



— ISTANBUL —
GELISIM
UNIVERSITY

WEEKLY PRESS RELEASE

MARCH 28 - APRIL 01, 2022

Issue: 143



<https://gelisim.edu.tr/en>



AGENDA OF PERSONNEL

ACADEMIC

- As of 28.03.2022, Assoc. **Prof. Dr. Bulent ESIYOK** appointed as **Deputy Dean** at the Faculty of Economics, Administrative and Social Sciences Deanery at our University.
- As of 25.03.2022, Assoc. **Prof. Dr. Anil AL REBHOLZ** appointed once more as **Deputy Head of Department** at the Social Work Department, Faculty of Health Sciences at our University.
- As of 24.03.2022, **Prof. Dr. Ali Kemal OZDEMİR** appointed as **Head of Department** at the Department of Prosthodontics, Division of Clinical Sciences, Faculty of Dentistry at our University.
- As of 25.03.2022, **Lecturer Levent BAKIR** appointed once more as **Head of Program** at the Maritime and Port Management Program, Istanbul Gelisim Vocational School at our University.
- Faculty Member Dr. Gökçay ALTIN** appointed as “**Doctor Faculty Member**” staff at the Aircraft Maintenance and Repair Department, Faculty of Applied Sciences A at our University.
- Faculty Member Dr. Basak OZARSLAN DOGAN** appointed as “**Doctor Faculty Member**” staff at the Department of International Trade and Business, Faculty of Economics, Administrative and Social Sciences at our University.
- Faculty Member Dr. Gulsah UNSAL JAFAROV** appointed as “**Doctor Faculty Member**” staff at the Department of Nursing, Faculty of Health Sciences at our University.
- Lecturer Fuat SAMI** appointed as “Lecturer” staff at the Culinary Program, Istanbul Gelisim Vocational School at our University.
- Researcher **Mert KUSLUVAN** appointed as “**Researcher**” staff at the Psychology Department, at our University Faculty of Economics, Administrative and Social Sciences at our University.
- Researcher Demet TAC** appointed as “**Researcher**” staff at the Department of Economics and Finance, Faculty of Economics, Administrative and Social Sciences at our University.

I congratulate all our appointed lecturers and wish them success in their new positions.

Assoc. Prof. Serdar Çöp
IGU Secretary General

ADMINISTRATIVE

- As of 23.03.2022, **Faculty Member Dr. Murat TOPCU**, included to the staff of Customs Management Department, Faculty of Economics, Administrative and Social Sciences, appointed as “**Head of Student Affairs Department**” at the Student Affairs Department at our University.
- As of 28.03.2022, **Gökçe IPEK** took office in the administrative position of **Content Editor** at the Corporate Communications Department at our University.
- As of 28.03.2022, **Eren Habib AŞIK** took office in the administrative position of **Software Development Assistant Specialist** at the IT Department at our University.
- As of 28.03.2022, **Cuma KOCAKAPLAN** took office in the administrative position of **Floor Attendant** at the Support Services Department at our University.
- As of 29.03.2022, **Barış TOPRAK** took office in the administrative position of **Graphic Artist** at the Corporate Communications Department at our University.

I congratulate all our appointed lecturers and wish them success in their new positions.

Assoc. Prof. Serdar Çöp
IGU Secretary General

LATEST NEWS FROM IGU

THE ADVENTURE OF THE NUERTINGEN-GEISLINGEN UNIVERSITY IN GELISIM

The “Gelisim” Adventure of International Office Director Prof. **Dr. Iris Ramme** and **Lecturer Dennis Köhler**, who visited our university from Nuertingen-Geislingen University on 29 March 2022 within the scope of Erasmus, ended on 31 March 2022.

During this visit, **Prof.Dr.Iris Ramme** made significant contributions to the students of the Business Department with the “E-Commerce” and “Marketing Principles” courses, and Lecturer Dennis Köhler with the “Marketing Principles” course. Thanks to collaboration in several fields, it is expected that this visit will contribute to the development of existing Bilateral Relations and create significant opportunities for both institutions.



