



# Faculty of Health Sciences



**MONTHLY EVENTS AND NEWS BULLETIN**

**AUGUST 2023 | ISSUE 32 | VOLUME 3**







Faculty of  
Health Sciences

**7,7 and 7,6**

The epicenter is in the Pazarcık and  
Elbistan districts of Kahramanmaraş.

**EARTHQUAKE**

**06.02.2023**

**#Get well soon  
Turkiye**

**It is necessary to overcome pride in  
successes and to resist despair in disasters.**

**Mustafa Kemal ATATÜRK**

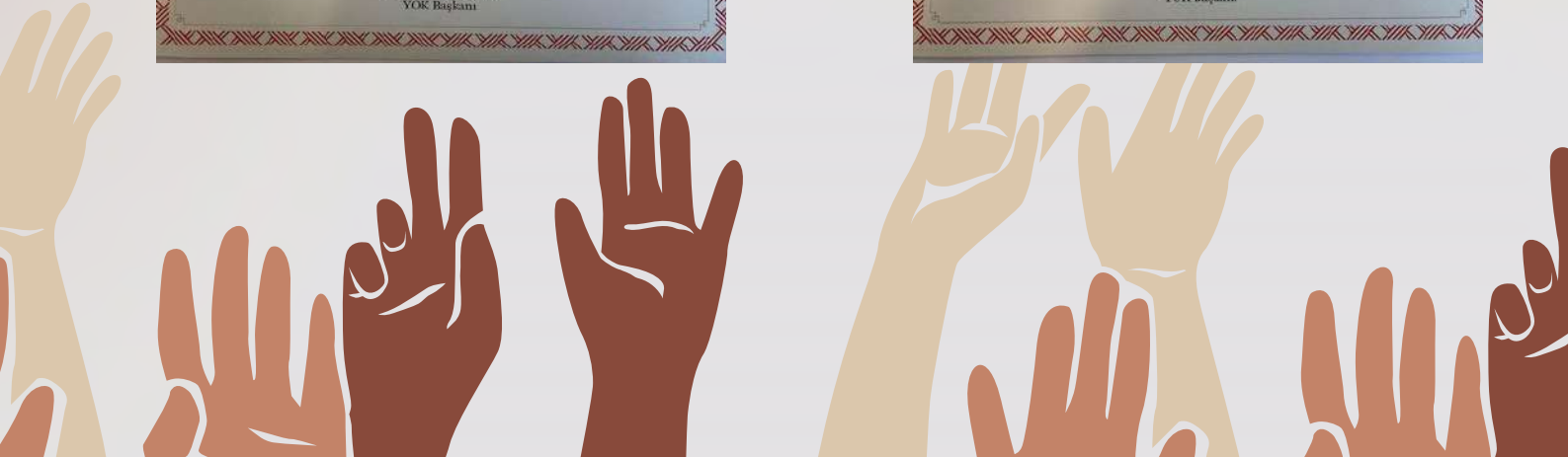


# Barrier-Free University Flag Awards 2023

Istanbul Gelisim University won two **GREEN** and two **ORANGE** flags at the Barrier-Free University Flag Awards.



Faculty of Health Sciences won a **GREEN** and an **ORANGE** flags at the Barrier-Free University Flag Awards.





# AUGUST

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**August 6 : Friendship Day**



**August 8: International Cat Day**



**August 17: Gölcük Earthquake Remembrance Day**



**August 30: Victory Day**





Faculty of  
Health Sciences



# CONTENTS

4	IGU'S GREAT SUCCESS IN TUBITAK 2023 COMPETENCY MAP REPORT
5	ANOTHER SUCCESS FROM IGU IN THE WEBOMETRICS WORLD UNIVERSITY RANKINGS!
6	ZERO WASTE
7	GOOD NEWS FROM OUR GRADUATE
8	VITAMIN STORAGE FOR GLUTEN-FREE DIETS: BUCKWHEAT!
9	DRINK WATER EVEN IF YOU ARE NOT THIRSTY!
11	OUR GUEST OF THIS MONTH
12	WHO IS WHO?
14	NEWS FROM THE FACULTY OF HEALTH SCIENCES
16	ACADEMIC RESEARCH OF DEPARTMENT OF NURSING
17	AUGUST 30TH VICTORY DAY!
18	ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM



# IGU'S GREAT SUCCESS IN TUBITAK 2023 COMPETENCY MAP REPORT

Istanbul Gelisim University took place in 17 of 21 main research areas and 62 of 132 sub-research areas in the TUBITAK 2023 competency map.

