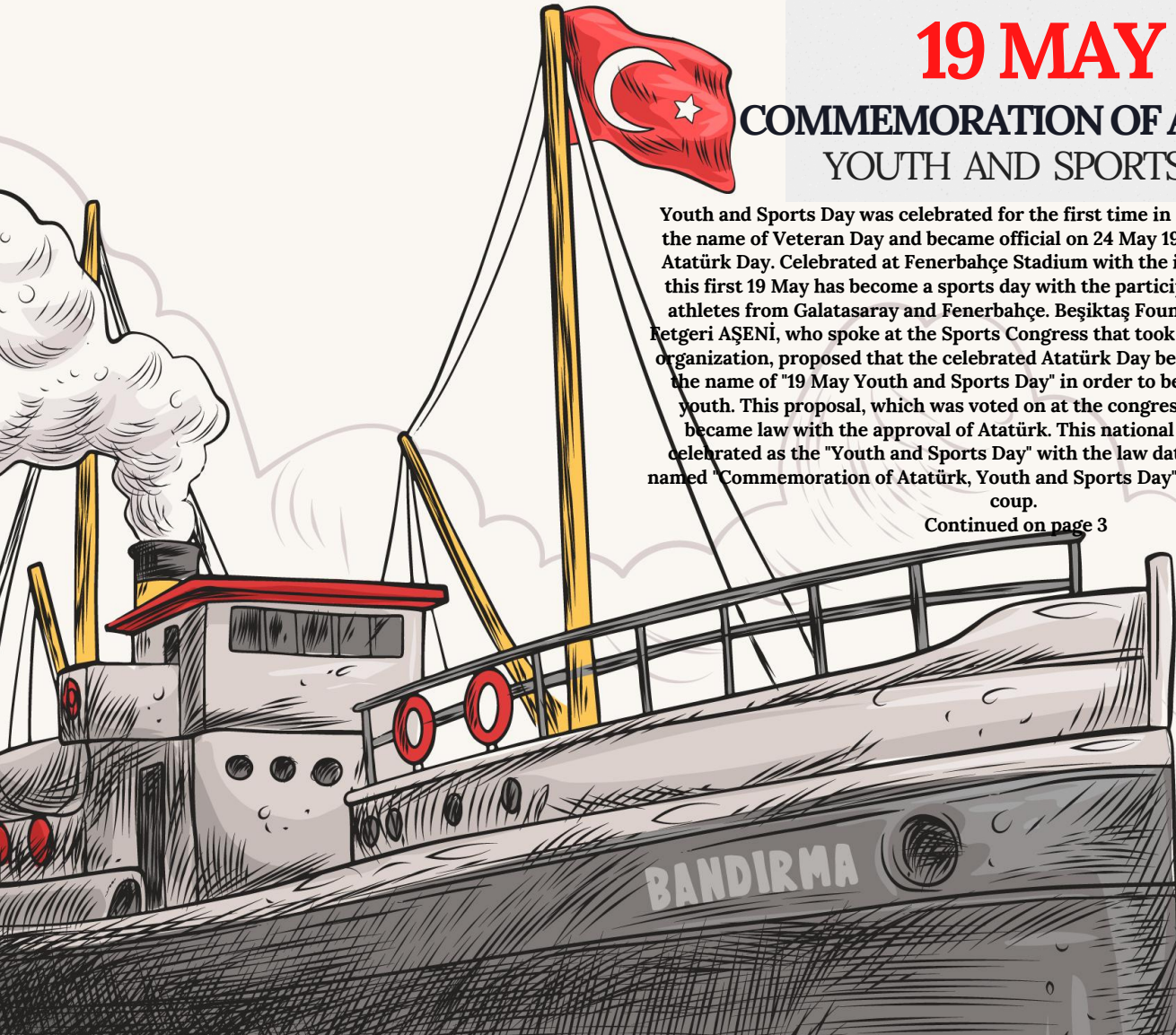


19 MAY

COMMEMORATION OF ATATÜRK YOUTH AND SPORTS DAY

Youth and Sports Day was celebrated for the first time in Samsun in 1926 under the name of Veteran Day and became official on 24 May 1935 under the name of Atatürk Day. Celebrated at Fenerbahçe Stadium with the initiatives of Beşiktaş, this first 19 May has become a sports day with the participation of hundreds of athletes from Galatasaray and Fenerbahçe. Beşiktaş Founding Member Ahmet Fetgeri AŞENİ, who spoke at the Sports Congress that took place a while after this organization, proposed that the celebrated Atatürk Day be held every year under the name of "19 May Youth and Sports Day" in order to be attributed to all the youth. This proposal, which was voted on at the congress, was accepted and became law with the approval of Atatürk. This national holiday, which was celebrated as the "Youth and Sports Day" with the law dated 20 June 1938, was named "Commemoration of Atatürk, Youth and Sports Day" after the September 12 coup.

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THE
TIMES
HIGHER
EDUCATION
IMPACT RANKINGS 2021

24th in World Impact Ranking 2021
Qualified Education - (SDG4)

#THEglobalimpact

Ecological, Economic and Social Sustainability




İSTANBUL
GELİŞİM
ÜNİVERSİTESİ


World universities ranked according to their
"Power of Impact" : Istanbul Gelisim University
Ranked 1st in Turkey Quality Education!

Ranking has been done by THE according to the United Nations sustainable development goals.

Reputable international higher education ranking agency, Times Higher Education (THE) has announced that it received 1240 applications from 98 countries for the 'Impact Ranking 2021' (Impact Ranking 2021), which aims to measure the contribution of universities to the sustainable development of societies. In the category of "Quality Education", Istanbul Gelişim University has achieved a great success by ranking 24th among 1240 universities worldwide. Leaving behind 45 participant universities, Gelisim university has ranked 1st from Turkey.

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 İGÜ Sağlık Bilimleri Fakültesi

“19 MAY COMMEMORATION OF ATATÜRK, YOUTH AND SPORTS DAY” EVENTS

Vice Dean of FHS Assist. Prof. Dr. A. Yüksel BARUT

Azize KÖSEOĞLU, Engin ÇAĞLAR, and Gözde TETİK shared the memories of ATATÜRK and the discourses of the importance of the day at the event organized by IGU HCS (Directorate Of Health, Culture And Sports) on Wednesday, May 19, 2021, at 15:00, under the management of A. Yüksel BARUT. The concert of Atatürk's favorite songs (Alişimin Kasları Kara, Selanik Türküsü, Sarı Saçlım Mavi Gözlüm, Burası Mustur Yolu Yokuştur), Mustafa Kemal ATATÜRK, his comrades in arms, the event that started with mercy, gratitude, and respect for those who made this land sanctified with their blood by being martyred in Çanakkale, the War of Independence, and in the process up to the present day, it lasted with visuals consisting of 230 slides.

After the "Yemen Türküsü" concert by Safiye AYLA:

Mustafa Kemal ATATÜRK had a colorful personality ... He was a simple citizen who smoked and chatted with his soldiers, shared ayran with the villagers, drank coffee with sugar, made fortune-telling, wore a nightgown, and crossed legs. He did not choose food, he ate every meal that came to the table. He loved carnivore, dried beans and pilaf, rose jam, and roasted chickpeas. He was a free-spirited intellectual who walked the streets unprotected with his friends, went to Lebon to eat cake, to Rejans to Borç soup, to Vefa to drink boza, and who liked to do whatever he thought.

