



# Faculty of Health Sciences



# 100

100TH ANNIVERSARY OF THE NATIONAL STRUGGLE

**MONTHLY EVENTS AND NEWS BULLETIN**

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# September

## 2023

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**September 1: World Peace Day**



**September 3-9 : Public Health Week**



**September 4: Sivas Congress**



**September 9: Liberation of izmir**



**September 12: World First Aid Day**



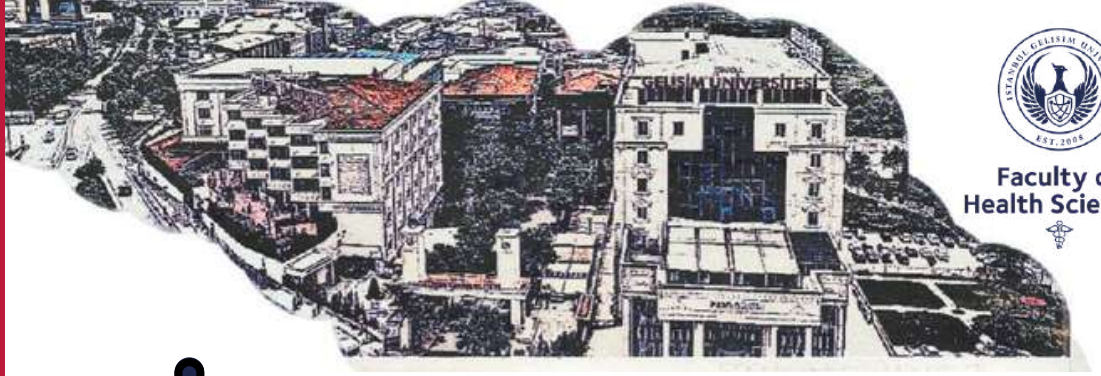
**September 21: World Alzheimer's Day**



**September 29: World Heart Day**



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# IGU IS AMONG THE BEST UNIVERSITIES IN EUROPE!

QS (Quacquarelli Symond), one of the world's most respected higher education rating agencies, has published the list of "World University Rankings: Europe 2024". Istanbul Gelisim University became one of the top 500 universities in Europe.

The UK-based higher education rating agency QS (Quacquarelli Symond) has published a list of universities in 42 countries that are members of the Council of Europe. QS, which is based on criteria such as academic reputation, employee reputation, citations per article and number of articles per faculty member, international research network, employability, faculty and student ratio, international student diversity, international faculty ratio, sustainability score, evaluated all participating universities in areas such as global recognition, research skills, teaching resources, and internationalization. In ranking 72 universities from Türkiye, Istanbul Gelisim University (IGU) became the 432nd university in Europe and achieved significant success by ranking 13th in Türkiye.

IGU ranked 21st in the "QS Europe-Western Asia" category!



IN THE 'QS WORLD UNIVERSITY RANKINGS 2024: EUROPE'  
RANKING OF EUROPE'S BEST UNIVERSITIES

Istanbul Gelisim University  
Is Among The Top **500** European Universities!

**21<sup>st</sup>** in the European-Western  
Asia Universities Ranking



Advancing with the vision of a "World University", IGU stands out with its scientific and academic innovations in the national and international arena. It has many achievements on a global scale with its studies in the field of sustainability. In ranking the universities of 42 countries that are members of the Council of Europe, IGU expanded its success network by ranking 21st in the "QS Europe-Western Asia" category. IGU added new ones to its prestigious international achievements in the "QS World University Rankings: Europe 2024" ranking. It ranked 74th as one of the top 100 universities in Europe in the "Citations Per Article" ranking and 2nd in the Europe-Western Asia category. It was also ranked in the top 100 in all evaluation criteria in the Europe-Western Asia category. A total of 19 universities in Türkiye, which is the second most represented country with the participation of 72 universities, IGU ranked 13th in Türkiye. Continuing its success among the foundation universities in Türkiye, IGU ranked 4th after Koç University, Bilkent University and Sabancı University.

# THE RESPONSIBILITIES OF US AS TEACHERS ON THE 100TH ANNIVERSARY OF THE REPUBLIC

Asst. Prof. A. Yüksel BARUT

This state did not raise us to receive our salaries after receiving a good education and then spend our time in restaurants, cafes, entertainment venues, in front of the television, phone, and social media. Our responsibility is to guide the minds, wills, energies, and curiosity of the young people studying in our country and in our universities. It is to awaken their conscience and thinking power, to teach them how to be more successful, and how to lead better lives.

We, as teachers, must teach them how to work, and how to conduct themselves in their daily lives even if they are poor. Teach them how to keep themselves and their families healthy. Teach them how a husband should treat his wife, how a wife should treat her husband, and how to raise their children. This new generation, which is the future of our country, will be the result of us teachers, as Atatürk said.



