

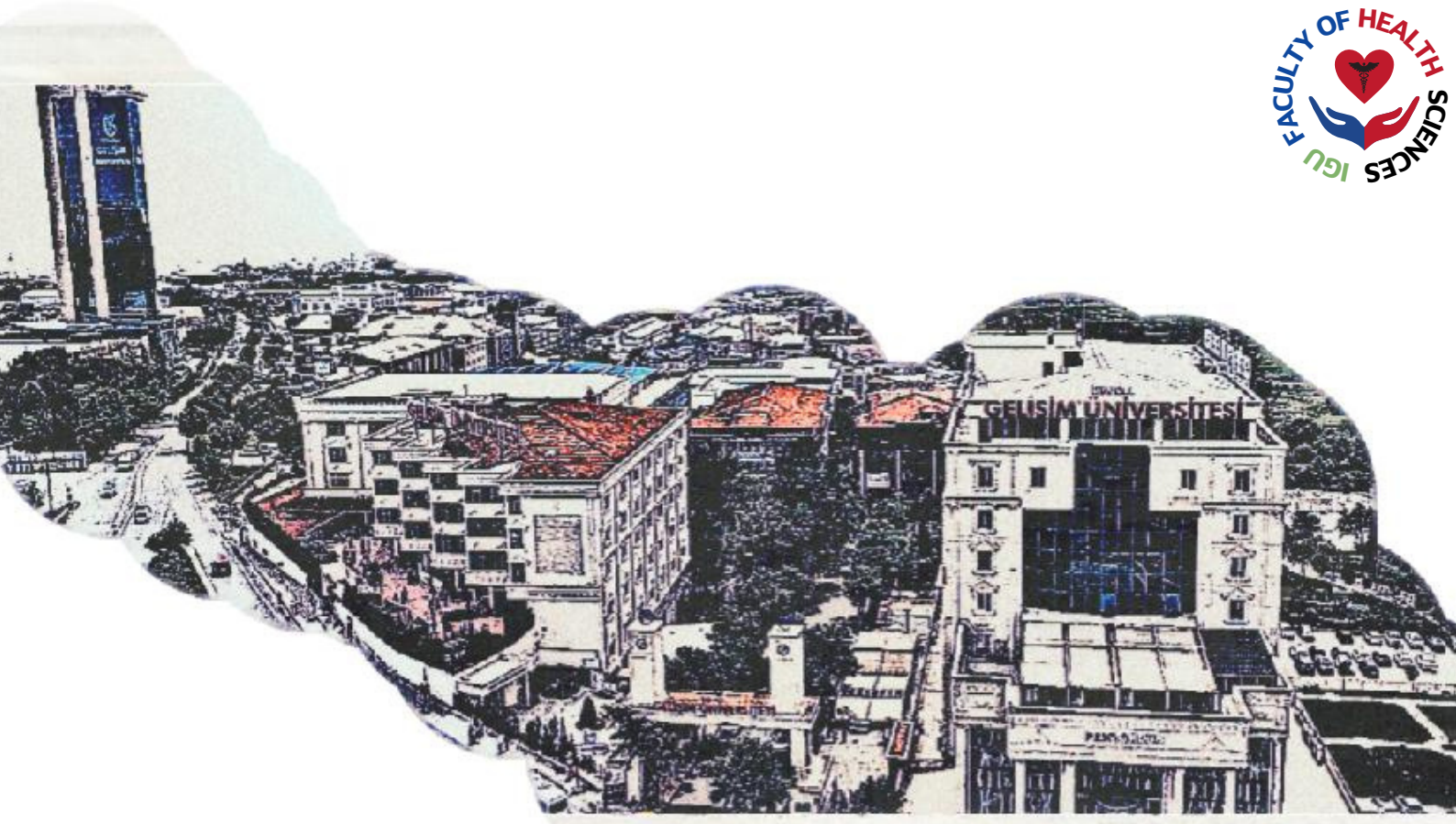


ISTANBUL GELISIM UNIVERSITY



MONTHLY EVENTS AND NEW BULLETIN

SEPTEMBER 2021 | ISSUE 9 | VOLUME 1



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WELCOME

to our

IGU FAMILY



THE
TIMES HIGHER EDUCATION
IMPACT RANKINGS 2020



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', which aims to measure the contribution of universities to the sustainable development of societies. In the category of "Quality Education", İstanbul Gelişim University has achieved great success by ranking 24th among 1240 universities worldwide. Leaving behind 45 participant universities, İstanbul Gelişim University has ranked 1st from Turkey.

