
DURUÖZ

17 ARALIK  
2018

PAZARTESİ  
14:00-15:30

UBYO  
KONFERANS  
SALONU / A BLOK

ISTANBUL  
GELİŞİM  
ÜNİVERSİTESİ

34. Orthopedic Rehabilitation  
Conference

ISTANBUL  
GELİŞİM  
ÜNİVERSİTESİ

SEMİNER

REKREASYONEL SPORUN  
EĞİTSEL İÇERİKLERİ

Baturalp ELİÇEVİK  
Kartal Gençlik ve Spor İlçe Müdürü

H Blok  
420 Nolu Derslik

14:00

18  
ARALIK  
2018

gelisim.edu.tr

35. Learning Contents of Recreational  
Sports Seminar

ISTANBUL  
GELİŞİM  
ÜNİVERSİTESİ

Sağlık Bilimleri Yüksekokulu  
Ergoterapi Bölümü

SEMİNER

OTİZMİN NÖROBİLİMİ

Otizmin Gizemli Dünyasına  
Bilimsel Bir Yolculuk

Rojhat ALTAN Özel Eğitim Uzmanı

25 Aralık 2018

09:00-12:30

Gelişim Tower Oditoryum

36. Neuroscience of Autism  
Seminar



### 37. Seed and Local Products Festival

In Şile Seed and Local Products Festival organized for the 6th time in Şile Yeryüzü Pazar (Earth Market), Health Culture and Sports Department, GastroBahçe Club also took its part this year.

Students and the club advisor Asst. Prof. Dr. İsmail Hakkı Tekiner gave various trainings on nutrition to the local people participating the festival. Afterwards, students of GastroBahçe Club prepared pilaf and rice pudding from sarıkılçık rice which is an endemic species and sherbet from tamarind fruit.

<https://sksdb.gelisim.edu.tr/haber/igu-ogrencileri-tohum-ve-yerel-urun-senligine-katildi>

### 38. First and Immediate Aid Training for People of Avcılar

Within the scope of the event conducted jointly with Avcılar District Health Directorate, Istanbul Gelisim University Vocational School of Health Sciences First and Immediate Aid Department students came together with the citizens at the Avcılar Square and gave training to them. During the event, the people was informed about the immediate aid and about the known mistakes, and the vital importance of first and immediate aid was emphasized. Avcılar Mayor Handan Toprak Benli also visited the event area and provided her support.

<https://gelisim.edu.tr/haber/ogrenciler-vatandaslara-ilk-ve-acil-yardim-egitimi-verdi>

### 39. Training Services

Istanbul Gelisim University Training Support Coordination Office provides miscellaneous trainings to the students, academic and administrative staff throughout the year.





## 1. Sexual and Reproductive Health Training for Students

Sexual and reproductive health training is the most important tool for the protection, development and maintenance of sexual health of individuals. Accordingly, IGU Training Support Coordination Office organizes free sexual and reproductive health trainings for students and different segments of society at certain times within the year. In 2018, 108 students participated in the said trainings.

In addition to the trainings organized, the website provides free access to an information booklet on sexual and reproductive health.

<https://edk.gelisim.edu.tr/sayfa/ureme-ve-cinsel-saglik-egitimi>

## 2. Mental Health Support Program for Students

The mental health support program has been designed as a result of individuals' need for support due to the current problems and oppressive elements of today. Accordingly, IGU Training Support Coordination Office organizes free mental health support trainings on

miscellaneous matters for students at certain times within the year. In 2018, 361 students participated in the said trainings.

Training Titles have been determined as;

- Exam Anxiety
- Anger Management

In addition to the trainings organized, the website provides free access to an information booklet on mental health.

<https://edk.gelisim.edu.tr/sayfa/ogrenciye-yonelik-zihinsel-saglik-destek-programi>





### 3. Mental Health Support Program for Personnel

The mental health support program for personnel has been designed as a result of individuals' need for support in various areas since they have been affected by different oppressive elements particularly in the working environment. Accordingly, IGU Training Support Coordination Office organizes free mental health support trainings on miscellaneous matters for administrative and academic staff at certain times within the year. In 2018, 136 employees participated in the said trainings.

Training Titles have been determined as;

- Healthy Nutrition Training
- Training for Exercises to Reduce the Effects of Stress in Daily Life
- Training for Awareness on Harmful Habits such as Alcohol, Smoking and Substance
- Nonviolent Communication Training
- Time Management Training
- Training for Risk Based Thinking Techniques
- Meditation Training
- Quality of Psychological Environment Training

In addition to the trainings organized, the website provides free access to an information booklet on mental health.

<https://edk.gelisim.edu.tr/sayfa/akademik-ve-idari-personele-yonelik-zihinsel-saglik-destek-programi>

### Smoke Free Campus Application

The use of commercial tobacco products such as cigarettes, electronic cigarettes, hookahs, alcohol and other addictive substances can adversely affect health and cause many diseases such as cardiovascular disease, asthma, bronchitis and cancer. For these reasons, a healthy and hygienic university campus environment is critical for students, academics and all staff.

Within the scope of the policy for a healthy and hygienic campus free of smoke, alcohol, and drugs, IGU provides counseling to those who are addicted to nicotine, supports access to smoking cessation medications, and provides programs and trainings aiming protection from secondhand smoke.

Within the scope of the smoke free campus studies, by yellow lines, tobacco products use areas have been determined in the outdoors of the University, and use of tobacco products outside these lines is not allowed.







There are information posters indicating that smoking is prohibited in university campus areas.





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