*Our responsibility is to guide the minds,  
wills, energies, and curiosity of the young  
people studying in our country and in our  
universities*

Teach your students punctuality, organization, discipline, and conscience, and develop these qualities in them. Be an example to your students for this. Adhere to the hours and duration of your classes, be disciplined in your classes, and adhere to your working hours. Let your behaviors, words, and actions be consistent with each other. Make those who are caught between good and bad choose to carry the characteristics of goodness, and help them see the good as an example teacher. Your duty should be to raise your students and integrate them into the ranks of developed and cultured individuals.

The ignorance, rudeness, boundless disrespect, lack of knowledge, and incompetence in using the Turkish language among these students are the shame and fault of us teachers, and we must bear the burden of this struggle on our shoulders. We should think about the existence, success, and happiness of the nation to which we belong.



We are all obligated to make sacrifices for education. Furthermore, as emphasized in the words of the late Türkan Saylan, every educated woman has a special debt to this Republic. True pleasure and happiness in life lie in working for the honor and happiness of future generations, and those who deserve this happiness are exemplary teachers.

I apologize for having to say this, but I will be honest with you. Just like in any profession, I know that there are many individuals among teachers who lack the spirit of a teacher. They are not artisans; they are no different from being cursed slaves to a profession they do not love, constantly setting a bad example. My friendly advice to them is to quit teaching and engage in another profession. Do whatever you want, but do not occupy the positions where Republic teachers with a lively spirit and extensive knowledge are needed.

There are millions of university graduates, but they are not intellectuals; they are imitations of intellectuals. Teach your students that this is not just a diploma factory, but the center of intellectual and moral enlightenment for the country. Show them that they can invest in themselves by utilizing the opportunities available at the university (such as research, foreign language learning, Erasmus, patents, projects, etc.), and emphasize that their future depends on these days, which will not come back.

It seems like in this life, we all act as external observers, preferring to behave as if each of us has been appointed as the judge of everyone and everything. Everyone is searching for great achievements, great individuals, and great joys. Highly educated individuals often act like conscienceless debtors who avoid repaying their debts. Everyone knows very well what needs to be done; they simply don't want to or can't do it. Because work and productivity require disrupting one's comfort zone, but they choose not to, living with an inherited mentality is easier. Those who exhibit this behavior unknowingly jeopardize the future of their own children and grandchildren.



*Keep burning until you  
and your surroundings  
are luminous.*





Be honest with yourself, your surroundings, and your students. Emphasize that there is no such thing as "a little honest" or "very honest." Having something and being deserving of it is a different matter from teaching and being a teacher.

A candle does not ask, "What should I do now?" When its wick is lit, it warms and illuminates its surroundings and those around it, melting away but igniting the wicks of new candles that will provide light. May your efforts and work shine, illuminating your students. Keep burning until you and your surroundings are luminous. Do not expect rapid success on your path; you may encounter mockery and belittlement instead of support. Keep burning and illuminating. The torch we carry as Republic teachers is immortal, but the hands that carry it change. We should be teachers who deserve to carry this torch. As teachers, we should continue to be students throughout our lives.

Will the future be good? If you want the future to be good, you must do good things. For example, do things that are reasonable, ethical, and based on virtue and effort, so that you have the strength to fight to preserve the good things you create. Socrates said, "There is only one good, knowledge. There is only one evil, ignorance." Hunger cannot destroy a society, but immorality can. Immorality is being ignorant of moral knowledge. Therefore, we are obligated to teach ethics to all our students, setting an example ourselves.

In the 2023-2024 Academic Year, let's look around with consciousness, not with fear behind us or anger in front of us, and become good teachers. I wish success to teachers and students and have great respect for the true Republic teachers.





Istanbul Gelisim University Faculty of Health Sciences Asst. Prof. Nurten ELKİN, Coordinator of The Fight Against Addiction and Public Health Specialist, emphasized the importance of preventive health services during the Public Health Week. In her speech, ELKİN said that every year between September 3 and 9 is celebrated as Public Health Week in our country and it is aimed to raise awareness on preventive health by providing information and training especially for the protection and development of public health.

### **History of Public Health**

The concept of public health has its roots in the writings of Hippocrates, even dating back before the Common Era. In his books, relationships between diseases and environmental factors were established, and fundamental theories regarding endemic and epidemic diseases were presented. Looking at the historical process in our country, an important step in the field of preventive health, known as public health, was taken with Law No. 224 on Socialization of Health Services, which was prepared by Prof. Dr. Nusret FİŞEK, appointed as the Undersecretary of the Ministry of Health in 1960 and adopted in 1961. With this law, the aim was to improve the health level of the entire country, giving priority to the development of public health (preventive medicine) services for this purpose. Medical treatment services were considered as a complementary element to preventive medicine efforts.

