



## Faculty of Health Sciences



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# JUNE

"All we have to decide is what to do with the time that is given us."

*J.R.R. Tolkien*

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**5 June: World Environment Day**

**6 June: Dietitians Day**

**12 June: World Day Against Child Labour**

**14 June: World Blood Donor Day**

**20 June: World Refugee Day**

**21 June: Father's Day**

**26 June: International Day Against Drug Abuse and Illicit Trafficking**



# *father.*

The one who scolds, worries, gets angry, protects, embraces, and is deeply missed; whose true value is often understood most in his absence.

# 11TH ISTANBUL GELISIM UNIVERSITY MEDIA AWARDS CEREMONY HELD

The Social Media Awards, organized by Istanbul Gelisim University for the 11th time this year, brought together prominent figures from media, arts, sports, science, technology, and the business world. The awards, determined by student votes, were presented at a ceremony held in the Mehmet Akif Ersoy Conference Hall.

The program opened with a moment of silence and the singing of the National Anthem. The opening remarks were delivered by Istanbul Gelisim University Board of Trustees Chair Abdülkadir GAYRETLİ.

At the ceremony, the Special Award for Contribution to Communication and Education was presented to veteran news anchor Cem Öğretir by IGU Board of Trustees Member Betül Gayretli. Journalist and news anchor Deniz Bayramoğlu, winner of the Public Interest Journalism and Public Awareness Award, received her award from IGU Board of Trustees Member Ahmet Gayretli.



## EZEL AKAY TO YOUNG PEOPLE: "THEY MUST TELL STORIES"

Director and producer Ezel AKAY, winner of the Award for Contribution to Social Memory and Cultural Heritage through Art, noted that being recognized by students holds a special meaning for him and said:

*"The most wonderful thing is to be appreciated by students. Because I think the time has come to concern ourselves not with social complaining but with the future of societies. We complain about ourselves too much, but we have no projects for the future. Young people are actually the projects of all of our futures. That the work I do is embraced by young people is the greatest gift for me."*

AKAY also offered advice to young people, emphasizing the importance of storytelling: *"Thanks to the global success of Turkish TV series and the widespread reach of the internet, all the stories we tell are now being watched and heard all over the world. With this in mind, stories need to be told with the aim of contributing to the existence of the world and humanity. Young people can send their stories everywhere from South Korea to South America. The best way to learn this craft is to constantly make films. They must absolutely take part in a film crew – write, direct, work as cinematographers, do sound. But they must join this organization of storytelling."*



## "IT SERVES AS AN IMPORTANT BRIDGE INSPIRING FUTURE GENERATIONS"

Drawing attention to the importance of bringing together individuals who contribute to social development with awards determined by student votes, GAYRETLİ shared the following assessment at the ceremony:

*"We have brought together distinguished individuals who contribute to social development and leave their mark in their fields, selected by our students' votes, at this meaningful event. These awards not only honor successful individuals; they also give our students the opportunity to meet the figures they look up to as role models and draw inspiration from their experiences. For us, it is extremely valuable that our young people – the professionals of the future – share the same space with individuals who have made important contributions to our country and benefit from their accumulated wisdom. In this respect, we believe that the Social Development and Media Awards serve as an important bridge inspiring future generations."*



## ŞAHİKA ERCÜMEN: "THE ENVIRONMENT AND THE SEAS ARE MY LIVING SPACE"

National athlete Şahika ERCÜMEN, winner of the Climate, Environment, and Women's Empowerment Activist Award, noted that the award is an important source of motivation for her and stated:

*"Awards like these show that what we do has not been in vain, that it is seen by a certain group, and even sometimes that it inspires. So for me, it is a great source of motivation on this journey.*

*As a national athlete, I care deeply about the environment and the seas in particular, because they are my living space. Being able to do this alongside sport, to channel my strength there as well – that really is a life purpose for me. So I am very happy to be here today."*



## SARAÇOĞLU CALLS FOR A HEALTHY LIFE

Prof. İbrahim SARAÇOĞLU, winner of the Health Communication and Social Impact Award, drew attention to the importance of healthy living and stated:

*"Today, the food on your plate and any herbal tea in your glass determines the fate of your cells. Therefore, your health is entirely dependent on what you eat. There is an unchanging rule going back 2,500 years: let your medicine be what you eat, and let what you eat be your medicine. So if you want to live a life in the future without a cane, without relying on others, what you need to do here is invest in your old age. How will you make this investment? I will always be talking about this in my programs going forward – invest in your old age."*



## UNIVERSITY STUDENTS PRESENT AWARD TO İHLAS NEWS AGENCY

The Award for a News Agency Contributing to Social Development was accepted on behalf of İhlas Haber Ajansı by Corporate News Coordinator Mehmet TEKİN.