FAMOUS CHEF ÖMÜR AKKOR IS AT IGU

Turkish cuisine researcher, food writer and traveler, famous Chef Ömür Akkor participated in the Gastro Talks event organized by the Gastronomy and Culinary Arts Department. In the event, the famous **Chef Ömür Akkor** explained the richness, culture and history of Turkish cuisine to the students. At the end of the program, various flavors of Turkish cuisine were offered to the participants.



TWO NEW TRAININGS MORE FROM THE ISTANBUL GELISIM UNIVERSITY!

MARCH 28 2022



The **Clinic Psychologist Dr. Cansu Selin Yurtseven** provided training on the subject matter bearing the topic of "Overcoming Anxiety" and **Clinic Psychologist Dr. Kahraman Güler**, however, the topic of "Healing the Emotions with Imagination and Chair Techniques" in the provincial city of Amasya. The National Education Director of the province of Amasya, **MR. Mehmet Türkmen**, has taken part in the activity.

Another leg of the 'Training to Raise the Professional Competences of the School Advisory Teachers' will be organized on the 30th day of March together with the collaboration of the Istanbul Gelisim University and Provincial National Education Directorates of Tokat. The

Clinic Psychologist Dr. Volkan Demir and **Clinic Psychologist Dr. Cansu Selin Yurtseven** will provide and offer training on the subject matters bearing the topics of "Therapy of Art" and "Techniques, Used in the Psycho-Therapy".

<https://gelisim.edu.tr/en/news/two-new-trainings-more-from-the-istanbul-gelisim-university>



SHOULD THE WISDOM TEETH BE PULLED OUT OR NOT?

MARCH 28 2022



Most of us have had problems with the wisdom teeth. Especially the unevenness, created by the wisdom teeth, reveals themselves in many people by the use of dental braces. The Orthodontist, **Prof. Dr. Mehmet Oğuz Öztoprak**, of the **Faculty of Dentistry of the Istanbul Gelisim University**, who indicated that the unevenness was not only caused by the wisdom teeth, indicated as follows:

"The researches that were carried out by the well-known Orthodontist, Raymond Begg in 1950s on previous (ancient) people and Australian native people show that the teeth are bended more while chewing rough and fibrous food and as a consequence,

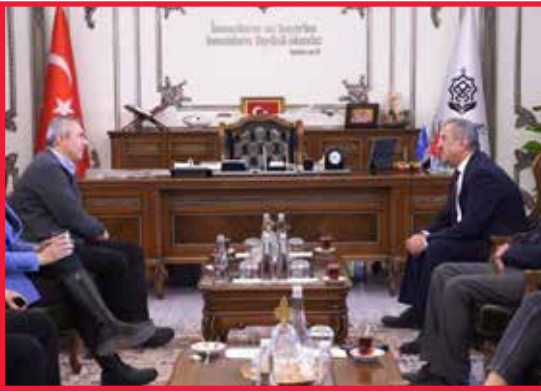
there occur a cavity between the teeth as a result of the abrasion between two teeth. By this means, the wisdom teeth coming behind can come out easily. However, the fabricated foods that we consume at current period such as soft bread, meat that is cooked at the pressure cooker or cream cheeses do not make our teeth work. Namely, a buffer duty is not required any longer on our teeth. Therefore, the teeth cannot rub themselves against each other and abraded and no room is left for the wisdom teeth."

<https://gelisim.edu.tr/en/news/should-the-wisdom-teeth-be-pulled-out-or-not>



BEYPAZARI BECAME THE NEW STOP OF THE FILM WORKSHOPS

MARCH 28 2022



The students from the Hatice Cemil Ercan Science High School, Nurettin Karaoğuz Foundation Anatolian High School, Beypazarı Anatolian High School, and **Hacı Kazım Ozan** Girls' Religious Vocational High School have voluntarily taken part in the film workshops, continued for 3 days and organized with the cooperation of the Faculty of Fine Arts of the Istanbul Gelisim University and Beypazarı Municipality. While the first day of the workshop started with the negotiations by and between the Deputy Mayor of Beypazarı Municipality and Film Workshops, a meeting was held with the Director for the Cultural and Social Affairs of the

Beypazarı Municipality within the scope of the film workshops. At the same time, an exchange of opinion was made with **Mr. Bülent Erdemli**, who keeps on introducing Beypazarı on voluntary basis.