### **The Philosophy of Public Health**

The fundamental principle in the understanding of public health is the consideration of the individual in conjunction with their physical, biological, and social environment. The approach to health in public health is not from an individual perspective but rather from a societal perspective. In public health, the focus is on taking care of individuals' health and preserving their well-being before they become ill, rather than treating them individually when they fall sick. Public health is a multidisciplinary field.

In the subfields of Public Health, the following areas are included: Women's health, Maternal and Child health, Immunization, Infectious disease control, Chronic disease control, Nutrition, Elderly health, Family planning and education, Epidemiology, Health education, Health protection and promotion, Health management, and Environmental health.

### **Basic Principles of Public Health**

- Health is a fundamental human right. Everyone has the right to receive healthcare when they need it and as much as they need it.
- Prevention is superior to treatment. The primary goal of healthcare services and the fundamental responsibility of healthcare professionals are to ensure that individuals continue to live healthy lives and work towards preventing them from becoming ill. Protecting individuals' health can reduce both treatment costs and contribute to a healthier society.
- An individual is interconnected with their environment. People are influenced by their physical, biological, and social surroundings and cannot be considered separately from these factors. When protecting individuals from diseases and treating patients, these factors must be taken into account. Without addressing adverse environmental factors, it is not possible to control diseases.
- Health services should be brought to individuals' closest proximity.
- An individual's illness is also a family issue. The illness of one family member affects the family's stability, peace, economic and social status. Therefore, it is not sufficient to only focus on the individual who is ill; the well-being of the entire family should be considered when treating the individual.
- An individual's illness is also a societal issue. The illnesses of individuals can spread to other members of society, leading to epidemics. Sick individuals can reduce the workforce and increase healthcare expenditures, affecting the entire community. Unless everyone in society takes responsibility and acts conscientiously, diseases cannot be controlled or eliminated.
- Healthcare is a team effort. No member of any profession, including physicians, can provide healthcare services on their own.

- Healthcare services are multi-sectoral. Healthcare services extend beyond the purview of the "health sector" (Ministry of Health) alone. Various sectors such as health, education, agriculture, internal affairs, religious affairs, and local governance play roles and have responsibilities in improving public health by delivering healthcare services.
- Everyone is responsible for their own health. Especially in disease prevention, the primary actions to be taken are the precautions individuals themselves can adopt. Individuals are responsible for their own health.
- Life is a continuum from prenatal stages to death. Certain factors and illnesses encountered during infancy and childhood, even starting from intrauterine life, can lay the groundwork for health issues in later stages of life.
- Health is universal. Health issues may differ among nations, but health is a shared concern for everyone living on Earth; hence, international cooperation is inevitable.

Important slogans for Public Health Week:

Move to stay healthy.

Every step taken is a significant path to health.

Avoid unhealthy diets; transform healthy eating programs into a lifestyle.

Smoking, alcohol, and substance use are enemies of health.

Regular and adequate sleep is necessary for health.

Developing the ability to cope with stress is important for health.

Wishing you a healthy, high-quality, and long life...



# INCREASING ADDICTIONS AND PUBLIC HEALTH NURSING



Faculty of  
Health Sciences



Lecturer Ayşe Mücella SOYDAN

**Today, it is accepted that the most effective “key” person responsible for establishing and maintaining the connection between individuals, families, society and the health system in the field of Primary Health Care is the Public Health Nurse.**

The relationship of the Public Health Nurse with people requires a service pattern that includes maintaining the health of the healthy, preventing possible risks, catching and curing diseases at the earliest stage and rehabilitation. The Public Health Nurse is mostly alone and/or may benefit from the limited support of the health team while providing care services to individuals, families and groups that are responsible for protecting and improving their health. In other words, there is the opportunity to practice independent nursing functions more freely.

The Public Health Nurse is in a position to plan, implement, carry out, evaluate and record the health care of the individuals, families and groups he serves, taking into account the needs of special risk groups.

It is known that some behavioral patterns can lead to acute or chronic disorders. Studies show that the majority of young people show unhappiness, dissatisfaction and disharmony. Alcohol, cigarette and drug addiction are increasing. It is reported that the use of these substances has an important role in the emergence of serious health problems such as lung cancer, digestive system, liver diseases and hypertension. Therefore, it is one of the main duties of the Public Health Nurse to understand the social and emotional dimensions of human behavior and to seek solutions to problems by cooperating with relevant institutions, organizations and individuals by taking a role in its management.