Times Higher Education 2021 Turkey Impact Ranking

The top 10 universities in the "Qualified Education" category were listed as follows;

1. İstanbul Gelişim University
2. İstanbul Technical University
3. Atatürk University
4. Bahçeşehir University
5. Bolu Abant İzzet Baysal University
6. Abdullah Gül University
7. Aksaray University
8. Boğaziçi University
9. Kadir Has University
10. TED University

Ranking according to the general average of the scores obtained by the universities:

1. Abdullah Gül University
2. İstanbul Technical University
3. İstanbul Gelişim University
4. Middle East Technical University
5. Özyeğin University
6. Boğaziçi University
7. Erciyes University
8. Hacettepe University
9. İstanbul Bilgi University
10. Bahçeşehir University

OFFICIAL SOCIAL
MEDIA ACCOUNTS



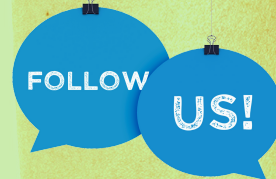
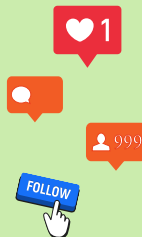
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[İGÜ Sağlık Bilimleri Fakültesi](#)





30 AUGUST VICTORY DAY EVENT



Söyleşi

**30 AĞUSTOS
ZAFER BAYRAMI**

📅 **31 AĞUSTOS 2021**
🕒 **SALI 15.00**

Konuşmacılar

**A. Yüksel BARUT
Gizem UZLU
Ramazan DEMİNER
Çağla TÜRK**

gelistim.edu.tr

In the event organized by IGU Directorate of Health, Culture, and Sport on Tuesday, August 31, 2021, at 15.00, Res. Asst. Gizem UZLU, Res. Asst. Ramazan DEMİNER, and Res. Asst. Çağla TÜRK, under the moderator of Vice Dean of the Faculty of Health Sciences Asst. Prof. A. Yüksel BARUT, shared their discourses on the importance of the day.



[Please click to watch the event](#)

30 August Victory Day was celebrated as the Victory of the Commander-in-Chief on August 30 for the first time in 1924, near the Çal Village in Dumlupınar, with a ceremony in which President Atatürk attended. The most important reason for waiting two years to celebrate the victory was that in 1923, the intensity of the new Turkey, both nationally and internationally, was at an extreme level.

At the first ceremony held in Çal village, Atatürk emphasized the importance of keeping the national spirit alive and laid the foundation of the Unknown Soldier Monument with his wife, Latife Hanım.

The Victory of the Commander-in-Chief has been celebrated as Victory Day since 1926. In the Victory Day Law adopted on April 1, 1926, it is stated that August 30, the day of the Battle of the Commander-in-Chief, is the Victory Day of the army and navy of the Republic and that this feast day will be celebrated by the land, navy and air forces on every anniversary. In the same year, a circular issued by Recep Peker, the Minister of Defense at the time, stated; what would be done during the festive ceremonies in detail.

Mustafa Kemal did not have a military rank until the end of the Sakarya War. After the Sakarya War, he was given the title of Gazi with the rank of Marshal by the Grand National Assembly.

In Nutuk, Gazi Mustafa Kemal Atatürk said, "The decision of our army is an attack. But we are postponing this attack. Because it takes a little more time to complete the preparation completely. Attacking with half preparation, half precaution is far worse than not attacking at all. It is inappropriate to understand and interpret our waiting as giving up the decision to attack or being hopeless to achieve it.

After that, I expressed the following views: Since the Ottomans did not act carefully and prepared in proportion to the scope of the military operation they were going to carry out, they had to retreat even though they went as far as Vienna, as they acted mostly under the influence of their emotions and ambitions. After that, they could not stop in Budapest, they retreated; They were defeated in Belgrade and forced to retreat. They left the Balkans. They were expelled from Rumelia. They bequeathed us this homeland, in which there is still an enemy. Let's be careful while saving this last piece of homeland, giving up our ambitions and feelings. For salvation, for independence, there is no other decision and no way but to defeat the enemy by fighting with our whole being. Gentlemen, the world is the testing ground. After all these centuries, the Turkish nation was faced with a test, and this time the most difficult tests. Would it be right to expect good behavior towards us without succeeding in the exam?" was making a statement.

Falih Rıfkı Atay said, "COMMAND IN COMMANDANT Mustafa Kemal, Fevzi Pasha, İsmet Pasha and the war ranks of their headquarters mounted their horses at 03.30. It was a foggy, cool, dark night. Two riders with lanterns stepped forward to show the way. They were on road. M. Kemal Pasha was leading, he was alone. Fevzi and İsmet Pashas were coming after him. There were staffs, aides, officers, servants, grooms at the rear.