The Republic was established after seven great wars. 1856 Crimea, 1877 Ottoman-Russian, 1892 Greek, 1911 Tripoli, 1912 Balkan, 1914-18 First World War, finally 1920-1922 Independence War. Only the last of these battles ended in victory. But this victory did not only ask the citizen for his life and blood. This war was won by asking their horse, car, sock, oxcart, linen cloth, and window iron from the citizen. The misfortune of the Turkish Republic is its establishment on a collapsed economy and a country in ruins. That's why it's great.

In order to take Mustafa Kemal Pasha and his comrades to Samsun, the Bandırma Ferry was separated, following the available facilities, and İsmail HAKKI was appointed as the captain of the ship on 01.05.1919. Bandırma Ferry, which was 41 years old at that time, constantly worked on the shores of the Marmara Sea, did not go to the Black Sea much, this ship, which had little strength and resistance to the harsh waves of the Black Sea, could only work in the Marmara. İsmail HAKKI was a captain who had good knowledge and knew the Black Sea very well. During his 27-year captainship period, he spent 5 years working in the Black Sea for a verb. He was called to his house in Şişli by Mustafa Kemal Pasha. When the captain arrived at the house, he was greeted politely by the Pasha and pointed to sit at a table with maps. Pasha asked the captain for information about the ship. Together, they determined the course of departure. The captain first explained the features of the ship and said that the ship is 41 years old, but after a short preparation period, it can be prepared for this voyage.

Mustafa Kemal Pasha listened quietly to what was told and then spoke his wishes. Along the way, the ship would follow a route as close to the shore as possible. The aim was to avoid the possible attacks of enemy warships and to land on the fastest route. The journey would end in Samsun. In a possible danger, they could go to Sinop. Everything depended on developments. There was only one thought in his head when the captain was leaving Pasha asking for permission. It was to deliver this valuable man and his friends to Samsun safely. The Bandırma ferry, which left Istanbul on May 16, 1919, had the hope of reversing this collapse. The name of this hope was Mustafa Kemal Pasha.

He got on a motorboat from Beşiktaş Ferry Pier with his headquarters, passed to the Bandırma Ferry, which was waiting off the Maiden's Tower, and gave the command to move to the İsmail HAKKI Captain. The Bandırma ferry was stopped at the Sirkeci Pier and was strictly inspected by the British. Meanwhile, Mustafa Kemal Pasha told his friends the following: "This is how they rely solely on iron, steel, and armament. All they know is matter! They cannot understand the strength of those who decide to die for the sake of freedom. We are bringing neither weapons nor ammunition to Anatolia; we are leading the ideal and faith!"



Atatürk valued all people, but his value to women and women's rights was undeniable. He saw women not as women but as human beings like Europeans. He found their education important. He said that women should be more knowledgeable, more enlightened, and more efficient than men. Their women thought backward societies were not civilized.

As warm-blooded as an Adanalı; although he was not from the Black Sea, he was as friendly as a Black Sea person and settled as an Aydınlı. In short, he was from the yeast of the Anatolian people, from his fabric.

Gandhi, the great leader of Indian independence, spoke in the British parliament: "Come on, arrest me, but it has not done with arresting me. Here the Turks smashed the coffin prepared for their funeral at the head of the invaders." The first President of Pakistan, Mohammed Ali Jinnah, would say on our August 30 Victory: "This victory is the victory of all captive nations."

British Prime Minister Lloyd GEORGE was the biggest supporter of the Dardanelles war. When the Turks brought the great British Empire to their knees in Çanakkale, Lloyd GEORGE would speak in the parliament as follows: "History rarely even grows it, our unfortunate is that the Turkish nation raised such a genius today, whatever we do, no matter where we go, we have not broken the will of Mustafa Kemal, I resign."

After Mustafa Kemal ATATÜRK's Address to the Youth was recited, the event, attended by 112 people, ended with a concert of "Dağ Başını Duman Almış Marsı", "Çökertme Türküsü", and "Benzemez Kimse Sana Şarkısı".

Watch the event



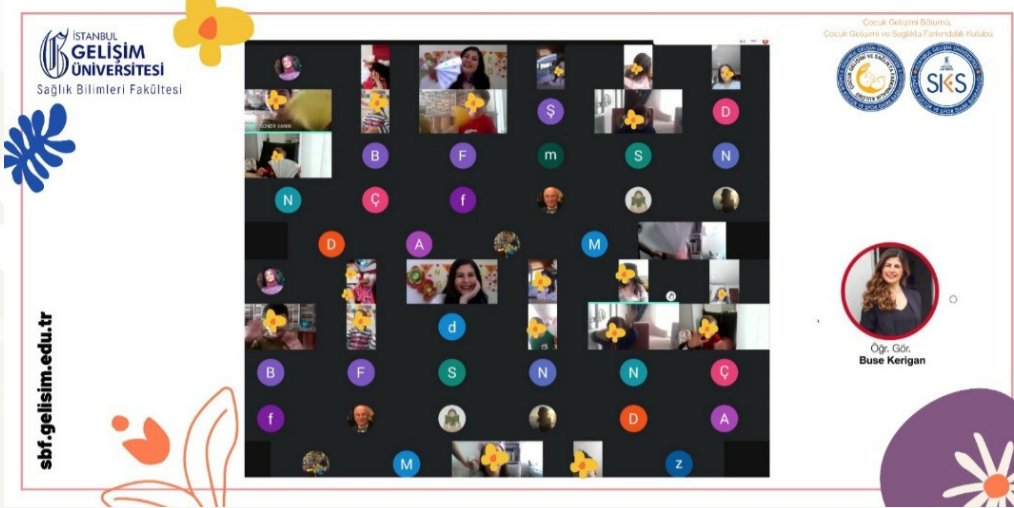
[Click here for the details of the news.](#)

"Mother's Day Gathering" Event

Lecturer Buse KERİGAN

Mother's Day is celebrated on the second Sunday of May every year. It has started as the memorial day that the American Anna Jarvis organized for her mother in 1908, and it was officially accepted and celebrated in the USA in 1914.

After its acceptance, the celebration took place for the first time in 1908 at a school with 407 children and their mothers. In Greek mythology, the mother's day tradition has begun with the annual spring festival celebrations in honor of Rhea, the mother of many gods and goddesses. Mother's Day, which has become popular throughout the world in a short time, has been celebrated in our country since 1950.



Lecturer Buse KERİGAN from Istanbul Gelişim University, Faculty of Health Sciences, Department of Child Development (TR), met with children between the ages of 3-10 to celebrate Mother's Day on Sunday, May 9, via Google Meet.

The "Mother's Day Meeting" prepared by the Department of Child Development and Child Development Health Awareness Club was held with the participation of many children. At the beginning of the activity, riddles about mother's day were asked with the club puppet, and thus, the attention of the children was gotten. After the riddles were answered, information was given about the meaning and importance of the day. It was informed that Mother's Day is celebrated on different days around the world, most commonly in the second week of May. After asking riddles about Mother's Day, the story titled "Mother's Hugging" was read through an interactive book reading method. The interest of the children was high in the event, which continued with songs. Towards the end of the event, flower bouquets were prepared with the help of crayons and colored papers to be given to the mothers.

At the end of the event, Lecturer Buse Kerigan said: "It was such a pleasure to celebrate Mother's Day on the online platform with our children during the pandemic. We have had an enjoyable celebration with the children, and we would like to thank all our children, mothers and students who participated."



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

NEWS OF DEPARTMENT OF OCCUPATIONAL THERAPY

"Is It Possible to Guide Our Neurons?"