Socio-economic and demographic characteristics of societies are changing rapidly all over the world. This situation also causes changes in the health problems of societies. These changes cause public health to gain more and more importance. Those working in the field of Public Health Nursing need more training equipped with contemporary information that comprehends these changes and developments.





9 SEPTEMBER 1922

# LIBERATION OF İZMİR

*Celebration*



Izmir is now a hallowed land that no  
filthy feet can enter.

Mustafa Kemal Atatürk - 11 October

1925

# PREVENTION IS SUPERIOR TO TREATMENT



Faculty of  
Health Sciences



Asst. Prof. Nurten ELKİN

Istanbul Gelişim University Coordinator of Coordination of The Fight Against Addiction, Public Health Specialist Assist. Prof. Nurten ELKİN, emphasized the importance of preventive measures, especially in the control of chronic diseases, under the title "Prevention is Superior to Treatment" during Public Health Week.

## Why is Prevention Superior to Treatment?

Because; Preventive health services:

It is effective in developing a healthy life awareness individually and socially.

It is much more economical than therapeutic health services.

It is more effective and higher priority than all other types of treatment.

There is no need for large-scale investments, equipment or purchase of tools and equipment.

It greatly reduces the burden on healthcare institutions.

It is easy to present and implement.

## Prevention from Chronic Diseases

Obesity is a disease that increases health expenditures all over the world and in our country, reduces the comfort of life of individuals and needs to be treated without losing time. In protection from obesity;

Increasing the level of physical activity and making daily walks and exercises a habit,

Avoiding high-calorie, ready-made foods with a long shelf life,

Avoid consuming unnatural sugar and pay attention to daily salt intake,

Choosing healthy cooking techniques,

Drinking as much water as your body needs during the day,

Changing eating habits and eating slowly,

Be careful about fat consumption and consume as little saturated fat as possible,

Paying attention to food diversity and consuming a balanced diet from each food group,

Eating seasonal vegetables and fruits,

It is important to avoid alcohol consumption.

Obesity, which occurs as a result of the combination of unhealthy eating habits with a sedentary lifestyle, is the starting point of many health problems. Sleep apnea, asthma, polycystic ovary syndrome, diabetes, hypertension, gallbladder diseases, gout, fatty liver, osteoarthritis, irregular menstruation, breathing difficulties, migraine and various types of cancer are among these health problems. It is known that the most important cause of many chronic diseases is excessive weight gain; By taking the above preventive measures, the risk of obesity will be minimized and many negative health problems that shorten life expectancy and impair quality can be protected. Therefore, prevention is easier and priority than treatment.

## Cardiovascular Diseases and Prevention

Research on cardiovascular disease risk factors shows that even small lifestyle changes can reduce the risk of coronary artery disease, heart attack, stroke, and other serious cardiovascular conditions. In cardiovascular diseases; In addition to unchangeable risk factors such as increasing age, being male, post-menopausal period and family history; There are also modifiable risk factors listed below and this group is of great importance in preventing diseases.

**Cigarette;** It is the most preventable risk factor for cardiovascular disease and stroke. Smokers (including those who smoke cigarettes, pipes and cigars) are more than twice as likely to have a heart attack as non-smokers. Smoking is also the biggest risk factor for sudden cardiac death. The risk of non-smokers (passive smokers) who are constantly exposed to smoke also increases.

**Hypertension;** Blood pressure is a measure of the pressure or force inside the arteries with each heartbeat. High blood pressure increases the workload of the heart and kidneys, increasing the risk of heart attack, heart failure, stroke and kidney disease. High blood pressure is the biggest risk factor for stroke.

**Obesity;** The heavier you are, the harder your heart has to work to deliver nutrients to your body. Studies have shown that being overweight contributes to the onset of diabetes and cardiovascular disease. Excess weight also increases blood cholesterol, triglycerides and blood pressure, lowers HDL cholesterol and increases the risk of diabetes.

**Sedentary life;** The heart is like any other muscle – it needs exercise to stay strong and healthy. Exercise helps improve how well the heart pumps blood throughout the body. Activity and exercise also help reduce many other risk factors: It can lower blood pressure, lower high cholesterol, reduce stress, and achieve and maintain a healthy body weight.

Although stress is not considered a traditional risk factor, some researchers have noted an association between cardiovascular disease risk and stress, health behaviors, and socioeconomic status in a person's life. Stress can affect established risk factors.

**Total cholesterol, LDL (bad) cholesterol and triglyceride levels;** Excess lipids, especially in the form of LDL cholesterol (fatty substances that include cholesterol and triglycerides), cause fatty deposits to form in the arteries, reducing or blocking the flow of blood and oxygen to the heart. It is important to keep cholesterol levels at target values and to increase HDL (good) cholesterol, which protects against cardiovascular diseases.