The perimeter was filled with reservists and rear service troops. They slowly climbed to Kocatepe. The 1st Army Commander Nurettin Pasha and the army headquarters had spent the night in Kocatepe. Telephone and telegraph connections were made, observation pits were dug, and powerful artillery sights were installed. Nurettin Pasha welcomed the pashas. He stated that the cannons would start firing a little late because of the fog. M. Kemal Pasha came to the edge of Kocatepe peak. He looked down. It was in fog all the way to the horizon. Nurettin Pasha's aide gave tea to the pashas. They were all shivering, a little from the cold, more from the excitement. Towards 05:00 the sun began to shine, the fog cleared and giant peaks began to appear slowly. The Commander-in-Chief, whom everyone thought was in Ankara, was at the head of his army in Kocatepe. He nodded to İsmet Pasha, and İsmet Pasha warned Nurettin Pasha. 1st Army Commander Nurettin Pasha gave the necessary order to the corps by telephone. First, a single cannon sound was heard, and the bullet fell on the big Tınaz Tepe. Then all the cannons roared for regulation fire. At 05:30, the battery commanders gave the order with a cry of pleasure: "Fire!..." "Fire!..." "Fire!..."

The fire of destruction began. There were about 200 balls in this section. According to the prepared fire plan, they took the Greek positions, resistance centers, machine gun nests, wire fences, Greek artillery with known locations under fire. Neither the Greeks had seen such intense, terrifying fire, nor had the Turks. The hills were on fire. The arsenals were on fire, the trucks were flying, the cannons were smashing. Even Kocatepe was rattling." Shortly after the Turks won the Battle of Manzikert in 1071, Turkish was spoken around İznik. In field wars, states fall, states are born. The calendar date of a pitched battle is sometimes the historical beginning of a new state.

The Ottoman Empire in 1914 was a semi-colonial under the capitulation regime. If those who won the First World War in 1918 had forgiven this Empire, if they had said, "What do you wish from us," could they expect anything but to remain as before? However, after the national liberation war, a new Turkey as independent as England was born in Lausanne. This new Turkey is the product of two pitched battles. One was given along the Sakarya river in August 1921, and the second was given on the Afyon front in August 1922. In both of them, the Commander-in-Chief of the Turkish armies was Mustafa Kemal. As a matter of fact, the name of the second decisive battle in the history of military service is the "Battle of the Commander-in-Chief".

WE ARE THE WAY

HAPPINESS IS NOT A DESTINATION, IT IS A JOURNEY.

CONFUCIUS



FROM BİNGÖL TO TUNCELİ

We made a short trip with faculty members of the IGU Faculty of Health Sciences and our spouses in order to get to know the regions of our country better, to see the regional life, cultural richness and the blessings of nature on site.

DAY 1

After leaving the crowded bustle of the city behind us, we set foot in Bingöl and started our journey excitedly. Our minibus passed through a flat plain, a dirt road. On either side of the road laid mountains, young by geography but quite old in appearance. Minutes passed. The trip team deepened the conversation among themselves. But the mountain view did not end. It was as if the mountains were moving by minibus and flowing endlessly. Our first stop was the Floating Islands in the Solhan district of Bingöl. We are guests at the house of İrfan, who is a paid teacher in Bingöl Hazarşah, and move on to the nearby Floating Islands. Perhaps one of the most interesting structures in Bingöl is these Floating Islands. Floating Island in the Aksakal Lake hamlet of Hazarşah village, Solhan district, moved like a raft when it was climbed on. The ash trees on it accompanied this movement with the sound of their leaves.

Our faculty members took the opportunity to take advantage of the standing minibus and joked with helpful and smiling children, took pictures and explored the surroundings with their keen eyes while preparing for a long journey. Gaining or losing time didn't seem to matter here anymore. Time moves slowly, speed; was losing its meaning. All the burning of the sun passed through the car window and fell on us, and we continued our journey. At the end of the 2.5-hour journey from Solhan, we arrived in Tunceli on the same day. We came to the center of Tunceli by following the path of the Munzur River, where the rising hills continue, right after we crossed the slight elevations and descended.



THE WORLD IS A BOOK AND THOSE WHO DON'T TRAVEL READ ONLY ONE PAGE.



DAY 2

While everyone in Tunceli was escaping from the thoughts that occupy their minds untimely, and took refuge in silence and calmness and focused on nature, we were welcoming the day at the teacher's house overlooking the Munzur River. When we passed the Human Rights Monument and went to the museum, we were faced with similar silence. There were ram-headed and stone tombs reflecting the local culture in the museum, which includes Alevism, archeology and ethnography sections, coins and special sacred quarries reflecting the region's belief culture about 5 thousand years ago. In addition, it was possible to see, understand and absorb religious rituals and cultural values both with wax sculptures and video in the museum where the oldest finds belonging to Tunceli province and its surroundings are exhibited chronologically.

After visiting the museum, we leave the center and cross to Kutu Stream, where the oaks come to life and the cool afternoon winds blow. Kutu Stream, in the direction of Tunceli-Erzincan, was winding through sparse and occasionally dense oak trees. We say that not touching its very cold water, it's a betrayal of the geography and go down to the stream. On the same day, we go to Tunceli again in the opposite direction and this time, we move towards the northwest and go to Ovacık district of Tunceli. The curvy and grueling road leading to Ovacık district makes us feel Anatolia's generous face as well as its tough and dignified stance.