In the meeting held with the participation of Specialist Occupational Therapist Muammer AYDOĞDU, moderated by Istanbul Gelisim University, Occupational Therapy Club, current issues on neuroscience were discussed.

Specialist Occupational Therapist Muammer AYDOĞDU started his speech with general information on the brain and human psychology. It has included research on the working mechanism of the human brain, its change and improvement since ancient times. Our guest talked about scientific studies in a conversation flow, explaining how the brain changes and develops. In addition, he gave examples from the literature about the mechanisms of the brain organization and balance system in people with disabilities. The meeting was ended with his explanations emphasizing the importance of the senses on living systems and answering the questions of the participants.

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

"Occupational Therapy in Forensic Cases"

At the seminar named "Occupational Therapy with Forensic Cases", where Assist. Prof. Mahmut YARAN was a speaker, it was discussed about how many forensic cases are examined, how patients are classified according to their levels, and what occupational therapists can do in this field.

In response to the questions of the participants; it was shared that how many models can be applied, the information that patients spend their free time by reading a book - but this is for spending time rather than activity, even if the patient confesses his crime, it cannot be shared because of the patient privacy, what kind of treatment process is created based on the patient's wishes, the positive effects of group therapy, the frequency of going back to prison after treatments that ended with the positive results.

It was discussed in how many sections the forensic cases were examined, how the patients were classified according to the levels (open prisons, closed prisons, psychiatric hospitals), what occupational therapists can do in this field, how the communication and attitudes of occupational therapists should be with these patients.

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

"Occupational Therapy Interventions in Addicted Individuals"

In the conversation titled "Occupational Therapy Interventions in Addicted Individuals" attended by Specialist Occupational Therapist Yasin TEKECİ as a speaker, what addiction is, what physiological changes occur as a result of addiction in individuals and general definitions and information about the process of addiction in the human body were shared. In the interview, it was emphasized that although individuals undergo a rehabilitation process for about a year starting from their addiction, they are faced with the situation of not being able to completely get rid of their addiction and that even if the rehabilitation process is successful, they should be followed in a risky addict position.

It was discussed in depth that addiction has two types: behavioral (gambling addiction, game addiction and shopping addiction) and substance addiction (alcohol, drugs, smoking), secondary addictions such as cigarettes and alcohol are seen in schizophrenic patients, and the negative effects of people's access to substance on their addiction.

Our guest emphasized that how we should address the addicted individuals from the perspective of the environment and the therapist, and one of the best things we can do for them should be supporting in persuading the treatment process. Also, questions about the place of occupational therapists in the treatment, evaluation, intervention and methods were answered.

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

“The Effect of Parental Attitudes on Adolescents”

Inst. See. Buse KERİĞAN

A seminar on "The Effect of Parental Attitudes on Adolescents" was held for the parents of Çatalca İMKB MTAL/Çatalca Arif Nihat Asya MTAL schools, in which Lecturer Buse KERİĞAN from Istanbul Gelişim University, Faculty of Health Sciences, Department of Child Development was the speaker.

Any success of a child in the long journey of education is affected by a wide range of variables. The family, which is among these variables, has a vital role. The family is a stakeholder that has a significant impact on children. The family, which is a critical environment where the child gains social skills, personal characteristics and many values, is of great importance as the place where the first communication starts. Parents should have a healthy child-rearing attitude in order to talk about a mutual interaction involving children in this communication process. Relationships between children and parents are determined by the family environment in which the child was born and raised, the relationships between the parents, whether the child is fitting for the expectations from him/her, the number of children in the family, the gender and characteristics of the child, the socioeconomic status and cultural characteristics of the family.



While the practices or behaviors of the parents are displayed against the behavior of the child in a particular situation; parental attitudes can be defined as the attitude towards different situations of the child. Parents' attitudes towards their children gain importance in childhood, when the development of the child is largely shaped. Attitude in the broadest sense defined as a highly persistent judgmental tendency that causes people to think, feel or act positively or negatively about a certain person, group, object or event.

In education; Authoritarian Parenting Attitude, Protective Parent Attitude, Overly Permissive Parenting Attitude, Unbalanced Parent Attitude, Rejecting Parent Attitude and Democratic Parent Attitude were mentioned.

In Authoritarian Parent Attitude; parents who adopt this attitude have a strict understanding of the discipline. Children are raised in a family environment where there is strict discipline and emotional support and attention are inadequate. Absolute obedience is expected from the child. It is observed that children who grow up with this parenting attitude have low self-esteem, high anxiety levels, and generally have adaptation problems in the school and social environment. In addition, anger development and externalizing problems are observed in children growing up in this family environment. Within the Protective Parent Attitude; as a result of being overly controlled and caring for the child, an overly dependent, insecure, and emotionally disillusioned personality develops. The psychological and physical skill development of the child is constantly prevented with a protective attitude, and the development of autonomous thinking and self-confidence is prevented. Overprotection of parents also affects the school success and school adaptation of the child. Also, there is a problem of shyness in children growing up in this family environment. In the Overly Tolerant Parent-Father Attitude; although the child receives warm care and acceptance, there is a lack of restriction or control of the child. With a loose or inconsistent approach to discipline, the child's undesirable behaviors are often ignored.

In families with this attitude; they always approach the wishes and behaviors of children with an accepting and positive attitude. They absolutely avoid punishment and sometimes neglect children under the pretence of tolerance. In Unstable Parent Attitude; parents with this attitude punish the behavior that is tolerated before, and when they ask their children to do something and punish them, they do not explain the reason.

Parents, who are always in an unstable and indecisive attitude, convey their own inconsistencies to their children and the child is also surprised because they are constantly confronted with inconsistent behaviors and attitudes; they raise fears, delusions and problems that attract attention. In the Rejecting Parent Attitude; it can be defined as having hostile feelings for the child by disrupting his/her physical and spiritual needs. The child is not given love, compassion, warmth and affection in the rejecting parental attitude. In this parental attitude, the child is generally not liked at all and everything he/she does is constantly criticized. The bad and negative aspects of the child are constantly emphasized rather than the good and positive aspects of the child. In the Democratic Parenting Attitude; healthy communication is established within the family, emotional support is provided to the child, and the child is helped to develop. However, in a disciplined environment, it is ensured that the child reaches certain standards. Families guide the child's activities in a problem-oriented and logical manner. It has been observed that children who grow up in a democratic family environment display positive development and adaptation characteristics by internalizing their parents' values, and are better at their social-emotional competence and emotion regulation. A flexible and warm democratic parental attitude is regarded as the most beneficial attitude in a child's social, cognitive, moral and emotional development.

After evaluating the parental attitudes in education, it was emphasized what should be considered in family communication and which communication network should be established with adolescents. It was stated that when communicating with children, "I" language should be used instead of "you" language. The importance of effective listening and empathy processes was mentioned in terms of the quality of communication established within the family. The session was ended by referring to the types of miscommunication known to be true in family communication.

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

THE IMPORTANCE OF OCCUPATIONAL HEALTH AND SAFETY IN PREVENTIVE HEALTH



May 4 -10 is celebrated as the week of Occupational Safety and so Public Health Specialist Assist. Prof. Dr. Nurten ELKIN emphasized the importance of Occupational Health and Safety in preventive health.