**Unhealthy eating habits;** It is effective in high blood pressure, high blood cholesterol, diabetes and obesity.

# THE UAV PROJECT "JET DRONE" DEVELOPED BY IGU TTO WAS AWARDED 1ST IN TURKISH AEROSPACE INDUSTRY (TUSAŞ)!



The UAV project "Jet Drone", whose engineering and structural body design was developed at IGU TTO, was awarded 1st prize in the Hangar Campus Innovation Program organized by the Turkish Aerospace Industry (TUSAŞ).

Istanbul Gelişim University (IGU) Technology Transfer Office (TTO) stands out with many projects and collaborations in scientific and technological fields. Our electric fan motor driven fixed-wing UAV "Jet Drone" which its engineering and structural body design was developed at IGU TTO (Technology Transfer Office) and has vertical take-off and horizontal flight capability, was awarded 1st prize by TUSAŞ (Turkish Aerospace Industries) in the Hangar Campus Innovation Program in which 38 universities participated with 93 teams.

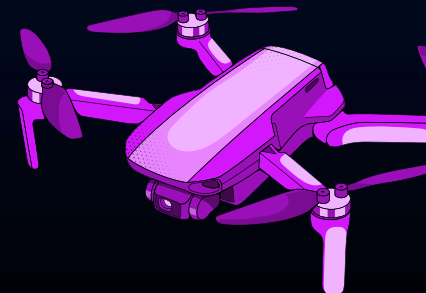
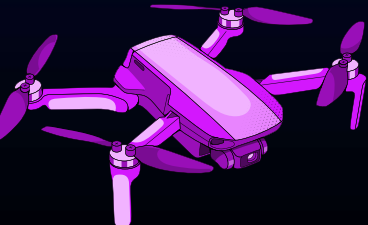
The Hangar Campus Innovation Program, organized by the Turkish Aerospace Industry (TUSAŞ), offers comprehensive support to undergraduate, graduate and doctoral students in transforming their business ideas into a commercializable business model.

38 universities participated with 93 teams

The Hangar Campus Innovation Program, which provides many opportunities such as the use of machinery-equipment, materials, software, and laboratories needed for projects and comprehensive support and privileges in transforming it into a commercializable business model, was held on September 14, 2023. The "GökTuran Team", which participated in the competition with the VTOL Electric Fan Motor Unmanned Aerial Vehicle "ALAZ", achieved great success.

IGU TTO Director Yahya Kemal Kiran stated the following: "Jet Drone Project is an undergraduate graduation thesis study designed by the IGU TTO team after the World Air Taxi Congress, which was held in Istanbul in 2022, to which IGU TTO participated and sponsored with the "Flying Car TUSI". The first presentation of the project was made in October 2022 at the IGU TTO Technology and Project Group, chaired by IGU Rector Prof. Dr. Bahri Şahin. The designs of the project started to take shape in May 2023 and we were selected among the first 12 teams in the TUSAŞ Campus Innovation Program, which participated in June 2023 with the project idea and design. The project team GökTuran was then mentored by TUSAŞ and prepared for the competition held in September 2023. It was stated that the teams that won the first three places in the Hangar Campus Competition would be given sponsorship support from leading institutions and organizations in the sector such as TUSAŞ, Turkish Airlines, Istanbul Technopark and Ankara Technopark. Our first goal is to participate in the studies of these activities and to produce the technology demonstration of our Jet Drone ALAZ. In addition, we will continue to develop new prototype products by continuing the work on our other projects within IGU TTO in the coming periods."

[Click for the detailed news](#)



# 104 YEARS AGO TODAY, THE CONGRESS WHERE THE FOUNDATIONS OF OUR REPUBLIC WERE LAID: SIVAS CONGRESS



On September 4, 1919, the Sivas Congress took place with the participation of delegates from various regions of the country. During this congress, the issue of "mandate" was intensely debated. Among the representatives at the congress was a military medical school student named Hikmet, who had come to the city with money collected by his fellow student friends. On the evening of September 8, when heated discussions about the mandate and protectorate were taking place, military medical student Hikmet expressed the following:

"Sir, the medical students, whose delegate I am, have sent me here to participate in the work for our independence. I cannot accept the mandate. If there are any who will accept it, whoever they may be, we vehemently reject and denounce them. In the unlikely event that you accept the mandate, we will also reject and denounce you, and we will refer to Mustafa Kemal not as the savior of the homeland but as the one who sank the homeland."

In response to these words, Mustafa Kemal Pasha, feeling proud and saying, "Look at the youth, pay attention to the expression of the noble blood in the Turkish national structure," turned to Hikmet Bey and said, "Son, rest assured. I am proud of the youth and have confidence in them. Even if we become a minority, we will not accept the mandate. Our motto is singular and unchanging: it's either independence or death."