IGU has come to the fore among Turkish universities in terms of both quality and research intensity in 9 of the main research areas and 26 of the sub-research areas.

The fields in which our university stands out both in terms of research quality and research intensity. Its ranking among Turkish universities are given in the table below.

We thank all academic staff who contributed.

The ranking of research areas of Istanbul Gelisim University among Turkish universities in terms of quality and research intensity according to the TUBITAK 2023 Competency Map

Main Research Area	Sub-Research Area	Quality Ranking in Turkey	Research Intensity Ranking in Türkiye
Information and Communication Technologies	Information security	1	4
	Big Data	15	43
	Broadband Technologies	3	6
	Internet of Things	4	8
	Robotic	7	40
Social and Humanities	Law	1	8
	Economy	2	22
	Business Administration	4	23
	Public Administration	1	1
	Urbanization	1	27
	Mass Communication	7	45
	Politics and International Relations	1	9
	Sociology	1	24
	Transportation Railway Systems	1	16
	Logistic	1	17
Environmental Sciences	Meteorology	1	11
	Coal	1	3
Energy	Bioenergy	15	71
	Energy Storage	2	55
	Solar energy	23	65
Physics	Statistical Physics	22	37
Aviation and Space	Aircraft Design	1	42
	Satellite and Launch Technology	3	65
Construction	Civil Engineering	3	35
Automotive	Electric and Hybrid Vehicle Technology	1	42
Basic Sciences	Mathematics	17	50



# ANOTHER SUCCESS FROM IGU IN THE WEBOMETRICS WORLD UNIVERSITY RANKINGS!

Webometrics World University Rankings July 2023 data, the world's most comprehensive university ranking system carried out by the Cybermetris Laboratory, the research group operating within the Spanish National Research Council (CSIC), has been announced.

Istanbul Gelisim University, Webometrics World University Rankings, which proceeds with the vision of "Research University", ranked 2329th among the world universities in the second half of 2023 and rose up 213 places compared to the first half of the year. Continuing its rise in the last three years, IGU ranked 56th among the 209 Higher Education institutions in Turkey, jumping 68 places according to the July data of last year according to the January 2023 data.

Webometrics World University Rankings are one of the most well-known academic rankings of Higher Education Institutions, which provide an independent, objective and open scientific study that evaluates all universities twice a year, every six months in January and July. The main purpose of the Webometrics World University Rankings is to promote the existence of the academic web by supporting "Open Access" initiatives to significantly increase the transfer of scientific and cultural knowledge produced by universities to the whole society.

IGU ranked 56th among Turkish universities

Istanbul Gelisim University (IGU), which advances with the vision of "Research University", attaches importance to science and R&D studies by contributing to the production of new technologies. Adding another success to its national and international achievements, IGU ranked 2329th in the second half of 2023 in the Webometrics World University Rankings and rose 213 places compared to the first half of the year.

Among the universities in Turkey, it ranked 56th compared to last year. Continuing its rise in the Webometrics World University Rankings in the last three years, IGU achieves success on a global scale with its breakthroughs in scientific, technological and cultural fields.

Istanbul Gelisim University, which has succeeded in rising in all categories in the world universities rankings published by Webometrics for the last three years, ranked 1916th in the world by rising 258 places in the Excellence Category according to January 2023 data. IGU also ranked 6861st in the Impact (Visibility) Category by rising 819 places compared to the first half of the same year.



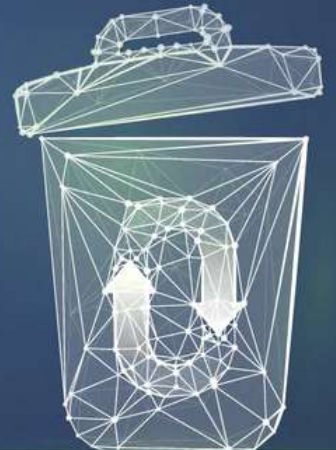
# SIFIR ATIK

IGU has been awarded with the 'Zero Waste Certificate'! ♻️



Within the scope of the Zero Waste Project, we have successfully established the Zero Waste Management System. We have been entitled to receive the 'Zero Waste Certificate' given by the T.R. Ministry of Environment, Urbanization and Climate Change to institutions and organizations that established the zero waste system as of August 18, 2023.