Tunceli's Ovacık district is surrounded by a wide plain and majestic mountains. Our first stop here is Munzur Eyes. According to the legend, Munzur Eyes, which emerged when the milk in the bucket held by a shepherd named Munzur spilt onto the ground, gives life to the Munzur Valley National Park with its mystery preserved for thousands of years and the flowing water from forty eyes. Standing out with its untouched lush nature and plant diversity, Munzur Eyes attracts a lot of attention as a prominent place with its wildlife, rich flora and endemic species.



ÇAYIRGÜLÜ VILLAGE AND MUNZUR RIVER

DAY 3

On Saturday, which is the most suitable day for the autumn, we pass the grass to step, dusty roads to walk, mountain slopes to cross and set off towards Karakoçan district of Elazığ. We were spending a quiet time intertwined with nature and heading towards the district center. The sound of Munzur River was accompanied by the sound of pebbles and stones dropped by mountain goats. All the sounds produced in this state combined to form the most creative orchestra in the world.

Our first stop in Karakoçan was Çayirgölü (Badran) Village. In this village, where legends and memorates became a part of daily life, a great sanctity was attributed to tombs, saints, stone, trees, water, and the finest detail of natural life was meticulously knitted. We reach the Golan Hot Springs by the Peri River, right after passing the village and descending the Hamam Mountain. Golan, a hot spring that has internalized the mythical and magical codes of culture, has a very important potential in the region as it cures many diseases and visually fascinates. The old suspension bridge, right next to the Golan, connects Tunceli and Elazığ. The joy and excitement of the tourists visiting this place on the bridge connecting the two important cities were worth seeing.

We pass the villages, signs and move towards Bingöl on the same day. While the wheels of the car are bouncing along with the pits, we go to the main road accompanied by sounds, swirling water and mountains tangential to the sky and visit the 33 Martyrs Monument, 13 km from Bingöl. This monument, which was built in memory of 33 soldiers who were martyred in the attack of PKK on the Bingöl-Elazığ highway on May 24, 1993, on their way to the veteran troops, has representative graves of martyr soldiers in civilian clothes who completed their recruits in various provinces. In addition, in the representative graves of the martyrs, there has been soil brought from graves of the martyrs and Anıtkabir.

While our journey was nearing the end in Bingöl, Dr. A. Yüksel BARUT reminded Andrew McCarty's sentences "The further I go, the closer to me I get." and talked about the importance of starting the journey, immersing in the rich socio-cultural structure of our country. He also promised that he would plan new journeys for this purpose. On the way back to Istanbul, he made the tour team dream of new journeys.



ENVIRONMENT AND HEALTH INTERACTION

Asst. Prof. Nurten ELKİN

The environment can prepare the ground for diseases or it can be a direct cause of disease. Environmental health practices achieve success as a result of the coordinated work of many professional groups. Although the measures to be taken for the protection of the environment are initially perceived as expensive but when the negative material and moral effects of pollution are considered, it is understood that these investment expenditures are not as expensive as expected. Environmental health covers the correction of all conditions in the environment that are harmful to human health. The most important feature of environmental health is that it causes epidemics that can affect the masses of people very quickly.

The environment is defined as all external factors that directly or indirectly affect the life and development of a living organism. These external factors can create some positive and negative effects. In terms of health, we examine the environment in three groups: physical, biological and sociocultural environment. Drinking and tap water, liquid and solid wastes, residences, indoor and outdoor air, lighting, ionizing radiation, noise and climatic conditions affect our physical environment; plants, animals and microorganisms are biological environment; population, family and relatives, social classes, religion, culture and economic components constitute the sociocultural environment.

Ecological damages caused by humans and disrupting the natural balance in ecosystems are defined as environmental pollution. Each of the incidents of intense mixing of foreign substances with air, water and soil, which adversely affect the health of all living things, cause material damage to inanimate environmental assets and deteriorate their qualities and cause environmental pollution.

We can summarize the types of environmental pollution as:

- Air pollution
- Water pollution
- Soil pollution
- Noise pollution
- Radioactive pollution.

Environment and Human Interaction

Human health is mainly affected by genetic and environmental factors. In other words, it is possible to group the cause of the disease as genetic and environmental factors. We collect environmental causes in 6 groups:

- Physical causes: heat, cold, rays and traumas.
- Chemical causes: Poisons, carcinogens, drugs.
- Biological causes: Microorganisms, parasites, fungi.
- Psychological factors: Stress.
- Nutrition disorders: Excessive, insufficient, unbalanced nutrition.
- Social, cultural and economic reasons.

Physics Environment

Water: It is one of the three basic human needs (water, air, food). People use whatever water they can find. In order for water to be drinkable and used, it must be suitable in terms of physical (clear, odorless), chemical (free of ammonia, nitrite, organic substances) and biological (free of microorganisms).

Wastes: The elimination of garbage in cities, garbage and manure in villages is an important health problem in terms of odor, ugly appearance and vector reproduction. Collected garbage should be disposed of by making it harmless in a place away from the residential area.