This is exactly what the Sivas Congress represents:

The Sivas Congress is the moment when a nation chooses to live.

It has been 104 years since Mustafa Kemal Atatürk said, "The homeland within its national borders is an indivisible whole; it cannot be divided." Happy anniversary!



## WHO IS WHO?

Prepared by:  
Res. Asst. Semanur OKTAY



## THE STORY OF CAPTAIN JUNE AND THE SEA TURTLES

There are seven species of sea turtles living in the world's seas today. One of these seven turtle species is *Caretta Carettas*, one of the heroes of our story. *Caretta Carettas*, which have been in the world for a very long time, are creatures that love to travel, can hold their breath for a very long time, can reach up to 450 kilograms, come ashore only during the spawning period and return to the beaches where they were born to lay eggs. Today, however, the *Caretta Carettas* are in danger of extinction and this is our fault. Because of us, they get caught in fishing nets, they lose their living and spawning areas due to concretization and tourism...

At this point, let's meet another hero of our story, June Haimoff, aka Captain June, and see what a person's struggle can change...



June, who lived a luxurious life, left everything after her marriage ended and left the country where she lived. What he wanted was not to live in luxury in grand mansions. She bought a small sailboat and sailed alone to the Mediterranean. She lived in Greece for about 20 years. She stopped by Marmaris one day while she was wandering around the Mediterranean islands. He fell in love with Dalyan, Iztuzu beach. “I had seen all the luxury of the world,” he said in an interview. But I have never seen such a place.” She expressed her admiration for Iztuzun. She moved to Dalyan in 1986 when she was 64 years old. She bought a shed and continued exploring. During these explorations, her path crossed with the Caretta Carettas and this is how the story of Captain June and the sea turtles began...

One night at Iztuzu beach, she encountered turtles coming to the beach to lay eggs. She watched the turtles for minutes, admiring their efforts to bury the eggs. These turtles were Caretta Carettas, which is in danger of extinction. The next day, June started researching turtles, observed turtles and got detailed information about them. As she researched, her admiration increased, her love grew...

In April 1987, it was understood that a hotel complex with 1800 beds would be built on Iztuzu beach. When June learned of this, he tried to write a petition to save the beach; She had never written a petition before. She had everyone she met and could tell her struggle to sign this petition. Her aim was to go to Ankara and present the situation to the prime minister when she had enough signatures. Although she could not reach the Prime Minister, she met with the principal clerk and the struggle that started with a petition turned into a big campaign, attracting the attention of the whole world to this region.

She joined hands with the Natural Life Protection Association and raised the world. The right people came together at the right time and accomplished a very difficult job with a love of nature. The hotel project was canceled, Iztuzu beach was declared a protected area. June founded the Turtle Conservation Foundation with the money she gave from her own pocket so that the Caretta Carettas would be safe forever. She became a Turkish citizen in 2009 at the age of 87.

June's name was inducted into the "British Hall of Fame" by Queen Elizabeth II of the United Kingdom in 2011. In 2016, her life became the subject of the documentary "Journey to Ben". She wrote two books. The street she lived in was named after her, she received numerous awards...

Known for her struggle to keep the Iztuzu beach, which Caretta Carettas chose with her instincts, not to be filled with concrete hotels and to remain as their home, June passed away on April 23, 2022, at the age of 100. She fought for our country, our land, our nature, our fauna, miles away from her homeland... This struggle was a great gift to the world.

Dear June, keep swimming with your beloved turtles in the deep blue seas...





# DOUBLE MAJOR PROGRAM

## FREQUENTLY ASKED QUESTIONS

### What is the Double Major Program?

Double Major Program (DMP): It refers to the second bachelor's or associate's degree program that enables students to obtain an undergraduate/associate degree from another department/program that is close to the major undergraduate/associate degree program in terms of science.

### When can I apply for the Double Major Program?

A student can apply to a double major diploma program at the beginning of the third semester at the earliest and, at the beginning of the fifth semester in four-year programs, at the beginning of the seventh semester in five-year programs, and at the beginning of the ninth semester in six-year programs at the latest. In major associate degree programs, students can apply at the beginning of the second semester at the earliest and at the beginning of the third semester at the latest.