Do not forget to recycle your wastes in the campuses. Let's save our future together.







# GOOD NEWS FROM OUR GRADUATE



Adeola Roseline Awoniyi, one of the first graduates of the English Department of Nursing, visited our faculty. Adeola Roseline Awoniyi works as a pediatric nurse at South Warwickshire NHS Foundation Trust Hospital, England. She also did her Master's degree at Coventry University.

During her visit, she met with the faculty members of the department and gave information about the post-graduation process. She stated that she wanted to continue her postgraduate education with a PhD education in pediatrics.

## Vitamin storage for gluten-free diets: Buckwheat!

Buckwheat has become a highly preferred food in recent years. Stating that it should not be considered a type of cereal due to the wheat mentioned in its name, Nutrition and Dietetics Specialist Lect. Zeynep Şeyda BİLİM, recommended that buckwheat, which is very rich in vitamins and minerals, must be consumed especially by those with gluten sensitivity and celiac patients.

Buckwheat, known as pseudo-cereal, is in great demand by those who care about healthy life and those who are sensitive to gluten due to its lack of gluten and high nutritional values. People with celiac disease caused by gluten proteins in wheat, rye and barley should follow a gluten-free diet, Istanbul Gelisim University, Vocational School of Health Services Lecturer Nutrition and Dietetics Specialist Zeynep Şeyda BİLİM emphasized that buckwheat is an important source of vegetable protein and it contains many vitamins and minerals as well as a good source of fiber.

### **“Celiac disease is more common in women”**

Buckwheat, which has been heard frequently recently, has become a preferred food in the diets of those who prefer a healthy lifestyle and diet, as well as those with gluten intolerance and celiac disease. Stating that the gluten-free diet is a treatment method applied in celiac disease, Nutrition and Dietetics Specialist Lect. Zeynep Şeyda BİLİM: “Removing gluten from the diet improves intestinal lesions and clinical signs. Celiac disease can occur from childhood after the age of 2, at any age in the 20s or later, and is more common in women. Those with gluten sensitivity and celiac disease should avoid foods containing wheat, rye and barley, as well as all other foods containing gluten. Although this diet seems to be easy, the implementation can be often challenging for patients. In addition, a gluten-free diet can lead to inadequate and unbalanced nutrition. For this reason, it is necessary to include pseudo-cereals, including buckwheat, in the diet.”

### **“Buckwheat has a high fiber”**

Buckwheat is considered an attractive option on a gluten-free diet, as it is known for its high nutritional value. "Buckwheat is rich in minerals and vitamins. It has a high fiber content. It contains various minerals such as iron, calcium and zinc. In general, the protein quality of pseudo-cereals is higher than that of cereals. Since there is no gluten, we need to say that it is a good alternative in the treatment of celiac disease. Since gluten-free products on the market are produced using processed gluten-free flour or starch, they are insufficient in terms of B vitamins, magnesium, iron, calcium and fiber.”





# Drink water even if you are not thirsty!



The sweltering heat affected the whole of Turkey. With the increase in temperature and humidity, the increase in body temperature has a negative effect on other vital organs, especially the brain. Nutrition and Dietetics Specialist Asst. Prof. Dr. Merve BAYRAM emphasized the importance of drinking water and warned that one should not be thirsty to drink water.

The intense increase in air temperature brings along certain changes in the body. Although metabolism tries to keep the increased body temperature in balance with sweating, it is not enough in extremely hot weather. Increased body temperature also negatively affects other vital organs, especially the brain. It is necessary to be very careful about the foods consumed. Asst. Prof. Dr. Merve Bayram from Istanbul Gelisim University (IGU) Faculty of Health Sciences, Department of Nutrition and Dietetics warned that especially those with chronic diseases should pay more attention to their nutrition in hot weather.