Tekin offered the following remarks at the ceremony:

*"As İhlas Haber Ajansı, we have always striven not merely to maintain the high standard we have set, but to raise it even higher. We accepted this award on behalf of our thousands of colleagues, as their representative – like a single drop representing the whole. Every day we strive to produce better news, more accurate news, the most reliable news. Receiving this award from university students makes it all the more meaningful. We will continue our work with even greater effort and care, worthy of their award and the trust they have placed in us."*



## GÜLDEN KALECİK DEMİRTAŞ: "I FELT PROUD"

Gülden KALECİK DEMİRTAŞ, winner of the Public Interest Journalism Award, expressed that the significance of the award is deeply meaningful to her:

*"First of all, I felt proud. Because the category under which we received the award is very, very precious. We are fortunate to have had the opportunity to work in Türkiye's most deep-rooted media group, beneath a towering landmark. The work we try to do is very valuable, especially in such a dynamic period." In her message to young people, DEMİRTAŞ stated:*

*"I am fortunate to be one of the rare people who both studied at this faculty, graduated from this university, and is now doing the work, the profession, she loves. I hope young people are also blessed with doing their professions. But discipline, working hard, loving your work deeply, and always standing behind it – that would be my humble advice to them as an older colleague."*

## CEM ÖĞRETİR: "BUILDING A RELATIONSHIP WITH THE YOUNGER GENERATION SHOWS YOUR WORK IS STILL RELEVANT"

Cem ÖĞRETİR, winner of the Special Award for Contribution to Communication and Education, noted that being appreciated by students holds a special value for him and said: "As you get older, as you grow older in journalism, as the years pile up, a fear creeps in – are we losing our connection with young people? But I received this award, and so did my wife. And we realized: young people are still watching us and still appreciating us. That is a very important thing. Because building a relationship with the younger generation means showing that what you do is still relevant. It is a very important value for us. I thank them very much, I thank our professors very much. And the name is the Special Award for Contribution to Communication and Education – I think that is very precious."



## LIFETIME ACHIEVEMENT AWARD FOR ALI SAYDAM

Journalist, author, and communications expert Ali SAYDAM, winner of the Lifetime Professional Achievement Award, expressed that the award's being determined by students' choices holds a special meaning for him.

SAYDAM said: "It is an award formed by both the university's and the students' preferences. That is very powerful, very precious. Hopefully we will try to be a model. Türkiye's prospects are very bright and its future is very promising. I believe that these students will bring very great added value to Türkiye as they advance on this path."



## PROF. BURCU ÖZSOY: "BEING A ROLE MODEL FOR YOUNG PEOPLE IS VERY PRECIOUS"

Prof. Burcu ÖZSOY, winner of the Scientist and Technology Ambassador of the Year Award, expressed her pleasure that their work in polar research is being recognized with awards.

ÖZSOY stated: "That the work we have done and continue to do in the polar regions under the patronage of our President is also being crowned with awards is very precious to us. Being chosen by our students in particular is of course a great source of joy. I wish young people every success. I think we will be a fine role model for them as well."