### What are the Application Requirements for the Double Major Program?

- Students who have a cumulative grade point average of at least 70 out of 100 (2.72/4.00) in the major diploma program at the time of application for a double major and who are in the top 20% of the major diploma program in terms of success in the relevant class can apply to the second major diploma program.
- In order for the student to apply for the double major program, he/she must have successfully completed all the credit courses in the major undergraduate/associate degree program until the semester he/she applied and not have received a disciplinary penalty.
- It is not possible to apply for a double major between the programs with the same name in Turkish and foreign language programs.
- If the student applies to a program that provides education in a foreign language wholly or partially, he/she must obtain a score of at least 70 out of 100 from the foreign language proficiency exam conducted by the School of Foreign Languages or an equivalent score from the national/international exams accepted by the Senate as equivalent.
- In order to apply for the double major diploma program, the student who has registered through lateral transfer must have studied at least two semesters in the undergraduate program and at least one semester in the associate degree program.
- A student who enrolled with vertical transfer cannot apply to a double major program.

### Will I Pay Fees in the Double Major Program?

DMP at Istanbul Gelisim University is completely **FREE**.



# DOUBLE MAJOR PROGRAM FREQUENTLY ASKED QUESTIONS

## With Which Departments Can I DMP?

**FACULTY OF HEALTH  
SCIENCES**

**FREE DMP**

- FACULTY OF HEALTH SCIENCES
- FACULTY OF APPLIED SCIENCES
- FACULTY OF ECONOMICS, ADMINISTRATIVE AND SOCIAL SCIENCES
- FACULTY OF FINE ARTS
- İSTANBUL DEVELOPMENT VOCATIONAL SCHOOL
- VOCATIONAL SCHOOL OF HEALTH SERVICES
- SCHOOL OF PHYSICAL EDUCATION AND SPORTS

## With Which Departments Can DMP be More Advantageous?

Doing DMP with specific departments may be more advantageous in terms of vocational and education. For instance, it may be more advantageous in terms of the education process and career to do DMP with the Nutrition and Dietetics department and Physiotherapy and Rehabilitation, Psychology and Gastronomy and Culinary Arts departments; Physiotherapy and Rehabilitation department and Occupational Therapy, Nutrition and Dietetics, Speech and Language Therapy departments; Occupational Therapy department and Speech and Language Therapy department; Perfusion department and Nursing department; Audiology department and Speech and Language Therapy department; Social Work and Psychology, Child Development and Sociology departments; Health Management department and Nursing department; Child Development department and Psychology, Language and Speech Therapy, Occupational Therapy and Social Work departments.

Res. Asst. Engin ÇAĞLAR



For more information about the DMP, you can read the [DMP Regulation](#).



Faculty of  
Health Sciences



# 2023-2024 ACADEMIC YEAR FACULTY OF HEALTH SCIENCES ORIENTATION HAS BEEN DONE



## APPOINTMENT

Prof. Dr. Seyfettin Arda OZTURKCAN has been appointed as the Vice Rector of the Rectorate of our university.

## ORAL PRESENTATIONS

At the 2nd International Scientific Research Congress held on September 1-3, 2023, Asst. Prof. Asli KAYA, a faculty member of our department who served as the Chair of the Organizing Committee, presented an oral paper titled 'Countries, Health, and Treatment Methods in Old Turkish Literature Divan Poetry,' which was prepared in collaboration with Dr. Mustafa Sarper ALAP, an educator from the Ministry of Youth and Sports.

During the 10th International Accounting and Finance Research Congress (ICAFR'23) held on September 14-16, 2023, Asst. Prof. Asli KAYA, a faculty member of our department, presented an oral paper titled 'A Study on the Examination of the Concepts of Financial Decision, Financial Attitude, and Financial Anxiety Using a Created Survey Data Set.' The relationship between the concepts of Financial Decision, Financial Attitude, and Financial Anxiety was examined

## ARTICLE

The research article titled 'Examination of the Relationship between Thanatophobia and Resilience Levels of Nurses Working in Intensive Care and Palliative Care Units,' authored by Asst. Prof. Mahruk RASHIDI, Asst. Prof. Funda KARAMAN, Asst. Prof. Neşe KISKACI, and Research Assistant Buse SAYGIN ŞAHİN, has been published in the international SCI-E journal, BMC Nursing



## PROF. DR. SEMRA ERKAN'S ARTICLE PUBLISHED

The article titled "The Impact of a Science Education Program Including Activities in Out-of-School Learning Environments on the Scientific Process Skills of 60-72 Month-Old Children" by Prof. Dr. Nefise Semra ERKAN, a faculty member of the Department of Child Development at Istanbul Gelişim University Faculty of Health Sciences, has been published in Hacettepe University Faculty of Education Journal.

ERKAN stated, "Science is an interesting subject that captures the attention of young children. Because children like to know how things work, and science encourages them to experiment with how things operate. Science, which is closely related to other fields, helps children get to know and understand the world."

The aim of early childhood science education is to enhance children's knowledge of the world, help them learn methods for exploring, evaluating, reviewing, and communicating this knowledge, and nurture their natural interest in scientific knowledge. The first informal science experiences for young children occur in the context of their interactions with their parents. These informal experiences can be transformed into a more structured process through both home-based and school-based parental involvement efforts when the child starts school.