Suggestions for people who do not drink enough water

Fluid is essential for the body. Liquid supplementation, which becomes even more important especially in the summer months, is of vital importance. Sweating causes loss of fluid, minerals and electrolytes in the body. It is important to drink at least 2-2.5 liters of water a day to prevent fluid and mineral loss. Nutrition and Dietetics Specialist Merve Bayram: "People who have difficulty in water consumption can also add foods such as fresh fruit pieces, mint, lemon, ginger, cucumber into the water to make it easier to drink water. Cold herbal teas, homemade lemonade, buttermilk, kefir and mineral water can also help increase fluid consumption. Since coffee, tea and carbonated drinks reduce the tendency to consume water, it should be kept in mind that they do not replace fluid loss in the body. Whether there is sufficient fluid consumption or not can be understood from the color of the urine. If the urine color is close to colorless, fluid intake is sufficient, but if it is dark yellow, fluid intake is insufficient.





“Mediterranean diet proven to have positive effects on both health and the environment”

Consumption of vegetables and fruits with high vitamin, mineral and water content is of great importance in hot weather. It should not be forgotten that the fruit contains fructose can have negative consequences. Asst. Prof. Dr. Bayram stated the following: “In hot weather, excessively oily, spicy and sugary foods should be avoided. Lean meats that are grilled, boiled and steamed should be preferred instead of fried foods, excessively fatty foods and offal. Care should be taken to consume fish at least twice a week. Excessively spicy foods can increase bowel movements and lead to fluid loss in the body. Instead of these, vegetables, fruits and whole grain foods rich in liquids, vitamins and minerals should be consumed. The best example of this is the Mediterranean diet, which has been proven to positively affect both health and the environment.”

If possible, dinner should be eaten no later than 20:00. The day can be finished with a small snack 2-3 hours before going to sleep.

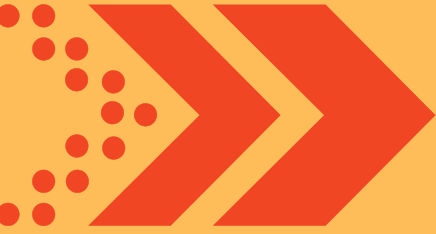
“Be careful not to keep the foods to be consumed in the sun for a long time”

Asst. Prof. Dr. Bayram concluded her words as follows:

“Food safety becomes even more important, especially on hot days. In hot weather, foods containing meat and meat products, chicken, fish, eggs, milk and dairy products deteriorate more quickly and can lead to food poisoning. Care must be taken when consuming. Vegetables and fruits should be thoroughly washed. In addition, the use of unclean water and the consumption of vegetables and fruits washed in these waters can cause diarrhea. It should also be noted that the foods to be consumed should not be kept in the sun for a long time.

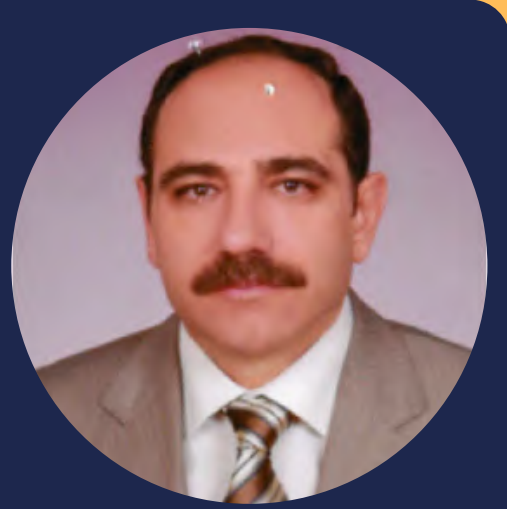






# OUR GUEST OF THIS MONTH

Asst. Prof. Turgay DAĞTEKİN



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?**

Discipline

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

Stapler

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

Gallipoli Victory

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

Etiology of cancer

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

Cüneyt Arkin

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

Good Intention, Determined, Patient, Organized, Merciful

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

Best surgeon.

**8-Who is your hero?**

Mehmet Haberal

**9-Who is your favorite author?**

Namık Kemal.

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

Tiredness

WHO IS  
WHO ?