Occupational health is an area where activities for defining health problems in working life and protecting employees' health occur. The basic principle in these studies is protection. People have had to work since the first periods of their existence, but after centuries, working life has become complicated with the industrial revolution and therefore many rules regulating working life have been developed. The purpose of occupational health studies is to protect the health of the employee. To protect health, the factors that can affect and impair health should be well known. Two important factors can be mentioned that determine the health level of an employee. These are factors about the workplace environment and the employee's individual characteristics. Characteristics such as age, gender, health status, education, some habits, the genetic structure of the person are important in determining the health status, but in addition, factors in the workplace environment can have a detrimental effect on health. It is possible to protect the health of employees by making positive both individual and environmental factors. Studies conducted for this purpose are known as "Occupational health practice principles". Let's take a brief look at these;

-Placement of suitable job; people should be placed in jobs appropriate to their qualifications. This placement is provided by "job entry examination". During these examinations, the occupational physician; reports that whether the individual is suitable for the job.

The aim here is to prevent health problems that may occur due to the placement in unsuitable jobs, in other words, to protect the health of the individual.

-Identifying workplace risks; it is necessary to determine the health hazards in the workplace environment. Although observations and general information are used in determining these risks, it is essential to make environmental measurements as well. So, the risk of the factor should be determined with these measurements and results should be compared with the standardized values. There is no problem when it is below the standardized value, but if it is above, then the risk must be controlled.

-Control of workplace risks; applications to be made in terms of control of workplace risks mostly include technical and engineering services. For example; proper ventilation, suitability, maintenance and proper placement of machines and devices, provision of personal protective devices.

-Periodic examinations; the main purpose is to detect health problems that may arise with the effect of factors in the workplace environment at an early stage. Following the legislation, the occupational physician who performs the workplace examination performs these examinations and controls in 6 months- 1 year or longer. Not only the examination is performed but also some medical verification according to the condition of the health problem. These reports, which have been archived, will be of great importance for both the employee and the employer in the event of an occupational disease or an occupational accident that may occur in the employee. Periodic examinations are useful not only in health problems that may occur due to the factors arising from the workplace but also in the early diagnosis and treatment of some chronic diseases that may arise from genetics, age and lifestyle.

Continued on next page

THE IMPORTANCE OF OCCUPATIONAL HEALTH AND SAFETY IN PREVENTIVE HEALTH



-Providing health and safety services in the workplace; workplace health care is a primary level health service. The main function of this team consisting of an occupational physician and occupational nurses is to provide protective health services. They also carry out the daily patient examination in polyclinic services. In addition; vaccination services, evaluation and follow-up of the nutritional status of the employees, establishing occupational health and safety committees to determine the environmental risk factors and take measures to reduce these risks, meeting in accordance with the legislation at appropriate times, making and implementing decisions are important services they provide.

-Health and safety education; one of the principles of occupational health practice is health education. Employees need to be informed of the risks at work, their possible health effects and ways to avoid these risks. The subject of personal protective applications should also be included in the training. Mainly, it is necessary to continue training on health protection, development and healthy living behaviors, and health hazards and ways of protection in the workplace.

For example; it is not always sufficient for getting results if the employer provides personal protectors early and giving them to the employees with training on the use and carrying out the necessary inspections in a workplace. Here, the individual's health literacy, health awareness and self-responsibility, that is, taking responsibility for his/her own health are very effective. In my observations as a doctor who has experience in occupational physician for many years and in different places; we see that they can only show the correct behavior as a result of the health training and legal sanctions given to the employee over and over on all these points. Occupational health and safety studies, which are based on the aim of protecting the living, which is the most fundamental right of people, first go through the formation of safety culture and awareness in individuals. The recent legal obligations have developed the feeling that the material and moral costs of the accidents have resulted heavily. So, occupational health and safety issues should be given importance to the individuals. Today, habitual behaviors that cannot change in a short time in working life are actually among the main causes of occupational accidents. In preventing these accidents, it is necessary to demonstrate safe behaviors and create a culture that supports a safe workplace environment.

For this reason, it is of great importance to raise the awareness of the employee on basic issues related to environmental risks and the protection and improvement of health, as well as the measures and practices taken in accordance with the legislation, in protecting occupational and employee's health.

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

HEALTHY FAMILY=HEALTHY SOCIETY

Head of Child Development (TR) Department Dr. Nurten ELKIN from Istanbul Gelisim University (IGU) Faculty of Health Sciences (FHS) said, "The existence of unhealthy families will create an unhealthy society, so the deterioration of the health of the families means the deterioration of the health of the whole society."

The family is the cornerstone of society and an important institution inherited centuries ago. Therefore, healthy families form the basis of a healthy society. General Assembly of the United Nations declared 15th May as "International Family Day" in 1993. Since 1994 it has been celebrated all over the world and in our country as well. Also, the week of 15-21 May, has been accepted as "Family Week".

The family is a social institution that undertakes the task of ensuring the bond between the society and the individual and ensures the continuity of the society. Although these functions, form or features of the family change over time; the family has existed in all societies throughout history. The family provides the natural conditions of the physical, intellectual and moral development of the individual and forms the basic cornerstone of society. The most suitable environment for the child to be raised, educated and to become a healthy member of society is the family. Societies carry their basic values to new generations through the family. The mother and father provide the child with nutrition, safety, protection and education opportunities by showing enough interest, love and affection to the child. They help build trust in children by meeting their needs appropriately and on time and help the development of their abilities. From this point of view, it can be said that the family is the most effective institution in preparing the child for the future. It is explained as a concept that includes the health of family members and their focus on their goals and the maintenance of their full well-being. Family health is a dynamic state of well-being of the whole family system and each family member and it includes all biological, psychological, sociological and cultural parameters. It is possible to define family health but it is very difficult to define a healthy family. In the literature, a healthy family is defined as a successful family. However, it is possible to talk about some features of a healthy family briefly.

FEATURES OF A HEALTHY FAMILY

- There is good communication between family members.
- Family members support and approve each other.
- Family members are aware of their roles, duties and responsibilities.
- Family members trust each other.
- There is joy in the family, free times are spent together.
- Rights and wrongs in social life are taught.
- There are traditions.
- Family members respect each other's privacy.
- Family problems and crises are solved together.



In addition to all these features, the family is actually a union of forces. We have said that society consists of families; therefore, the existence of unhealthy families will create an unhealthy society. Therefore, the deterioration of the health of the families means the deterioration of the health of the whole society. For the physical and mental health of all family members and especially children, it is important and even necessary to use professional counselling in cases where coping mechanisms are used are insufficient.

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

ON LIFE, WRITING AND HEALTH WITH ÖZLEM NARİN YILMAZ

Pieces of life stories in Özlem Narin YILMAZ's books surround you in a void; words, sentences fly in your mind indoors, perhaps on a table, when feet and hands are cold. At the same time, we made an interview with Özlem Narin YILMAZ, who has many books showing that not only our memories but also those we have forgotten live somewhere, on life, writing and health.



Could you tell us about yourself?

I was born in 1978. Since my parents were civil servants, we have been to many different parts of the country. Therefore, since it will take a lot of time to write about the schools I studied I will pass that part, but, I graduated from Dicle University Faculty of Education, Department of Biology Teaching in 2000. I have been teaching since then. Even though I got acquainted with writing in high school, my first storybook was published in 2006. Afterwards, three short stories, two novels and one children's book were published. I am married and have a ten-year-old daughter. I live in Istanbul.

How was your relationship with books in your childhood?

Since I was a teacher's child, there were a lot of books in our house. We had reading hours as a family, and books have always existed in my life from the moment I learned to read. I have always loved reading and books have become an indispensable part of my life.