## AWARDS PRESENTED

- Technology and Future Initiative of the Year Award: Selçuk BAYRAKTAR
- News Agency Contributing to Social Development Award: İhlas Haber Ajansı
- Best Public Interest Journalism of the Year Award: Gülden KALECİK DEMİRTAŞ
- Scientist and Technology Ambassador of the Year Award: Prof. Burcu ÖZSOY
- Climate, Environment, and Women's Empowerment Activist Award: Şahika ERCÜMEN
- Global Sports Achievement and Youth Sports Ambassador Award: Ayşe Begüm ONBAŞI
- Best Social Agenda and Public Awareness of the Year Award: Saynur TEZEL
- Best Public Interest Journalism and Public Awareness of the Year Award: Deniz BAYRAMOĞLU
- Best Social Impact and Journalism of the Year Award: Fulya ÖZTÜRK
- Best Social Analysis and Commentary of the Year Award: İdris KARDAŞ
- Best Social Communication and Broadcasting Special Award of the Year: Yalçın ALACA
- Young Generation Journalism and Social Awareness Award: Ebrar Nur Arslan BAKIRTAŞ
- Successful Women's Representation in Media Award: Şeyma KAN
- Special Investigation and Field Reporting Award: Emre BAYIROĞLU
- Cultural and Arts Impact of the Year Award: Oya ECZACIBAŞI
- Social Benefit and Cultural Arts Ambassador Award: Fecir ALPTEKİN
- Lifetime Professional Achievement Award: Ali SAYDAM
- Special Award for Contribution to Communication and Education: Cem ÖĞRETİR
- Special Media and Education Achievement Award: Seda ÖĞRETİR
- Health Communication and Social Impact Award: Prof. İbrahim SARAÇOĞLU
- Special Award for a Sustainable Future: Mert FIRAT
- İGU Social Solidarity and Corporate Social Responsibility Special Award: Esra EROL
- Presidency of Communication, Public Communication, and Social Impact Award: Dr. Zeynep ZELAN
- Social Memory and Visual Arts of the Year Award: Ahmet GÜNEŞTEKİN
- Social Awareness and Accessible Life Award: Serkan BAYRAM
- Social Sensitivity and Arts Award: Deniz UĞUR
- Award for Contribution to Social Memory and Cultural Heritage through Art: Ezel AKAY
- Artist Inspiring the Younger Generation Award: Erdem YILMAZ
- Social Sensitivity and Artistic Contribution Award: Sultan ŞAROHAN
- Rising Young Actor Creating Social Impact Award: Merve ÜÇER
- Best Digital Content Creator of the Year Award: Cemre Sıla ATILGAN OTAR

## THE IMPACT RATINGS 2026 ANNOUNCED: İSTANBUL GELİŞİM ÜNİVERSİTESİ ADDS ANOTHER ACHIEVEMENT TO ITS INTERNATIONAL SUCCESS

According to the Times Higher Education (THE) Impact Ratings 2026, Istanbul Gelisim University (IGU) has achieved another international milestone by continuing its upward trajectory in sustainable development. In the rankings, which assess universities based on their contributions to the United Nations Sustainable Development Goals (SDGs), IGU advanced from the 601–800 band last year to the 401–600 band in 2026, once again demonstrating its consistent progress in sustainability performance. Moreover, the University secured a place among the top three foundation universities in Türkiye, further reinforcing its strong commitment to sustainable development and global impact.



### Outstanding Achievement Among Foundation Universities

In the THE Impact Ratings 2026, Istanbul Gelisim University (IGU) delivered an outstanding performance among foundation universities, securing first place in two categories and second place in three categories, further demonstrating its strong commitment to sustainability. The University ranked first among foundation universities in SDG 10 – Reduced Inequalities and SDG 13 – Climate Action, while placing second in SDG 4 – Quality Education, SDG 7 – Affordable and Clean Energy, and SDG 17 – Partnerships for the Goals. These achievements reflect the international recognition of IGU's comprehensive efforts across education, environmental sustainability, social inclusion, and global collaboration.

### Ranked Among the World's Top 100 Universities in Three Categories

IGU also achieved remarkable results in the global rankings. The University was ranked 53rd worldwide in SDG 4 – Quality Education, 56th in SDG 7 – Affordable and Clean Energy, and 92nd in SDG 13 – Climate Action, earning a place among the world's top 100 universities in all three categories.

### A Strong Position in Advancing Sustainable Development

In addition, Istanbul Gelisim University was placed in the 101–200 band globally for SDG 10 – Reduced Inequalities. It was also ranked within the 301–400 band for SDG 3 – Good Health and Well-being, SDG 8 – Decent Work and Economic Growth, and SDG 17 – Partnerships for the Goals. In the overall THE Impact Ratings 2026, IGU advanced to the 401–600 band among the world's leading higher education institutions, further strengthening its international standing and demonstrating its continued commitment to advancing the United Nations Sustainable Development Goals.