## The Resistance Point of the Turkish Women's Movement: Nezihe Muhiddin

Prepared by: Res. Asst. Semanur OKTAY

“The rise of women is one of the most important conditions for our country to live more happily and for our great revolution to walk with strength.”

Nezihe Muhiddin, one of the pioneers of feminism in Turkey and an important name in Turkish history, was born in Istanbul in 1889. Muhiddin, who completed her primary education in Kandilli Primary School, continued her education at home with private teachers hired by her family. Muhiddin, who received modern education rather than religious education from her teachers and learned Arabic, Persian, German and French, continued to receive education at home until 1909.

Muhiddin grew up in an educated family and her family's view of social issues shaped Muhiddin's thoughts at an early age. The name that influenced Muhiddin the most would be her uncle's daughter, Nakihe Hanım. So much so that Muhiddin's hopes about women would be based on the meetings she attended with Nakiye Hanım.

Muhiddin, who is sensitive to social problems, wrote 20 books, 300 plays and stories, mostly about women's issues, throughout her life. She believed that women should have access to education and be able to participate fully in political and social life. She argued that women's right to vote is essential to ensure gender equality in Turkey.

In the first years of the Republic, the basic desire of intellectual women like Nezihe Muhiddin was to include women in the modernization processes and to enable women to take a more active role in social life. In this way, the "Women's People's Party" was established in 1923 under the leadership of Muhiddin in order to bring women together and work for Turkish women. When the Women's People's Party was not accepted by the administration of the period, this group was transformed into the Turkish Women's Union, of which Muhiddin was the founding chairman, and the struggle for the participation of Turkish women in social life continued throughout the years. Women were taking firm steps towards overcoming all obstacles in reaching their political rights.







When Muhiddin arrived in 1925, she founded the "Women's Way" magazine, which she paid for herself, in order to reach women. The content of the magazine included many topics from art, women's rights struggles to literature and philosophy.

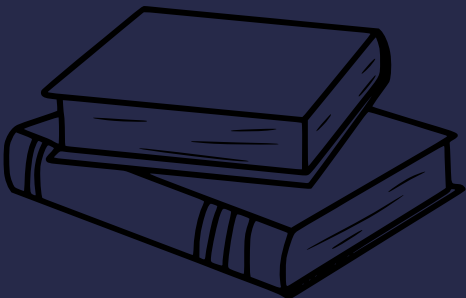
During the period when Muhiddin was fighting for women, women's rights were on the agenda of the country more than ever. However, her struggle was not welcomed by all. Cartoonists, columnists and some politicians have always downplayed Muhiddin's struggle.

In 1927, Muhiddin was accused of corruption and expelled from the Turkish Women's Union. Muhiddin never admitted to the personal accusations. The charges against her were dropped with the amnesty law accepted by the Grand National Assembly of Turkey in 1929, but Muhiddin began to experience a resentful period. She became withdrawn, sick...

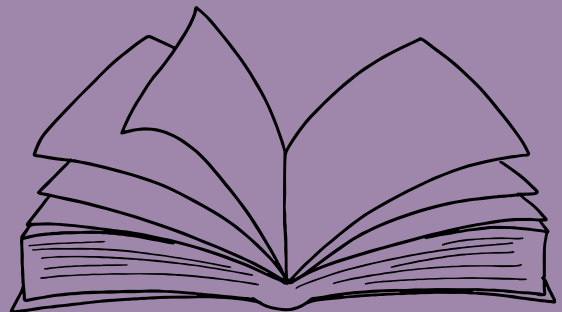
She was 69 years old when she passed away. Few people attended her funeral. Upon her death, an article titled "Nezihe Araz has passed away" appeared in the newspaper. Even her name was misspelled. It was wanted to be forgotten and erased from memories. However, her ideas were taken over by many women and the memory of Muhiddin was kept alive and the struggle for women's freedom in Turkey always continued...



One of the faculty members of the Nursing Department of our faculty, Assist Prof. Neşe KISKAÇ, Assist Prof. Mahruk RASHIDI and Assist Prof. Funda KARAMAN's section which is titled Identification and Prevention of Fall Risk has been published in the book "Pioneering and Contemporary Approaches in Health Sciences" by the International Bookstore Wall Publications. In their chapters, they emphasized the diagnosis, prevention and approaches of patient falls, which is one of the most important indicators of quality health care.