When did you say yourself "I will be a writer" for the first time?

I may have aspired to be a writer in my high-school and university years, but when I started writing my first fictional stories in 2000, I did desire to publish them.

"What does "writing" mean to you?

Writing is an occupation that adds meaning to my life and makes me look at life from a different perspective. Despite the uncontrollable flow of life, it is the desire to create a world that I can control with my pen.

What is your inspiration while writing?

My biggest inspiration is life itself. Stories that have been lived in the past and are still being lived, people, places.

Which genre of books are you usually reading and why do you prefer this genre?

I mostly like to read novels. My interest in novels in recent years has been creating this desire. I find it exciting to get to know the author's fiction, language, characters, in other words, the world that was created. It is like going on a tour of a new city for me. While reading, I love its company to my literary journey by asking myself "If I were one, how would I write this?"



Literature strengthens us spiritually. Reading and writing are activities that give pleasure as much as discovering new places. It makes us strong spiritually and intellectually and supports us to be healthy.

We see that you have changed many cities due to your and your family's job. Which city do you love to remember and live in? Which features of this city affect you more?

The first city I liked to talk about is Mardin. This city, which has a mystical side, has been the subject of two of my storybooks. I lived in Mardin for four years since it was my first place of duty. Then, I moved to Istanbul. Istanbul has become a city that I love to both live and write. I can say that my two published novels are from Istanbul; locations, events and characters are from this city.

You shape many of your stories through female characters. But the status, expectations and attitudes of those characters also change and differ. How do you explain this situation?

Women are in life and each has many different statuses and social circles. These differences cause women to live completely different lives. However, despite their differences, they have many common aspects such as the discrimination they are exposed to, rejection, and being seen as the second sex. In other words, both a university graduate woman with a profession and a woman who has not been educated and economically dependent on a man can be exposed to male violence. Although women differ, the discrimination they face is similar.

Social problems have an important place in your books. What would you suggest to our students who work with disadvantaged groups and study in such departments, to see the source of these problems, to solve them and how to deal with them?

Literature is, in a sense, the art of empathy. If you can put yourself in the other person's shoes, think and feel like someone else, you will be more advantageous in creating a character. I think this is a key point for every professional group. A well-developed empathy makes you do your job more properly. Isn't the failure to understand each other and not valuing each other's thoughts and feelings are the basis of social problems?

What are the advantages and disadvantages of being a writer and teacher in raising a child?

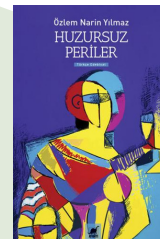
As a writer and teacher, I have always tried to closely observe and understand the world of children. When creating a child character; it is necessary to observe them very closely in order to look at the world with their eyes, to feel and think like them. I was lucky that my job gave me this opportunity. I can say that I take advantage of this situation when I became a mother. Being a writer and a teacher helped me a lot in building healthy communication with my daughter Melisa.

Do you have any suggestions for a young author candidate?

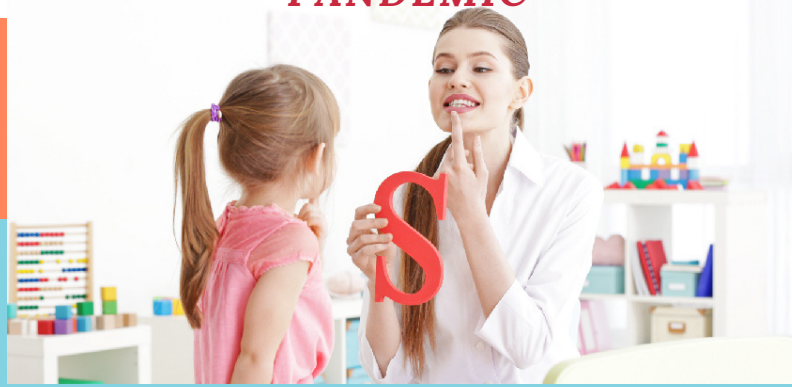
Health should not be considered alone. It is important to be healthy both physically and mentally, these two complete each other. We know that a person's balanced spiritual world and morale play a positive role in many diseases. Literature strengthens us spiritually. Reading and writing are activities that give pleasure as much as discovering new places. It makes us strong spiritually and intellectually and supports us to be healthy.

Do you have any suggestions for a young writer candidate?

The best advice I can give to a young writer candidate is to read as much as they can. Trying to be a writer without being a good reader is like building the walls of a building that has no base. Thus, the building would collapse at the slightest jolt. Writing is not something that can be learned in a hurry and a short time. In the first place, they should start writing because they love, not to publish them. Publishing should be considered later. They should be disciplined and write something regularly every day. As with any job, writing is an occupation that requires discipline.



BEING A SPEECH AND LANGUAGE THERAPY STUDENT IN THE PANDEMIC



Speech and Language
Therapy
2nd Year Student
Ilkay KALIN

As we all know, since March 11, 2020, we have been working and fighting hand in hand against the COVID-19 pandemic. Everyone takes precautions in their way and countries are using their strategies to fight the pandemic. So how do we, as Speech and Language Therapy students, support these times? Since the first days of the pandemic, we have been continuing our education from home (online classes), developing and educating ourselves. Also, we continue to improve ourselves in the best way possible with online seminars, student congresses and panels. Unfortunately, it is not effective for us to continue from home. Although our university and our lecturers continue to manage this time in the best way, unfortunately, the interaction we have with our lecturers in the classroom is not possible in the online classes. Every faculty and department of our universities continue to be adversely affected by these pandemic conditions. Also, although the Speech and Language Therapy Department seems to be a more intense department with its theoretical content, it is a completely practice-oriented department. Speech and Language Therapy is an independent, applied science field that complements each other, interdisciplinary and multidisciplinary.

Talking and communicating are among the most basic needs of human beings. Problems in verbal communication affect people negatively and reduce people's quality of life by causing various emotional and social problems. Although language and speech disorders affect the life of the individual significantly, the negative effects on the lives can be reduced with early diagnosis and appropriate therapeutic interventions. For accurate diagnosis and appropriate intervention, it is necessary to be a specialist in this field. Speech and language therapists (SLP) are professionals trained in this field. Speech and language therapist deals with human communication, language, speech areas and takes part in the treatment of all voice, speech, swallowing functions and language disorders in children, adolescents, adults and the elderly, regardless of the causes. At the same time, speech and language therapists are involved in the prevention, diagnosis and treatment of communication disorders. In this context, they prepare clinical and educational programs, develop therapy programs, evaluate the results obtained, and provide consultancy to families in a multidisciplinary approach with relevant professional groups.

After refreshing our knowledge about the Speech and Language Therapy Department, I would like to tell you a little about being a Speech and Language Therapy student and my internship experiences. First of all, being a Speech and Language Therapy student is very enjoyable, pleasurable and flattering. From the first moment, the feeling that I can touch people's lives and be a trace in their lives, even if it is little, makes me very grateful. The fact that it is a department that is very open to research and development makes me excited while studying. Although our department courses are prepared on both theory and practice, it is more practice-oriented. Due to the structure of our department, we need to combine the information we have learned in theory with practice and turn it into practice. The internship is a great opportunity for us to turn our knowledge into practice. Speech and Language Therapy students have the opportunity to do internships in private clinics, special education and rehabilitation centres, and hospitals. However, most of us cannot have internship experience due to the risk of contamination in the pandemic. I am one of the lucky ones to have this experience. I am continuing my internship in a private speech and language therapy clinic. When I first started my internship, it was difficult for me to figure out how theoretical knowledge was used in practice. In the time, I gained the experience of how I could use the theoretical knowledge I learned in the classes in terms of practice and how I could make the new information I learned during the semester more meaningful. I can convey this situation to you; in my internship, I actively use all the information that I have questioned its connection with my department and its areas of use while the theoretical courses. As I continued my internship experience, I started to give more right to everything our department professors said. Another experience I gained during my internship is that every individual and every child is unique, and every individual must be considered by their individual differences. Finally, my internship experience provided me with the opportunity to look at the Speech and Language Therapy Department and life from a new perspective.