Residence: One of the basic needs of people is residence. Residence is a need for human safety and protection from external factors. In addition to the benefits they provide, residences can be harmful to health if the sanitary conditions are inadequate.

Sewage: Disposal of toilet and wastewater into streams, lakes, rivers or seas after rendering them harmless is very important in preventing diseases transmitted by water and food.

Air Pollution: Air pollution is mentioned, the pollution of open-air in cities. The harm of air pollution to health comes from substances that can cause cancer, such as SO₂, CO, benzene, soot and particulates. Air pollution is difficult and expensive to prevent. The definitive solution is to use smokeless fuels such as electrical energy and natural gas in homes and industries. Establishing industrial facilities away from the city center, increasing green areas, central heating, reducing the exhaust gases of vehicles are some of the measures that can be taken against air pollution.

Chemical Pollution: Chemical pollution of water, nutrients and soil is one of the most important environmental problems of our time. It will become an even more important problem as the world population increases and industrialization develops. The harmful effects of chemicals can be mutagenic, teratogenic and carcinogenic effects as well as acute and chronic poisoning.

Rays: The negative effects of non-ionizing rays on health are limited. Their effects are on the eyes and skin. Radiation is important because it causes various cancers and diseases.

Food Control: Foodstuffs should be well controlled and inspected in the periods from where they are produced to consumption. Otherwise, it will lead to many negative consequences on individual and public health.

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

IT'S UP TO US TO CHANGE SEDENTARY LIFESTYLE!

Res. Asst. Ayşem Ecem Özdemir

EXERCISE LIFESTYLE HEALTH PHYSICAL ACTIVITY EXERCISE LIFE

Covid-19 has created significant changes in the lives of every individual living in the society. Coronavirus, which is transmitted through the respiratory tract, directly or indirectly prepares the ground for not only respiratory system diseases, but also many diseases in which the musculoskeletal system, cardiovascular system and nervous system is affected. The quarantine processes implemented in every corner of the world have radically affected everyone's lifestyles. Various social isolation methods such as not leaving the house unnecessarily, working from home, not getting in contact with many people etc. have become an inevitable part of our lives. Our lives that have become 'more inactive' than normal due to technological innovations that have developed in the past years, now has turned into an 'inactive lifestyle' during the pandemic process. Today, this problem is considered as a 'public health' problem. However, it should not be forgotten that, it is in our hands to improve or even change this lifestyle.



It has been proven that regular physical activities and exercise programs for healthy individuals have positive effects on both various body systems and psychological health status. When creating an exercise program; it should be specific for the individual, it should be prepared by considering the age, height, weight and other health-related physical parameters of the person and applied accordingly. Along with these, individuals with chronic diseases should definitely apply these exercise programs in consultation with their health providers. If the hobbies, habits and things that the person likes to do are taken into consideration while preparing these programs, it is easier for the individual to adapt and maintain an active lifestyle. For healthy individuals, it has been proven in studies that doing regular moderate intensity (50-70% of the highest heart rate) aerobic exercises, support the immune system. Aerobic exercises are activities that improve the endurance of the cardiovascular system such as walking, running, swimming or cycling. It can be done 3 to 5 days a week and for 30-60 minutes. In addition, exercises that provide strength and flexibility can be added to the exercise prescription. Such exercises are very suitable for doing at home and can be applied 2 to 4 days a week as 8 to 12 repetitions for strengthening exercises and 30seconds and 10 sets for stretching exercises. It is important to prefer exercises which involves large muscle groups. By this way, we can ensure that individuals remain physically active during staying at home. In addition, household dishes, sweeping, wiping or gardening; which are considered as physical activities, are activities that can be easily preferred at home.



In 1948 by the WHO, the definition of health was as follows: not merely the absence of disease or infirmity; it is a state of physical, social and spiritual well-being. The benefits of being active in order to achieve these welfare states should not be overlooked. It is necessary for each of us to make this active lifestyle a habit in order to prevent or easily overcome the risks of Covid-19 infection. This way, healthier days will be waiting for us as a society and even as all of the world population.

[Click for our website and detailed the news](#)



Istanbul Gelisim University Faculty of Health Sciences 2021-2022 Academic Year orientations were held online on September 21.

The Turkish event started with the speech of Prof. Rifat MUTUŞ, Dean of the Faculty of Health Sciences, moderated by Res. Asst. Engin ÇAĞLAR. Afterwards, Turkish promotional videos prepared by our university units for our students were watched.

Our English event started with the speech of Asst. Prof. Berrak DURLUPINAR, a Member of the Faculty of Health Sciences, moderated by Res. Asst. Engin ÇAĞLAR. After a short introductory slide show, introductory videos in English prepared by our university units for our students were watched.

The Dean of Students, Erasmus+ mobility, OBIS, Career Development Center, and many other centers and services were introduced to our new students.