<https://gelisim.edu.tr/en/news/beypazari-became-the-new-stop-of-the-film-workshops>



DO NOT MAKE THE FOLLOWING MISTAKES WHILE FASTING!

MARCH 31 2022



Prof. Dr. Züleyha Akkan Çetinkaya from the Department of the Nutrition and Dietetics of the Faculty of Health Sciences of the Istanbul Gelisim University (IGU) said that one of the most frequent mistakes, made in this respect, was to eat something from the iftar (evening meal during the Ramadan) up to the pre-dawn meal during the same period of time and extension of the period of hunger and leaving the body without water further added: "It is absolutely necessary to have food and fluid intake at the pre-dawn meal (in sahur). It is possible to have a breakfast including cheese, egg, tomato, cucumber and brown bread. The

nourishment with the alternatives such as cracked wheat pilaf, macaroni and couscous, made of brown bread, yogurt, 1 portion of fruit compatible with the season will both help meeting the daily amount of energy and in the meantime, support the fibrous intake and prevent the constipation."

<https://gelisim.edu.tr/en/news/do-not-make-the-following-mistakes-while-fasting>



TRAINING FOR THE AWARENESS OF CHILD ABUSE FROM THE ISTANBUL GELISIM UNIVERSITY

APRIL 01

2022



The activity, titled as "**Please Hear Me My Teacher**" and organized in coordination with the Counselling and Research Centre of Avcılar and the Counselling and Research Centre of Beylikdüzü and Istanbul Gelisim University was completed. The trainer, **Dr. Bülent Tansel**, made trainings bearing the topic of "**Sexual Abuse of the Child and Psycho-Social Approaches**" in the activity, continued for a period of two days.

<https://gelisim.edu.tr/en/news/training-for-the-awareness-of-child-abuse-from-the-istanbul-gelisim-university>



STUDENTS WHO BORROWED THE MOST BOOKS IN 2021 AWARDED

APRIL 01

2022



Prof. Dr. Züleyha Akkan Çetinkaya from the Department of the Nutrition and Dietetics of the Faculty of Health Sciences of the Istanbul Gelisim University (IGU) said that one of the most frequent mistakes, made in this respect, was to eat something from the iftar (evening meal during the Ramadan) up to the pre-dawn meal during the same period of time and extension of the period of hunger and leaving the body without water further added: "It is absolutely necessary to have food and fluid intake at the pre-dawn meal (in sahur). It is possible to have a breakfast including cheese, egg, tomato, cucumber and brown bread. The

nourishment with the alternatives such as cracked wheat pilaf, macaroni and couscous, made of brown bread, yogurt, 1 portion of fruit compatible with the season will both help meeting the daily amount of energy and in the meantime, support the fibrous intake and prevent the constipation."

<https://gelisim.edu.tr/en/news/students-who-borrowed-the-most-books-in-2021-awarded>



THE ATHLETES OF THE IGU RETURNED HOME WITH SUCCESSES

01 APRIL

2022



The Interuniversity Wushu Championship of Turkey, participated by 280 athletes from the universities, was organized in the province of Ağrı, and **İlayda Nur Bulut**, who is the student of the Vocational School for Sporting Management (MYO), with 52 kgs and Servet Kamancı, who is the student of the Department of Recreation of the School of Physical Education and Sports (BESYO) with 60kgs, ranked in second at the “**Wushu Sanda**” branch of the competition. At the same organization, Esra Kalaycıoğlu, who is the student of the Department of Exercise and Sporting Sciences of the School of Physical Education and Sports (BESYO) with 52 kgs, ranked in first at the “Wushu Taolu Taichi” branch and in second at the “Taichi Fan”. The student of the Department of Recreation of the School of Physical Education and Sports (BESYO) Bedirhan Hışt with 80 kgs, succeeded to rank in third “Sanda” branch.