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

From The Pen of Our Student

POWER OF THINKING AND OCCUPATIONAL THERAPY*

Thought is a mental process that is defined as the reflection of the outer universe into one's mind of the person and makes a person superior. While some research suggests that thinking is one of the best ways to improve the brain, another study in England suggests that people who think too much have a poor memory and become depressed more easily.

So how does thinking improve the human brain?

A person can direct the factors around her/him as she/he wishes, with both positive and negative thoughts. Thoughts occupy a very important place in human life. In the USA, it has been observed that in some cancer patients whose treatment process begins simultaneously and all factors are the same, there is a more positive progress in the later stages of treatment compared to others. What do you think is different in this treatment process, where all the factors are the same? As a result of the examinations, it has been determined that the main reason that is for positive thinking. As a result, the power of thought can affect human health either positively or negatively. If we give another example in this regard; If we give another example in this regard; When the founder of the Norbekov Recovery Institute asks a 3-year-old girl in a nursing home what her illness is, she says that many sugar cubes in the child walk one after the other, so her parents do not go to see her, she misses them so much, so she goes into a bathtub full of water and shouts that sugar disappear in the water. tells that he was waiting and got rid of sugar. With this method, which he discovered himself using his imagination, the child got rid of diabetes forever. When treatment is initiated, the healing power of the treatment should be believed. With a contrary thought, it is not possible to get a positive result from the treatment.



What is the power of thinking place of in human life?

We have witnessed that the subject that we are thinking often confront us with the energy coming from the power thinking. Many people believe that this situation is a coincidence. When man understands the importance of the power of thinking, man will understand that it is related to the energy that man sends to the universe. Based on all these discourses, it is understood that every human being actually has the power of thinking, but does not realize its importance.

How is the relationship between occupational therapy and the power of thinking?

Therapies applied in occupational therapy are usually healing sessions that deal with the power of human thought. People use the power of thinking in their daily life to do their routine work and maintain their lives. Training on using the power of thought to develop the attention of a child with attention deficit is given. The aim of the occupational therapist is to support the client to be as independent as possible in daily life and to make his/her life easier. In some clients, the desired performance in planning, memory, and thought management is not observed. In such cases, it is aimed to focus on improving the cognitive functions of the client.

What is the effect of the occupational therapist on the use of painkillers?

The first thing that comes to mind of an individual with head or other pain is to resort to painkillers. We should be specify that unconsciously the rate of intake of painkillers has recently increased. The fact that a painkiller addict unwittingly said that their pains disappeared after taking a sugar similar to the drug they were using can be explained as his/her opinion is the same in both cases. It is possible to relieve pain without taking painkillers or using drugs with effective activity and positive thinking. The occupational therapist aims to get rid of drug addiction by suggesting that the client should be free of negative thoughts that he / she is sick. Because it is observed that as the rate of negative thoughts increases, the diseases reach more serious dimensions.

Individual's thoughts about himself, his life and his environment; it is the determinant of their behavior and emotions. On the upshot our thoughts have a very important place in our lives. "The best mirror of our thoughts is the flow of our lives."

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



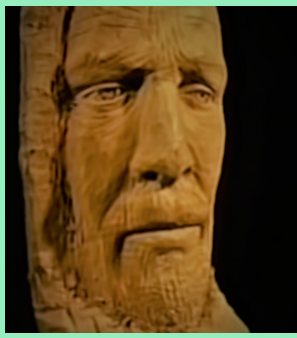
Little is enough to live:
little space, little food,
little joy, little tools and
equipment;
it is like a life in the palm. "

Claude Lévi-Strauss

A PERSON WHO EXISTS WITH HIS HANDS: VILLAGER EKREM*

Villager Ekrem is a person who lives in Karakaya village of Sivrihisar district of Eskişehir and also makes artworks from trees. He appears in an interview as a person who faces himself as a result of an accident he has had. When we watch his interview on Youtube, we see that Mr Ekrem has brought a completely different dimension to the culture and the system he is in.

When the village is mentioned, especially when the villager is mentioned, a person figure that is generally underestimated in the society is formed in our minds. This is a sign that our mind is drowning in a sea of prejudices. As Mr Ekrem speaks in the video; we realise how he looks at life from different perspectives with his diction and his rich, meaningful and long sentences. As we continue watching the video, we begin to admire him! Because, when we are purified of those stereotypes that surround us, we feel like we are listening to his philosophy from a philosopher. This philosopher is a person who has succeeded in defeating the impositions of the system, has already climbed the step of self-realization, has lived a life in touch with nature, and has produced works of art from trees, stones and materials.



Such a rich imagination and different perspectives are some of the most distinctive features of childhood. Mr Ekrem says; "I am growing up into my childhood and I will die as a child.". When one realizes oneself, comes down to the essence, and maybe our essence is hidden in our childhood. Because childhood means a period when there are no benefits. It is the key to adulthood, purity, great happiness in small situations, a rich imagination, being in touch with the soil - just like Mr Ekrem. Another sentence of Mr Ekrem that affected me deeply is that "I am existing as much as my hands.". When we dig deeper into this sentence, we can find out the pleasure of producing, the knowledge that one of the main purposes of existence is to produce. We leave a mark on this world by living most of all to ourselves. In today's madness of consumption, that sentence by Mr Ekrem is a slap in the face as we do not hold anything other than the phone and remote control in our hands.

As seen in the video, the arrogant and prejudiced attitude that we have against a culture other than the one we live in has spread to Mr Ekrem's village. A dialogue between a chief physician and Mr Ekrem summarizes this:

- You are the one who did these sculptures?
- Unfortunately, yes, I did them. (Mr Ekrem said that the chief physician was disdainful.)
- Unfortunately? ...



It is up to us to break prejudices and stereotypes. When we change our point of view towards different people and different ways of life, it will not surprise us that Mr Ekrem, who lives in the village and calls himself a villager, is a philosopher and an artist. When we look from the perspective of Social Work and its ethical principles and values; we come to the knowledge that people are an honourable being just because of being human, that their dignity should be glorified, that people are equal in terms of inherent rights, that no human being is superior to any human because of his status, ability, race, language, religion, the way of his life. When we adopt and implement the principles and values of Social Work, we will have a serious awareness to avoid this arrogant attitude and it will not be possible to treat another culture with prejudices, othering, and with scornful attitude.

*Zehra KAÇMAZ (Department of Social Work 4th Grade Student)

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



[Click here for the "Köylü Ekrem-Koylu Ekrem" Youtube content.](#)

ARTIFICIAL INTELLIGENCE IN HEALTH SERVICES

Res. Asst. Gözde TETİK

Artificial Intelligence (AI) emerged in the 1950s as a research area. Machine learning and deep learning models are used in the creation of artificial intelligence algorithms that consist of functions to aim to imitate human cognition. Artificial intelligence, perceived as the most transformative technology for the 21st century and the future, has significant social and economic impacts, and so, big technology companies invest billions of dollars in AI research.