# Orientation Meeting for **SUMMER** INTERNSHIP

Held for Healthcare Management Students

*The Department of Healthcare Management at the Faculty of Health Sciences, Istanbul Gelisim University, organized a Summer Internship Orientation Meeting to support students in preparing for their internship process. The meeting was held on June 2, 2026, between 12:00 and 13:00 in Classroom SBF 201.*

*During the orientation session, Res. Asst. Semanur OKTAY ALKAN provided students with detailed information regarding internship procedures, application and approval processes, preparation of internship reports, attendance requirements, and evaluation criteria. In addition, important points to be considered throughout the internship period were discussed, and guidance was offered on potential situations that students may encounter during their internships.*

*The meeting was also attended by the Head of the Department of Healthcare Management, Asst. Prof. Aslı KAYA, who met with the students and emphasized the importance of internships as valuable opportunities for professional development and career planning. KAYA encouraged students to make the most of their internship experiences and highlighted the contribution of practical training to their future careers.*

*At the end of the meeting, students had the opportunity to ask questions regarding the internship process, and their inquiries were addressed in detail. The event concluded with an interactive discussion session, contributing to students' preparedness for a productive and successful internship experience.*





## **"Career Talks with Alumni III" Seminar Held by the Department of Nutrition and Dietetics**

**The Department of Nutrition and Dietetics organized the "Career Talks with Alumni III" event, bringing together alumni and students. During the event, Dietitian Abdülkadir ŞEKİLİ shared his career experiences and offered valuable insights into professional development and career planning.**

The Department of Nutrition and Dietetics at Istanbul Gelisim University Faculty of Health Sciences organized the "Career Talks with Alumni III" event on May 21, 2026, with the participation of students. Moderated by the Head of the Department of Nutrition and Dietetics, Assoc. Prof. H. Merve BAYRAM, the event featured alumni member Dietitian Abdülkadir ŞEKİLİ as the guest speaker.

During the event, Dietitian Abdülkadir ŞEKİLİ shared his experiences from his student years to his professional career, discussing the opportunities he encountered throughout his career journey and the achievements that contributed to his professional development. Reflecting on his professional experiences, Şekili offered valuable recommendations to students regarding career planning and emphasized the importance of the knowledge and experiences gained during university education for professional success.

Throughout the talk, students had the opportunity to ask questions about career opportunities, areas of practice within nutrition and dietetics, and professional development pathways. The interactive nature of the event enabled students to benefit from alumni experiences and gain different perspectives on their future careers.

Held in Meeting Hall B Block 026, the event brought together students and alumni, creating a valuable platform for knowledge and experience sharing while providing participants with meaningful insights to guide their future career journeys.



# ACADEMIC STUDIES



Faculty of Health Sciences

## Paper Presentation and National Recognition



### IGU's Growing Presence in the National Scientific Arena: Assistant Professor Aslı KAYA's Congress Participation and Academic Achievements Continue to Gain Recognition.

Our faculty member, Assistant Professor Aslı KAYA from the Department of Health Management, Faculty of Health Sciences, successfully represented our university by presenting her scientific study at the 5th International Lake Van Social Sciences Congress, the 5th International Al-Jazari Engineering Sciences Congress, and the 7th International Ibn Sina Medicine and Health Sciences Congress, which were held simultaneously in Van, Türkiye, between June 12–14, 2026.

At the 5th International Lake Van Social Sciences Congress, Assistant Professor Aslı KAYA presented her paper entitled “The Effects of Digital Health Literacy and Cancer Awareness on Green Cosmetic Product Consumption: A Study on Female University Students.” The study examined the impact of digital health literacy and cancer awareness on the consumption behaviors of green cosmetic products among female university students.

At the conclusion of the congress, Assistant Professor Aslı KAYA received her Certificate of Participation from Prof. Dr. Mehmet Akif ARVAS, Dean of the Erciş Faculty of Business Administration and President of the 5th International Lake Van Social Sciences Congress.