<https://gelisim.edu.tr/en/news/the-athletes-of-the-igu-returned-home-with-successes>

THE MOST EFFECTIVE WAY TO FACILITATE THE SOCIAL COHESION OF AUTISTIC INDIVIDUALS: PEER SUPPORT

01 APRIL

2022



The autistic individuals experiencing problems in 3 basic fields, namely, deterioration or impairment in communication, repeated interests and behaviours and deterioration in reciprocal social interaction in general meaning, may also show different symptoms in different age ranges. **Prof. Dr. Makbule Meziyet** Arı from the Paediatric Development Department of the Faculty of Health Sciences of the Istanbul Gelisim University having emphasized that the lack of interest of the children in environment especially at the age range of 1-3 has risen further indicated as follows: “The specialists, who will be able to make the diagnosis of autism in our country, are the child psychiatrists and child neurologists.

It is possible to diagnose an autism case from the age of 12-month onward. The diagnosis at an early age is important from the point of view of the beginning of education as soon as possible. The hypopsychosis (mental retardation) could be seen slight, medium and serious degree in an approximate proportion of two third of the children having autism diagnosis, and extraordinary talents were seen in the remaining proportion of one in third, and especially, memorising, arithmetic (multiplying multi-digit numbers in mind), music and drawing talents. However, the children face difficulties in setting up connection between the perceptions and transferring the knowledge and skills so learned into different fields. Therefore, they cannot comprehend the abstract expressions and not play imaginative plays.”

<https://gelisim.edu.tr/en/news/the-most-effective-way-to-facilitate-the-social-cohesion-of-autistic-individuals-peer-support>

THINGS TO KNOW



ABOUT NEW CORONAVIRUS



All necessary measures are taken for the **coronavirus** revealed in Turkey and the World at **Istanbul Gelisim University**. **Things to know about coronavirus are as follows:**

What are the new coronavirus symptoms?

- The most common symptoms are **fever, cough and respiratory distress**.
- In severe cases, **pneumonia, severe respiratory failure, kidney failure and death** may occur
- Incubation period is between **2 and 14 days**.

How is the virus transmitted?

- It can be transmitted by the contact of the droplets caused by **coughing and sneezing** with the contact of the **mouth, nose and eyes** of other individuals in certain environment and by touching the surfaces where the droplets adhere and taking hands **into the mouth, nose or eyes**.

What to do to be protected from the virus?

- When **coughing or sneezing**, the mouth and nose should be covered with a **disposable tissue**, if there is no handkerchief, the mouth should be closed with the **upper sleeve or elbow**, not with the palms.
- **Handshaking and hugging** should be avoided.
- **Mouth, nose and eyes** should not be touched with dirty hands.
- Hands must be washed for **at least 20 seconds** in accordance with the **Handwashing Instructions** found in the toilets. In the absence of water and soap, **alcohol-containing hand antiseptics** should be used. **Cologne of 70-80 degrees** also serve as disinfectants.
- Offices and classrooms must be **ventilated hourly**.
- Places frequently used by many people such as common areas and door handles should be **disinfected every 2 hours**.
- Hands **must be washed** after using **public transportation**.
- Because the virus progresses faster in people with low immune system; **a balanced and healthy diet** is required. Foods **must be washed thoroughly** before consumption.

What to do if there are symptoms?

- If you have come from countries with infections **in the past 14 days**, apply to the **nearest healthcare facility** by wearing a **surgical mask**.
- If you are **coughing, have a fever and have difficulty at breathing**, apply to the **nearest healthcare facility** by wearing a **surgical mask**.
- **Always wear your mask** when you are in the same room with a **person who is recommended insulation** at home.





PROTECTION AGAINST VIRUS IS IN OUR HANDS



THE MOUTH AND NOSE SHOULD BE CLOSED WITH PAPER TOWEL DURING COUGHING AND SNEEZE. IF YOU DO NOT HAVE ANY WIPE, THE INSIDE OF THE ELBOW SHOULD BE USED.



CLOSE CONTACT SHOULD AVOID LIKE HANDSHAKE AND HUGGING.



IT SHOULD BE STAYED AWAY FROM CROWDED ENVIRONMENTS.



DO NOT TOUCH THE MOUTH, NOSE AND EYES WITH DIRTY HANDS.



HANDS MUST BE WASHED WITH WATER AND NORMAL SOAP FOR AT LEAST 20 SECONDS.



ALCOHOL CONTENT HAND ANTISEPTICS SHOULD BE USED IN CASE OF THERE IS NO WATER AND SOAP.





<https://gelisim.edu.tr/en>