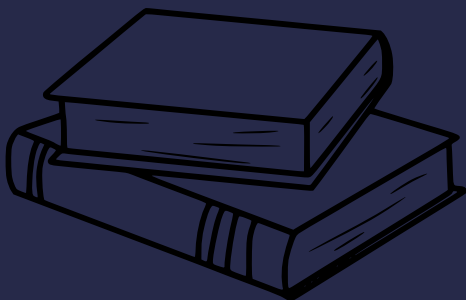


One of the faculty members of the Nursing Department of our faculty, Assist Prof. Neşe KISKAÇ, Assist Prof. Mahruk RASHIDI and Assist Prof. Funda KARAMAN's section which is titled "Poisonings" published in the book Pioneering and Contemporary Approaches in Health Sciences by the International Bookstore Wall Publications. In their chapters, they focused on the diagnosis, treatment and care to be applied to poisonings that pose a great danger to the patients.

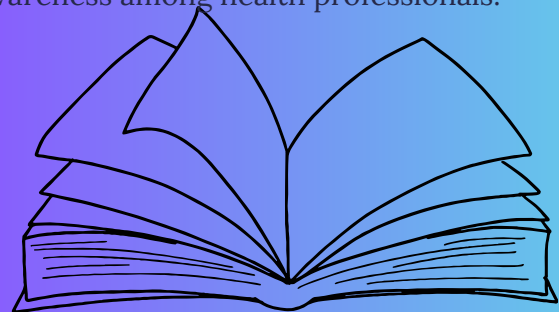




One of the faculty members of the Nursing Department, Assist Prof. Neşe KISKAÇ Assist Prof. Mahruk RASHIDI and Assist Prof. Funda KARAMAN's section which is titled "Nutrition Disorders and Nutritional Methods" published in the Health Sciences Research, Nursing and Midwifery-2 book by the Özgür Publishing. In their chapters, they emphasized the importance of nutrition, which is necessary for maintaining and regaining health.



One of the faculty members of the Nursing Department of our faculty, Assist Prof. Neşe KISKAÇ, Assist Prof. Mahruk RASHIDI and Assist Prof. Funda KARAMAN's section which is titled "Burns" published in the book Health Sciences Research, Nursing and Midwifery-2 by the International Bookstore Özgür Publishing. Burns are serious, life-threatening conditions that we frequently encounter in emergency room admissions. It significantly reduces mortality and morbidity if the initial diagnosis, intervention and care are performed early and carefully. In their departments, they talked about the diagnosis, treatment and care of burns in order to raise awareness among health professionals.





## Evaluation of Traditional and Complementary Medicine Applications Used in the COVID-19 Pandemic

Neşe Kışkaç, Hanifia Benı Kattar, Muhammed Kulaç  
 İstanbul Kültür Enstitüsü, Sağlık Bilimleri Fakültesi, Hemşirelik Bölümü, İstanbul, Türkiye  
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 Received: 22.09.2022 Accepted: 23.09.2022

**ABSTRACT**  
 Objective: Traditional and complementary medicine practices have been used to prevent and treat physical and mental health problems in the past. In this study, it was aimed to determine which of the traditional applications was used and its effectiveness in the pandemic.  
 Methods: 476 people aged 18 and over between 03 and 10 participated in the study. In the online survey, an attention index, mental status, general health, general physical health, COVID-19 diagnosis date, severity, duration of traditional and complementary medicine practices used and nutritional and food supplements.  
 Results: It was observed that no nutritional and food supplements were used by the participants before and during to reduce the frequency of being diagnosed with COVID-19.  
 Conclusions: In this study, it was observed that no food and nutritional supplements reduced the frequency of being diagnosed with COVID-19. It was concluded that the sample of the study is not representative of the general population. It is suggested that the sample of the study should be increased in terms of age, gender, education level, and that it should be supported by direct studies, supported with COVID-19 test results and not self-reported.  
 Keywords: Supplement, pandemic, prevent, traditional, complementary medicine



In Clinical and Experimental Health Sciences, which was scanned in ULAKBİM and ESCI (Emerging Sources Citation Index), Assist Prof. Neşe KİSKAÇ's article "Evaluation of Traditional and Complementary Medicine Applications Used in the COVID-19 Pandemic" published. Traditional and Complementary Medicine Practices are used in many countries of the world. In his article, she emphasized the information about whether the nutritional and food supplements used in the COVID 19 period have an effect on the frequency of COVID 19 diagnosis.