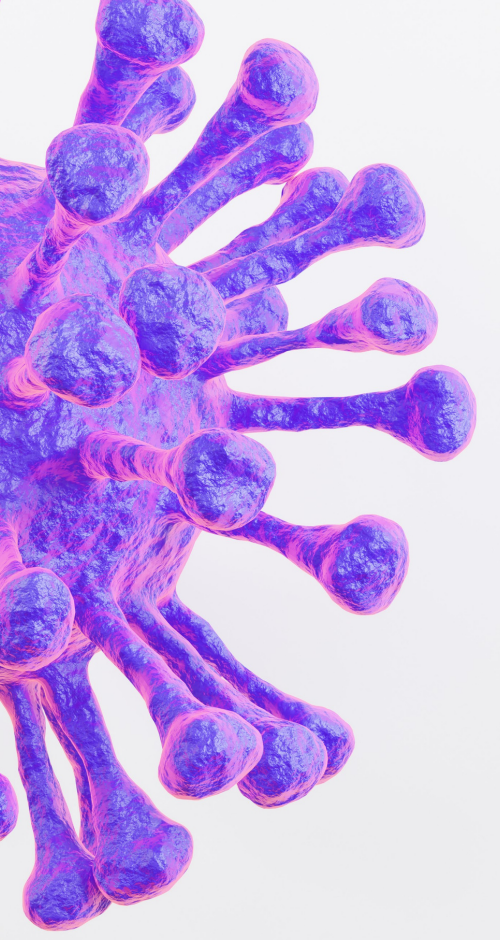
The need for information technologies is increasing in the provision of health services and the improvement of public health. It is inevitable to use artificial intelligence applications in healthcare services and management due to reasons such as increased workload, insufficient health workforce, limitation of resources. The introduction of artificial intelligence into the health fields dates back to the 1970s. Among the first artificial intelligence applications are MYCIN, CASNET and Internist-1 expert systems. It has brought a paradigm shift to healthcare, supported by the increased availability of healthcare data and the rapid advancement of analytical techniques. Within the scope of health services, it has started to show itself in early diagnosis and treatment, medical decision making, medical imaging and drug development.

According to the data of the Organisation for Economic Co-operation and Development (OECD), it has been declared that 20% of health expenditures are wasted worldwide. Misdiagnosis of illness, insufficient care services, unnecessary tests and medical practices are the main reasons for this waste. It is thought that these reasons will be prevented by helping to make fast and effective decisions by artificial intelligence studies. While artificial intelligence applications in the medical fields are often used for clinicians to interpret radiological images quickly and accurately, it is also aimed to accelerate the workflow for health systems and to minimize errors. At the same time, improving health by processing big data represents one of the most important goals. There are opinions that all healthcare professionals will use artificial intelligence technologies in the future and a "high-performance medicine" field will be created. Also, it is thought that it can also help health administrators in the documentation of data, in cost and quality management, in the rational use of capacities of health institutions, in the realization of remote preventive and complementary health services.

A patient-oriented digital ecosystem has begun to be created with technological developments. Today, the existence of many biological databases open to the public and the ability to process these data play an important role in artificial intelligence studies. Cancer Genome Atlas, which contains information on cancer patients, and Drugbank, which contains drugs under development, approved or unapproved, are examples of these databases. Artificial intelligence applications are being developed in many areas such as Artificial intelligence-supported surgeries with Da Vinci Surgical Robots, artificial intelligence-supported wearable devices, IBM Watson artificial intelligence-supported systems established and known as an aid in oncological diagnoses, cancer screening - especially breast cancer, systems that remind the medication times of geriatric patients, diagnosis of Alzheimer's disease, detecting Down syndrome through facial images, transcribing speech into text, making a psychiatric diagnosis using semantic analysis. The WeCureX project was developed by Tütün et al. As an artificial intelligence assistant application aimed at the analysis and diagnosis of mental disorders, it was reported that it could reach the diagnosis with 97% consistency through the answers given by the clients to the questions. In a hospital in Sanliurfa, over 600 thousand unnecessary tests were prevented in 2 years with 5 algorithms developed to prevent unnecessary laboratory requests. It has been stated that if these algorithms are applied in all public hospitals throughout the country, it is possible to save 200 million Turkish liras annually.

There are also studies conducted for the follow-up of epidemic diseases. During the bird flu epidemic in Canada, Twitter-based data analysis was developed and its potential to represent the epidemic was examined. It has successfully identified 75% of the epidemic notifications in the world. Again, during the COVID-19 pandemic, Google published the "COVID-19 Community Mobility Report" for Turkey in April 2020 with the data obtained through a very simple artificial intelligence application. In this report, it was determined how much the mobility decreased in workplaces, markets and open areas compared to the pre-pandemic period. With the development of such systems across the country, it is possible to monitor how well individuals comply with social distance measures during the pandemic period.

It is thought that with these applications of artificial intelligence, the pressure on healthcare personnel will be reduced, costs will be reduced, the process will be managed more quickly and effectively, and ultimately it will help patients' lives improve. In addition to the advantages of artificial intelligence technologies that are starting to make big waves in healthcare, there are worries about whether they will replace doctors in the future. Also, regarding ethical and legal issues, concerns arise. An international meeting was held by the World Health Organization in October 2019 to ensure the development of ethical and managerial guidance for the design and implementation of artificial intelligence in global health. Because of the international nature of these technologies, security problems related to the access and sharing of data produced or used are also pointed out, but worldwide studies are being developed on this subject.



COVID-19 AND SUDDEN HEARING LOSS

Assist. Prof. Dr. Başak ÇAYPINAR ESER

Assistant Professor Başak Çaypınar Eser from Istanbul Gelisim University, Faculty of Health Sciences, Department of Audiology, gave information about the effects of COVID-19 on the hearing system and sudden hearing loss.

Başak Çaypınar Eser said: “The COVID-19 pandemic has affected our lives as well as the whole world since March 2020. The symptoms of the initial viral infection and the new mutated form differ significantly.” She continued as follows: “While the initial findings were mostly post-nasal drip, flu, muscle pain, fever, nowadays, it has turned into a form that causes headache, flu and severe joint pain that affects young people. While the first appearance causes serious problems in the elderly over the age of sixty, we now see that the mutated virus also causes serious infection in young people.”

“People with COVID-19 may have sudden hearing loss. Since COVID-19 is a disease that affects the nerves, it can also affect the auricular nerve, vestibular nerve, and facial nerve. It may show symptoms with sudden hearing loss and tinnitus by holding the auditory nerve.”

The patient may come to the clinic with sudden hearing loss, decrease in hearing or buzzing in his/her ear. Çaypınar said that hearing loss and tinnitus are not common symptoms of COVID-19 and these symptoms may occur due to nerve involvement.

Regarding the sudden hearing loss treatment used in COVID-19 patients, she said: “It is a mystery that whether cortisone treatment is appropriate or not. The protocol is not clear yet. In normal patients with sudden hearing loss, cortisone treatment starts at 1 mg/kg, but, we are worried about starting treatment in this way in Covid-19 patients.” Then she continued her words: “In coronavirus patients; sudden hearing loss needs to be evaluated in multiple ways based on the general condition of the patient, the condition of the symptoms and the possibility of suppressing the immune system.”