The Orientation of the Faculty of Health Sciences was completed by wishing our students success in their new semester and university life.

Istanbul Gelisim University Faculty of Health Sciences 2021-2022 Academic Year Department Orientations were held online on September 22. Departments held orientation meetings via LMS.

The excitement of our students was shared at the first meeting of the faculty members and new students. Important information about faculties, departments, curriculum, and regulations were explained to our students. Students were told what to expect in the new term.

The excitement of the new term and meeting with our students was shared with the students.

Students were warned about the rules that they should pay attention to in campus life in the new normal. At the end of the meeting, the questions of the students have answered and the question marks in their minds were cleared.

We wish our students success in their new steps in their lives. The meetings were ended to meet again in the new term.



Welcome to Istanbul Gelisim
University Family!



FACULTY OF HEALTH SCIENCES

2019-2020 and 2020-2021 GRADUATION CEREMONIES



Graduation ceremonies were celebrated with great enthusiasm



You can watch the graduation ceremonies again from the link below to share the happiness and excitement of our 2019-2020 and 2020-2021 graduates.



[Istanbul Gelisim University.](#)

OUR EXPERIENCES WITH PATIENTS WITH BALANCE DISORDERS DURING THE PANDEMIC:

VESTIBULAR SYSTEM THEORETICAL AND PRACTICAL TRAININGS IN AUDIOLOGY DEPARTMENT

Lecturer Ayşe ÖZER
Res. Asst. Azize KÖSEÖĞLU

Has there been an increase in the number of patients with balance disorders during the pandemic period?

Yes, especially some of our patients came with the complaint of dizziness after suffering from COVID-19. As we know, COVID-19 is a viral infection. Some viral infections cause balance disorder. It was inevitable for those who had COVID-19 infection to experience severe dizziness and balance problems. As a result, the pandemic resulted in an increase in the number of patients. *Lecturer Ayşe ÖZER* said that they performed Videonystagmography (VNG), Caloric test, Postural and Cerebellar tests, Vestibular Evoked Myogenic Potentials (VEMP) tests in detail in the clinic. She stated that before beginning the test, they took a detailed anamnesis from the patient. After wearing infrared glasses, the patient is placed in the proper position. The procedure for taking the test is explained, and the test begins. During the test, it is determined whether there is nystagmus by looking at the eye movements of the patient. In this way, they determined that the balance disorder was of peripheral or central origin. She recommends that if she/he is taking vertigo medication, she/he should stop taking it 3 days in advance, put on comfortable clothes, and consume light foods before coming to the clinic.

Which complementary tests do you use? How do you interpret the tests? What are your recommendations to patients after the test?

The tests we do vary according to the disease. One test alone is not enough. They are all complementary to each other. In addition, as a complementary test, imaging methods such as MRI, CT, Doppler help us making the diagnosis. E.g; For Meniere's disease, caloric and pure tone audiometry must be performed together with the VNG test, or to diagnose Superior Semicircular Canal Dehiscence (SSCD), VEMP, pure tone audiometry, and especially acoustic reflexes must be examined in addition to the VNG test. After performing all the tests, we make some recommendations to the patients according to the diagnosis. Recommendations differ according to the disease. For example, if you have a diagnosis of Benign Paroxysmal Positional Vertigo (BPPV), avoid sudden movements, and in Meniere's disease, we can recommend not consuming salt or caffeine.

Providing information about the vestibular system lessons in audiology undergraduate education, *Res. Asst. Azize KÖSEOĞLU:*

“Audiology program students after entering the vestibular system theoretically and practically with the “Vestibular System Diseases and Evaluation Methods” courses in the first semester of the 3rd year. Then they learn vestibular rehabilitation methods and preparing a vestibular rehabilitation program with the “Vestibular Rehabilitation” course in the second semester of the 3rd year,” said.

After saying that they can perform VNG, Video Head Impulse Test (v-HIT), Caloric tests from vestibular tests in the Audiology Laboratory of the Faculty of Health Sciences of Istanbul Gelişim University, she gave information about the tests:

Videonystagmography (VNG); is used to test inner ear and central motor functions. It is used to determine the causes of dizziness, balance disorder and other disorders related to balance. The VNG test records and monitors nystagmus, which is involuntary eye movements. Infrared glasses are used to monitor eye movements during visual stimulation and position changes. Vestibular and oculomotor system abnormalities are determined with VNG. The audiologist effectively evaluates the patient with "vertigo", objectively measures, video records, and documents abnormal eye movements caused by Benign Paroxysmal Positional Vertigo (BPPV), Vestibular Neuritis, Internuclear Ophthalmoplegia (INO), and other peripheral and central neurological pathologies.