Research, Development

# Presentation

Research assistants and senior students of the Department of Nursing, Faculty of Health Sciences at Istanbul Gelisim University, have successfully represented our university with the oral presentations they delivered at international congresses. Within the scope of the 8th International Asklepios Congress on Medicine, Nursing, Midwifery and Health Sciences held on June 13, 2026; Res. Asst. Yağmur DAĞ, one of our research assistants from the Department of Nursing (Turkish program), successfully presented her work titled "Zoonotic Infection Risk Increasing with Climate Change: Hantavirus and Nursing Approach," while Res. Asst. Rabia Işık AKDEMİR successfully delivered her presentation titled "A Current Overview of the Bundibugyo Ebola Outbreak: Nursing Care, Infection Control, and Field Management." Furthermore, at the 7th International Ibn Sina Congress on Medicine and Health Sciences held on June 14, 2026; Res. Asst. Asrın Tufan KARA from the Department of Nursing (English program) gave a presentation on "Management of Severe Thrombocytopenia in Hantavirus Infections: Prevention of Bleeding Risks in Invasive Interventions and Evidence-Based Nursing Approaches," while Res. Asst. Amine Dilara SARIDAĞ contributed to the nursing literature with her presentation titled "Multidisciplinary Telemedicine Approach in Geriatric Oncology Patients: At-Home Symptom Management in the Early Postoperative Period."

In addition to our academic staff, senior students of our department also had the opportunity to present the valuable projects they prepared under the guidance of their advisors. Among our students, Gülşen KARAKAYA and Burcunur ÇORAMIK successfully presented the work titled "The Importance of Patient Safety in Nursing," prepared under the supervision of Res. Asst. Amine Dilara SARIDAĞ and Assoc. Prof. Mahruk GÜNEYLİ. Merve ARNAK, Serpil YALÇIN, Sude Nur BAĞ, Demet ERGİNYÜREK, and Semanur DURAK successfully delivered their presentation titled "Fatty Liver Disease and Nursing Approaches," conducted under the supervision of Res. Asst. Yağmur DAĞ and Assoc. Prof. Mahruk GÜNEYLİ. Lastly, our students Ecenur AKKAN and Aleyna Melis DEMRİKİRAN took part in the congress with their presentation titled "Determining the Sexual Health Literacy and HPV Knowledge Levels of University Students," completed under the supervision of Res. Asst. Ramazan DEMİRER and Assoc. Prof. Mahruk GÜNEYLİ. We wholeheartedly congratulate all our research assistants and students, who have successfully represented the name of our faculty and department on international platforms and filled us with pride through their academic development, and we wish them continued success.

# Article



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FULL LENGTH ARTICLE · Articles in Press, June 18, 2026

## Clinical Evaluation of Complications and the Learning Curve in Deep Plane Facelift Surgery: A Single-Surgeon Experience

Mustafa ÇELİK <sup>a,1</sup> · İbrahim ÖMER GÜRLEK <sup>b,2</sup>

Affiliations & Notes Article Info

An article entitled 'Clinical Evaluation of Complications and the Learning Curve in Deep Plane Facelift Surgery: A Single-Surgeon Experience', co-authored by Assoc. Prof. Mustafa ÇELİK and İbrahim Ömer GÜRLEK, both academic staff members of the Department of Audiology at our Faculty, has been published in the Q1 journal JPRAS.

[Click here](#) to access the article.

# Article



A research article titled "Eco-friendly Design Inspired by Nature: Examining Adolescents' Perceptions of Biomimicry", co-authored by Research Assistant Hatice Zelal BİNGÖL from the Department of Child Development, Faculty of Health Sciences at our university, together with Prof. Dr. Figen GÜRSOY and Assist. Prof. Dr. Sena ÖZ TATACAK from the Department of Child Development, Faculty of Health Sciences, Ankara University, has been published in the Q1 journal Frontiers in Psychology, Environmental Psychology section.

[Click here](#) to access the article.

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## Eco-friendly design inspired by nature: examining adolescents' perceptions of biomimicry

Sena Öz Tatacak<sup>1\*</sup>, Hatice Zelal Bingöl<sup>2,3</sup> and Figen Gürsoy<sup>4</sup>

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**INTRODUCTION:** Interest in biomimicry education has grown recently, yet little is known about how high-achieving science high school students conceptualize biomimicry and translate biological knowledge into sustainable design ideas across disciplines.