It is added to her speech: “In patients with COVID-19, sudden hearing loss can be seen due to nerve damage in the ear-nose-throat area, hearing loss and tinnitus may give symptoms. Apart from that, we can see patients in the form of facial paralysis, that is, peripheral facial nerve damage. In fact, some of the patients can continue their daily life with these symptoms without knowing that they are COVID-19.”

Assist. Prof. Dr. Başak Çaypınar Eser said: “In conclusion, we need to learn to live with this disease which will continue until the mutated form of this disease loses its power by mutating again, and perhaps will last for years.”

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

HOTEL SERVICES IN HOSPITALS*

Hotel services in hospitals are the set of services in which the space arrangements are made to meet the demands and needs in a hygienic, comfortable, ergonomic and aesthetic environment focused on patient/patient relatives and employee satisfaction. The place of meeting health hotel services at an adequate and appropriate level in health service delivery is as important as treatment services. There are 4 basic working areas in the provision of hotel services in health institutions and organizations. These:

1. Studies for Patient Satisfaction
2. Studies for Staff Satisfaction
3. Studies for Disabled and Elderly Patients
4. Patient Information Studies

To give examples of the basic working areas we have listed, units such as counseling, patient admission and registration, security services, cleaning services, waste management, indoor and outdoor arrangements, dining hall and laundry services, religious services and so on can be mentioned. What needs to be done about hotel management services in hospitals can be summarized as follows:

Health facility staff should be friendly towards patients and their relatives and establish correct communication. One of the first steps is to make the data entry of the patient in a fast, complete and proper manner. In addition, it is important to ensure the safety of life and property of patients and their relatives. Preventing infections and creating a healthy environment in healthcare facilities are issues that require attention and meticulousness, and there are rules to be followed. Operating rooms, intensive care units, dialysis unit and similar special areas; high-risk areas such as bathrooms, corridors and so on in these areas; medium-risk areas such as patient rooms, polyclinics, emergency services, pharmacies and low-risk areas such as administrative departments, archives, cafeterias, elevators, dining halls should be controlled and cleaned within the rules determined by the health facility management. A hygienic environment should be provided for patients and healthcare facility employees by collecting, transporting and cleaning all materials used in healthcare facilities under appropriate conditions, and distributing them back to the units. Laundry areas should be disinfected periodically. In addition, washing and drying machines should be maintained and cleaned.

Landscape work should be done outside the health facility, and all areas should be cleaned and arranged. It is necessary to create adequate seating and resting areas and to provide sufficient lighting. Elements that pose a threat to security should be eliminated. Parking areas for the disabled should be arranged properly. Vehicle traffic should be arranged in the parking lots in front of the emergency service, so that the service in the gardens is not interrupted. It is necessary to manage the wastes generated as a result of the service provision in health facilities in a way that will not harm the environment and human health, the wastes should be separated at source, collected, transported from the unit, temporarily stored and disposed of in accordance with the environmental legislation.



Food services provided by inpatient health facilities should meet today's needs and expectations. The process from the cleaning, storage, preparation, cooking and distribution of food to the collection and separation of post-meal waste must be ensured in a safe manner. All services related to hotel services in health facilities should be regular and controlled, and inspections should be made.

In order to meet the needs of individuals who receive service in health institutions and employees in health institutions, products prepared in a quality, healthy and appropriate environment should be presented in accordance with hygiene and cleanliness rules. In addition to these, tailoring and barber/hairdressing services can also be provided in health institutions.

Preservation of deceased persons, delivery of the corpse to their relatives, carrying out the necessary procedures and making them ready for burial should be arranged by the provision of religious services. Companion rules should be determined by the health facility management and appropriate conditions should be provided for the accompanying persons to stay as far as the facility allows.

Archive services should provide a systematic study of the activities of keeping all the material qualifying as archival material in accordance with the legislation, easy and fast access to the document when necessary, sorting and disposal when necessary.

*İlker Mete UYSAL (Department of Health Management 4th Grade Student)



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

Who is Who?



TÜRKAN AKYOL
(1928-2017)

"Her life story is a long path to success; from being an assistant in chest diseases to being the first woman rectorate and ministry in Turkey."

Türkan Akyol was born in 1928 in Manisa. She completed her primary and secondary school in different cities of Turkey due to her father being a soldier. She graduated from Erenköy Girls High School in 1947 and graduated from Ankara University Faculty of Medicine in 1953 as a medical doctor. In 1954, she started working as an assistant at Ankara University Faculty of Medicine.

Akyol, who became a chest diseases specialist in 1956, received the title of Associate Professor in 1964 and Professor in 1969. She worked as a researcher in the USA between 1959-1962, and in France and the Netherlands in 1965. She raised thousands of doctors and specialist physicians and carried out social activities in many institutions with his academic and political duties.

She became Turkey's first female minister by being appointed to the ministry in 1971. She was Turkey's first elected rector in 1980. Thus, in addition to being the first female minister, Akyol also became Turkey's first female rector.

Türkan Akyol brought important priorities to Turkish women with her education and the things that she did. In 2017, Akyol passed away at the age of 89 in the hospital, where she was treated for a long time. Those were the days of dignity, science, kindness, grace, and mastery. She taught so much, what a precious example.

With huge respect and love...

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



OUR GUEST IN THIS MONTH

UĞURCAN SAKAR
HAKKARİ/ YÜKSEKOVA-ATATÜRK ANATOLIAN HIGH SCHOOL
11TH GRADE STUDENT

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

What I'm about to write is not the rule, but rather to achieve an open-minded and innovative society. To provide equal opportunities to the society we will be in and to enable the society to shed light on the future.

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

I think it would be the invention of the light bulb. Because it is a beautiful thing to brighten the darkness.

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

In the future, I would like to witness the situation we are in now, namely the coronavirus incident. Because I personally experienced the process of this incident from the beginning until today. For this, I would suggest that we learn from the mistakes we made and take the necessary precautions so that such events do not happen again in the future.

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

"İnsanlığın Karanlık Yüzü" or "En Zengin Yer Mezarlık"

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

Only I can enliven my own life. I don't think any actor or actress can enliven my life.

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

Creativity, self-confidence, farsightedness, entrepreneurial, innovative

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

Apart from cooking, I like more to make things like desserts. The best dessert I have made is mole cake. Like its name, it is also very sweet and beautiful.

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

I wish I could control people.

9-Who is your hero?

I think my hero is myself. Because, even in my hardest times, only I could find solutions to my own problems.

10-What is your favorite author?

Albert CAMUS

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

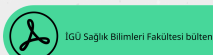
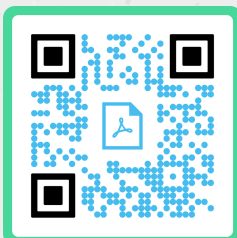
After 10 years I want to have a software engineering or architecture department and my own company.



igü SBF
SAĞLIK BİLİMLERİ FAKÜLTESİ

IMPORTANT DAYS IN MAY

May 1	Labor and Solidarity Day
May 1-7	Traffic and First Aid Week
May 3	World Asthma Day
May 4-10	Occupational Safety and Health Week
May 5-6	Hıdırellez
May 9	Mothers Day
May 10-16	Disability Week
May 12-18	Nurses Week
May 13-15	Feast of Ramadan
May 13	Turkish Language Festival
May 14	Apraxia Awareness Day
May 18-24	Museums Week
May 19	Commemoration of Atatürk, Youth and Sports Day
May 20	World Clinical Research Day
May 29	Conquest of Istanbul Day
May 31	World No Tobacco Day



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