Caloric test; In the caloric test, temporary and short-term dizziness is created by inserting cold and hot caloric stimuli (air and water) into the ear canal. The resulting bioelectric activity and nystagmus in the eyes are recorded with video, documented, and interpreted. The caloric test measures the parameters of vestibular hypofunction and directional preponderance. The Video Head Impulse Test (v-HIT) is a test in which the vestibulo-ocular reflex is evaluated objectively. It provides an objective evaluation of the covert saccades. Test time is short (5-10 minutes) and video recording is taken.

During the COVID-19 pandemic, the number of patients with balance disorders has increased. However, the awareness of audiologists on this issue and the early use of tests for the diagnosis of balance problems contribute positively to the course of treatment by ensuring the early diagnosis of our patients.

Who is Who?



FATMA REFET ANGIN

WITH GRATITUDE AND RESPECT..

One of the first female teachers of the Republic of Turkey..
She was born in Gallipoli in 1915.

Her father is a member of the Kuva-i Milliye.

She started her education life at the Local School, but lasted for 2 days. She learned to read and write from her mother. With the proclamation of the Republic of Turkey and the enactment of the Law of Unification of Education, she started the Cumhuriyet Primary School, which was opened in Gallipoli. She was a younger child when she decided to become a teacher.

Refet Angin, who crossed paths with Atatürk throughout her life, answered Atatürk's question "What will you be when you grow up, kid?" when they first met while still in primary school, "I will be a teacher." she gave the answer. Mustafa Kemal Atatürk had a great influence on her being a teacher and even a history teacher. She graduated from Edirne Girls' Teachers' School in 1932. She started the History Department of Gazi Education Institute and at the same time started the Faculty of Language, History and Geography. She finished both of them in 1936.

She taught and held administrative positions in many cities of Turkey. After working in Ankara for about 20 years, she went to Istanbul. When 24 November was announced as the first teachers' day, Refet Angin was chosen as the teacher of the year. Expressing that she loves to work at every opportunity, Angin worked as a teacher for 24 more years, even after her retirement in 1982, and worked until the age of 90. Yıldız Technical University awarded Angin an honorary doctorate in 2006. Until the last days of her life, she worked as an "Honorary Consultant" at the Ministry of National Education. Precious teacher Fatma Refet Angin passed away on January 30, 2010 at the age of 95.



ISTANBUL: A CITY ON TWO CONTINENTS

Where should I visit in Istanbul?

DISCOVER

Where should I visit in Istanbul?



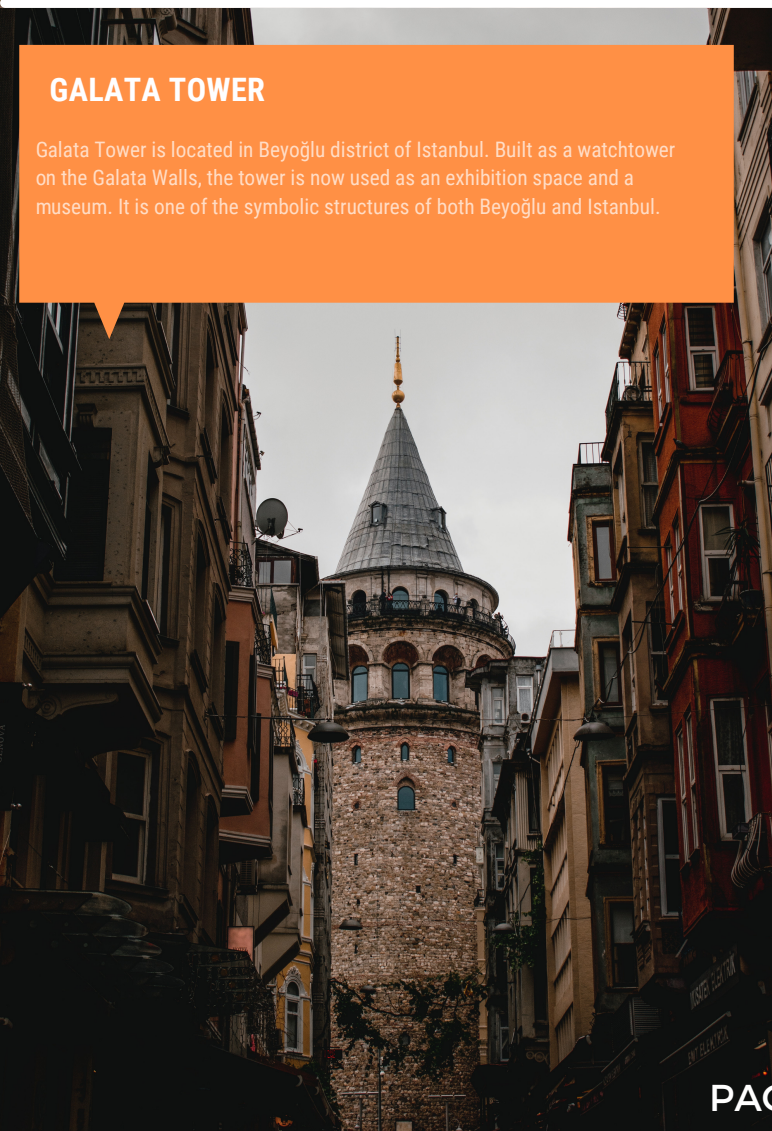
KAMONDO STAIRS, KARAKOY

Popularly known as the "Lovers' Ladder", the staircase was built by the Kamondo family for their grandchildren. Realizing that his grandchildren had to take a longer route to go to school, Abraham Kamondo built these stairs for his grandchildren as a shorter and more comfortable transportation route.