**METHODS:** Using a qualitative case study design, data were collected from 29 ninth-grade students via a written semi-structured form and analyzed through content analysis using the Biology-to-Design Spiral as the analytical framework. **RESULTS:** Students were familiar with biomimicry and successfully transformed biological knowledge into design logic, but their conception of "living things" remained predominantly animal-centric, and the range of inspiration organisms was narrow despite daily contact with the school grove. Designs centered on structural and functional traits and were linked to technology-based, sustainability-oriented solutions.

**DISCUSSION:** Everyday contact with nature alone does not appear sufficient to broaden biomimicry thinking; structured learning environments connecting ecological experience with scientific and design reasoning are needed. Biomimicry education shows strong interdisciplinary potential to integrate biology, engineering, and sustainability and to foster ecological thinking among gifted adolescents.

# Article

The article entitled “Rethinking Global Pandemics Through Ivan Illich”, authored by Assistant Professors Emrah TÜNCER, Abdullah YÜKSEL BARUT, and Gizem UZLU, has been published in the Journal of Health Administration of Hacettepe University. Drawing on the theoretical framework of Ivan Illich, who is widely recognized for his critical approach to modern healthcare systems, the study re-evaluates the inequalities exposed by global pandemics, particularly COVID-19, within the field of healthcare. The article highlights that poor and disadvantaged populations are disproportionately affected by economic crises, pandemics, and social disasters, and demonstrates how inequalities in access to healthcare services during pandemic periods have further exacerbated the challenges faced by these groups. The study also emphasizes that the commercialization of healthcare services restricts access to the right to health and discusses the need for more equitable, accessible, and inclusive health policies.

Click [here](#) to access the article.



# Article

Fakültemiz Sağlık Yönetimi bölümü öğretim elemanlarından Dr. Öğr. Üyesi Aslı KAYA ve Bağımsız Araştırmacı Dr. Mustafa İsmet BAŞBOĞA ile birlikte hazırladıkları ‘Sağlık Çalışanlarının Dijital Yetkinlik Algısı Ve Yapay Zekâya Yönelik Genel Tutumlarında Zihinsel Çevikliğinin Aracı Rolü’ isimli makale Üçüncü Sektör Sosyal Ekonomi dergisinde yayınlanmıştır.

Makaleye erişim için [tıklayınız](#).



# ISTANBUL GELISIM UNIVERSITY TRANSFORMS SCIENTIFIC KNOWLEDGE INTO SOCIETAL BENEFIT: TÜBİTAK SUPPORT FOR THE "ONE HEALTH" PROJECT

Istanbul Gelisim University continues to stand out not only for its academic output but also for its projects that offer solutions to the real needs of society, bring together different disciplines, and support sustainable development. Distinguishing itself through community-oriented initiatives across a broad spectrum—from education and health to the environment and social work—Istanbul Gelisim University has once again demonstrated this approach with a new project backed by TÜBİTAK. Spearheaded by the Department of Social Work at the Istanbul Gelisim University Faculty of Health Sciences, the project titled "Holistic Intervention in Rural Areas: A Sustainable One Health Model" has been awarded funding under the TÜBİTAK 4009 Village Schools Support Program.

Set to be implemented in the Taşkesen neighborhood of Erzurum's Tekman district, the project aims to integrate the dynamics of rural life with the "One Health" approach—a model that treats human, animal, and environmental health not as isolated entities, but as interconnected and complementary elements.



## Science and Local Life to Meet in Taşkesen

Scheduled to take place at the Taşkesen Martyr Nurullah SARAÇ Primary School between September 28-30, 2026, the project will develop a holistic intervention model based on preventive health, taking the socio-cultural and spatial characteristics of the region into consideration.

Here is the translation for this section. (Still keeping an eye out for those surnames!)

Translation:

Particularly in a region where animal husbandry and local production are major sources of livelihood, the project aims to raise awareness about zoonotic diseases (infectious diseases that can be naturally transmitted from vertebrate animals to humans). Simultaneously, it seeks to promote sustainable health behaviors by translating scientific knowledge into everyday practices.

With a participatory structure that centers on the existing knowledge and experiences of rural communities, the project aims to go beyond being just a short-term awareness campaign to establish a model for lasting transformation.