ERKAN and ULUDAĞ evaluated the views of parents who participated in the early childhood science education program (ODEFEP) with activities in out-of-school learning environments in their research.

To access the article, [click here](#).





# CONGRESS PARTICIPATION

## ÇOCUK İHMAL VE İSTİSMARI KONULU 'KEFERNAHUM' FİLM ANALİZİ

TUĞÇE TÜRK

Our university's Faculty of Health Sciences, Department of Child Development, had its undergraduate thesis student Tuğçe Türk, under the guidance of lecturer Bedriye ÇELİK, present a verbal paper titled "A Film Analysis on Neglect and Abuse: Kefernaum" at the 8th National Student Congress on Child Development.

Türk mentioned that the film was a Jury Award-winning film at the Cannes Film Festival and proceeded to analyze the neglect and abuse elements within the film from a child development perspective. She explained the instances of neglect and abuse depicted in the film and also pointed out the concepts of child brides and child labor portrayed in the movie. During this session, it was emphasized that these issues still persist in our society, and it was discussed that seminars for families could draw attention to these problems and create awareness.

The session chair, Assoc. Prof. Dr. Selvinaz Saçan, stated that every child development specialist should watch the film as it has a holistic impact on one's perspective towards the profession, family, and children. She also suggested that individuals should receive education, such as pre-marital courses, to support the healthier development of future societies, especially in addressing issues like neglect, abuse, and child brides.

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

İSÜ İSTİNYE  
ÜNİVERSİTESİ  
İSTANBUL

## 8. ULUSAL ÇOCUK GELİŞİMİ ÖĞRENCİ KONGRESİ

Çocuklar İçin Adalet, Çocuk Dostu Adalet  
"Afetlerde Çocuk Hakları"

15-16 Eylül 2023 | Online



# OUR GUEST OF THIS MONTH

Asst. Prof. Derya KAVGAOĞLU



It is said that the French writer Marcel Proust chatted with the characters he created and asked them some questions.

**It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered them himself when he was 20.**

**Using these questions prepared by him, we ask these questions to an experienced faculty member for each issue.**

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

No entry without love

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

Optical prism

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

29 October 1923: Proclamation of the Republic of Turkey.

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

The formula for world peace

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

Farrah Fawcett

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

Tolerance, passion, stubbornness, stability, a bit of mischief

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

I would like to awaken the children of the world to their potential

**8-Who is your hero?**

Mustafa Kemal Atatürk

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

Lev Tolstoy

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

Lifelong student



Faculty of  
Health Sciences

## ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

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

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

### What Are the Steps to Join METSİS?

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



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



LinkedIn -  
IGU ALUMNI AND  
MEMBERS COORDINATOR

MC

MEZUN CARD

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





**OFFICIAL SOCIAL MEDIA  
ACCOUNTS**



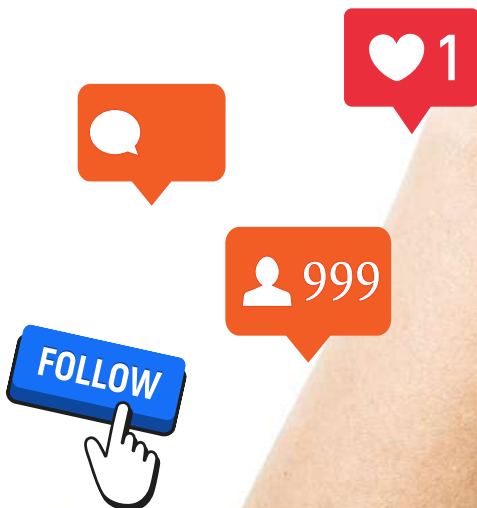
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İGÜ Sağlık Bilimleri Fakültesi



**New  
News**

Now you can send all your  
opinions, suggestions, news or  
articles to us at  
[sfbulten@gelisim.edu.tr](mailto:sfbulten@gelisim.edu.tr)



# Faculty of Health Sciences

**MASTHEAD**

## FACULTY OF HEALTH SCIENCES

Prof. Dr. Rifat MUTUŞ

Dean of Faculty of Health Sciences

Prof. Dr. S. Arda ÖZTÜRKCAN

Vice Dean of Faculty of Health Sciences

Asst. Prof. A. Yüksel BARUT

Vice Dean of Faculty of Health Sciences

## BULLETIN TEAM

Asst. Prof. Emrah TÜNCER

Res. Asst. Engin ÇAĞLAR

Res. Asst. Tuğba TÜRKCAN

Res. Asst. Hülya YAMAN

Res. Asst. Simge Sude GERÇEKER