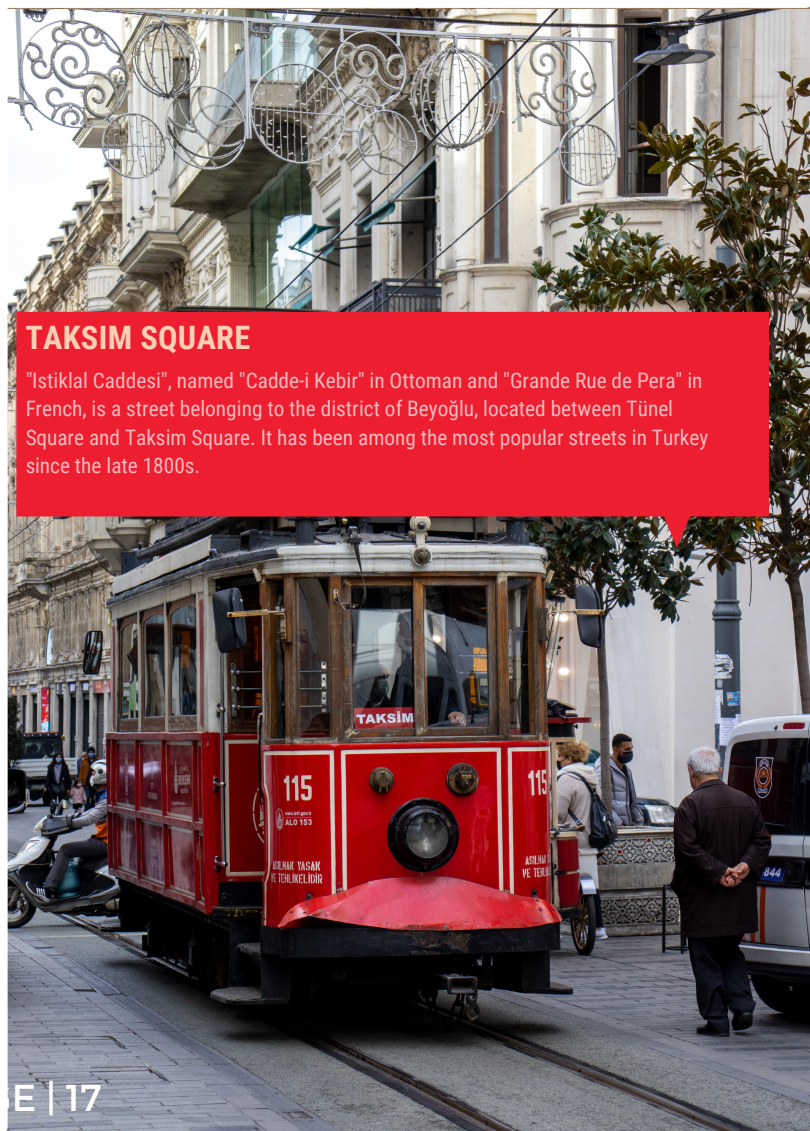
GALATA TOWER

Galata Tower is located in Beyoğlu district of Istanbul. Built as a watchtower on the Galata Walls, the tower is now used as an exhibition space and a museum. It is one of the symbolic structures of both Beyoğlu and Istanbul.



TAKSİM SQUARE

"İstiklal Caddesi", named "Cadde-i Kebir" in Ottoman and "Grande Rue de Pera" in French, is a street belonging to the district of Beyoğlu, located between Tünel Square and Taksim Square. It has been among the most popular streets in Turkey since the late 1800s.



IMPORTANT DAYS IN SEPTEMBER



- September 1: World Peace Day
- September 2: World Beard Day
- September 3: World Skyscraper Day
- September 4: World Wildlife Day
- September 5th: Be Late for Something Day
- September 8: World Reading Day
- World Physical Therapy Day
- September 9: Teddy Bear Day
- September 12: Video Games Day
- World First Aid Day
- September 13: World Software Developers Day
- September 16: International Book Purchase Day
- September 18: Cheeseburger Day
- September 19: Veterans Day
- 19 – 25 September: World Week of the Deaf
- September 21: World Alzheimer's Day
- Beginning of Schools (Back to School)
- September 22: Business Women's Day
- September 23: Equinox
- September 25: World Dream Day
- World Pharmacists Day
- September 26: Turkish Language Day
- September 27: World Tourism Day
- September 29: World Heart Day

MASTHEAD

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