In SSD journal, which is scanned in international field indexes, one of the faculty members of our Faculty of Nursing, Assist Prof. Neşe KİSKAÇ, Assist Prof. Mahruk RASHIDI, Assist Prof. Funda KARAMAN's article titled "Positive Results of The Hidden Program in the Education of Nursing Students Taking Internal Medicine Course-A Cross-Sectional Study" published. The hidden curriculum is defined as the opinions, knowledge, perceptions, values and practices put forward by the individual. The nursing profession is a profession that requires a strong sense of responsibility, dedication and high moral values. For this reason, nursing education is also greatly affected by the hidden curriculum. It is very important to acquire positive interpersonal relations and cultural values in the professional identity formation of nursing students. In their articles, they emphasized the importance of the hidden curriculum.



**Abstract**  
 Objective: The aim of the study was to determine the opinions of nursing students who take internal medicine nursing course about the hidden curriculum.  
 Material and Methods: The research was a descriptive and cross-sectional study. The data were collected by survey method with 233 nursing students.  
 Results: The total score of the students' hidden curriculum evaluation was found to be 135.65±23.12. A statistically significant difference was found between scale total score and gender and low choice nursing profession (p<0.05). Female students and those who chose the nursing profession willingly had higher scale scores.  
 Conclusions: The nursing profession is a profession that requires a strong sense of responsibility, devotion and high moral values. For this reason, nursing education is also greatly affected by the hidden curriculum. The acquisition of positive interpersonal relations and cultural values is an important in the professional identity formation of nursing students. This can only be gained by the students through the hidden curriculum. Hidden curriculum gains are an issue that universities should work on in terms of gaining professional values and ethical principles. It can be suggested that studies should be carried out in terms of the deficiencies identified in line with the qualitative studies to be carried out, especially with students who think negatively about this subject.  
 Keywords: curriculum, nursing, education

**Özet**  
 Amaç: Anlatılmamış amaçlar, iyi basitlikler hemşirelik dersi alan hemşirelik öğrencilerinin örtük programa ilişkin görüşlerini belirlemektir.  
 Gereç ve Yöntemler: Anlatılmamış amaçlar, sorumluluk ve kişisel bir anlayışla. Veriler 233 hemşirelik öğrencisi ile anket yöntemiyle toplanmıştır.  
 Bulgular: Öğrencilerin örtük program değerlendirme toplam puanı 135,65±23,12 olarak bulunmuştur. Ölçek toplam puanı ile cinsiyet ve hemşirelik mesleğine seçme durumu arasında istatistiksel olarak anlamlı fark bulunmuştur (p<0,05). Kadınlardan ve hemşirelik mesleğini isteyerek seçenlerin ölçek puanları daha yüksekti.  
 Sonuç: Hemşirelik mesleği, güçlü bir sorumluluk duygusu, devan ve yüksek ahlaki değerler gerektiren bir meslektir. Bu nedenle hemşirelik eğitimi de örtük müfredatın büyük ölçüde etkilenmektedir. Hemşirelik öğrencilerinin profesyonel kimlik oluşturmada anlamlı katkılarına ilişkin ve kültürel değerlerin kazandırılması çok önemlidir. Bu da ancak örtük program aracılığıyla öğrencilere kazandırılabilir. Güzel nitelikler kazanmalar, sorumlulukları mantıklı değerlerle ve etik değerleri kazandırılmaması açısından örtük müfredat programları önemlidir. Özellikle bu konuda olumsuz düşüncelere sahip öğrencilerin nitelikli araştırmaları doğrultusunda tespit edilen eksiklikler açısından çalışmalar yapılmasını önermektedir.  
 Anahtar Sözcükler: müfredat, hemşirelik, eğitim

AN HEMŞİRELİK ÖĞRENCİLERİNİN ÖLÜMLÜ SONUÇLARI-KESİTSEL BİR ÇALIŞMA  
 Health Sciences, Department of Nursing.  
 Health Sciences, Department of Nursing.  
 Health Sciences, Department of (English)



## ORAL PRESENTATION

At the 2nd International Eurasian Health Sciences Congress held on 15-16 June 2023, one of our faculty members, Assist Prof. Neşe KİSKAÇ presented her oral presentation titled "Chronic Disease Management In Home Health Care". In her statement, she emphasized the management of chronic diseases in home health patients.



# AUGUST 30TH VICTORY DAY!

The Great Offensive symbolizes the key victory of the Turkish army against the Greek forces in the Battle of Dumlupınar (26-30 August 1922). The war in Kütahya in western Turkey determined the overall outcome of the Turkish War of Independence (1919-1923). The Great Offensive is also known as the "Battle of the Commander-in-Chief" because it was carried out under the command of Atatürk. During the War of Independence, it was a clandestine operation intended to strike the invading forces a final blow and throw them out of Anatolia. The main purpose was to waging a devastating pitched battle was to strike the enemy quickly and with a decisive result.

Atatürk decided to attack in June, carried out the preparations in secrecy, and launched the attack on the night that connected the night of 26 August to the 27th. A large part of the enemy army besieged around Aslıhan was surrounded from four sides in a brutal struggle for 4 days and was destroyed or captured in the war that Gazi Mustafa Kemal Pasha led from Zafertepe, between the lines of fire. At the end of the "Battle of the Commander-in-Chief" on 30 August 1922, the remaining part of the Greek forces in Anatolia withdrew in three groups. In the face of this situation, Gazi Mustafa Kemal Pasha, in the courtyard of a ruined house in Çalköy, sent the Turkish army to follow the Greek army with the historical "Armies, your first target is the Mediterranean. Forward!" gave his order.

Even though the occupation troops left the country's territory later, August 30 symbolically means that the country's territory was taken back. August 30 Victory Day was first celebrated on August 30, 1923, in a few cities in Turkey such as Ankara, Izmir and Afyonkarahisar, and became a national holiday in 1935.







Faculty of  
Health Sciences

## ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

The Alumni Tracking System (METSİS) was created in order to monitor the employment and postgraduate education status of our graduates and to generate statistical data.

Istanbul Gelisim University launched METSİS in order to strengthen its relations with alumni and contribute to the employment of graduates. Members of METSİS can sign up for free after graduating. Our graduates can become a member of METSİS free of charge. Our graduates who are members of METSİS can update their personal profiles and follow our job postings.

### What Are the Steps to Join METSİS?

1. Use the web interface at [metsis.gelisim.edu.tr](http://metsis.gelisim.edu.tr) to log in
2. You can follow the postings in the open positions box.
3. To apply for the positions, you can establish an account from the "new candidate" box.
4. You can view job posts after making an account on the top page and apply for positions that interest you.



Instagram -  
[igu\\_mezunlarkoordinatorlugu](https://www.instagram.com/igu_mezunlarkoordinatorlugu)



LinkedIn -  
IGU ALUMNI AND  
MEMBERS COORDINATOR

MC

MEZUN CARD

Dear IGU Alumni,  
Alumni who want to benefit from the opportunities of our university and the discount rates we provide from the companies we have contracted with will be sufficient to fill out the form. When your card is ready, you can pick it up from the Alumni and Membership Coordinator's Office on the 3rd floor of Block K.







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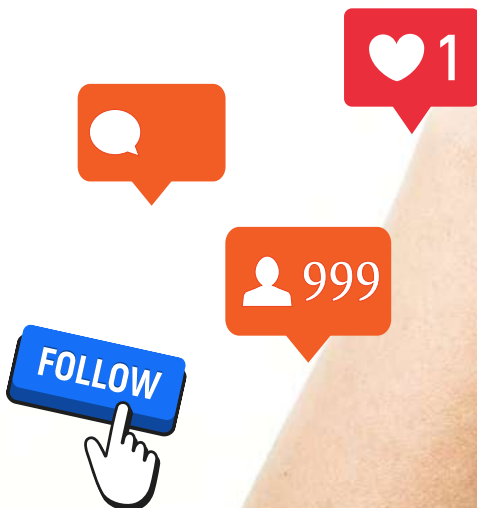
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