### "ECOLOGICAL AWARENESS AND HEALTH TALKS AROUND THE TANDOOR"

As part of the project, interactive, preventive health-focused conversations will be held with women—key actors in rural life—by gathering around tandoors, which serve as their natural spaces for solidarity. Designed outside formal educational settings, this approach aims to share health information in a way that seamlessly aligns with local cultural codes. To ensure the project's sustainability, a permanent learning area will be established within the school. The "One Health Children's Curiosity and Learning Space," available for continuous use by students and teachers, will be supported with a science library and educational materials, transforming it into a living learning center for future generations.

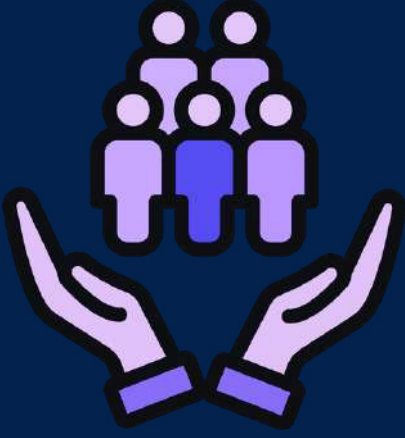
### SUSTAINABLE SOLUTIONS THROUGH INTERDISCIPLINARY COLLABORATION



Bringing together expert names from various academic units of Istanbul Gelisim University, the project team is taking the interdisciplinary nature of the "One Health" approach to the field. Serving as the project director, Asst. Prof. Dr. Emrah TÜNÇER will ensure field coordination and lead the "One Health and Rural Social Work Talk." Prof. Dr. Mustafa NİZAMLIOĞLU, Dean of the Faculty of Health Sciences, will share his expertise in food hygiene and zoonotic diseases with participants through the "Cheese Culture and Raw Milk Workshop." Furthermore, Asst. Prof. Dr. Funda PEHLEVAN KARABIYIK will use experiential learning methods to make the concepts of molecular biology and pathogen transmission visible in the "Invisible Threat: Contagion Simulation Workshop" designed for children.

Assoc. Prof. Dr. Anıl AL REBHOLZ will undertake the content design for the "One Health, Ecological Life, and Solidarity Workshop" for women, developing a participatory learning process centered around rural life experiences. Dr. Çiğdem TÜNÇER will share preventive health information regarding the health issues women face throughout their life cycle as part of the "Tandoor-Side Conversations." Asst. Prof. Dr. Yonca Güneş YÜCEL ATALAY will manage the content planning and archive coordination for the science library that will be established. Res. Asst. Fatma Türkan ÖZIRMAK and Res. Asst. Şebnem Çelik UÇURAN will conduct the "Language of Nature and Future Passport Workshop," which aims to strengthen children's relationship with nature. Meanwhile, field organization and operational processes will be coordinated by healthcare assistant Seval TETİK.

## A MODEL FROM IGU CONTRIBUTING TO SOCIETAL TRANSFORMATION



Bringing together various disciplines such as social work, sociology, anthropology, medicine, molecular biology, child development, and food safety around a shared goal, the project serves as a powerful example that universities are not merely institutions that produce knowledge, but also active stakeholders in societal transformation.

With this approach that merges scientific knowledge with field applications, Istanbul Gelisim University aims to contribute to the strengthening of preventive healthcare services in rural areas, improve the quality of life for local communities, and transform a sustainable "One Health" model into a structure that can be passed down to future generations.

Set to be implemented with TÜBİTAK's backing, this initiative stands out as a concrete reflection of Istanbul Gelisim University's society-oriented approach to science and its culture of interdisciplinary production.





Health Sciences Faculty Students  
Achieve Success

# in TÜBİTAK 2209-A Program TÜBİTAK

***Students of the Faculty of Health Sciences at Istanbul Gelisim University achieved a significant success within the scope of the TÜBİTAK 2209-A University Students Research Projects Support Program, conducted by the Scientific and Technological Research Council of Türkiye (TÜBİTAK) through its Directorate of Science Fellowships and Grant Programmes (BİDEB). Among the 54 projects that were awarded funding, 21 projects were developed by students of the Faculty of Health Sciences, making the faculty one of the academic units receiving the highest number of supported projects across the university.***



The projects prepared by students of the Faculty of Health Sciences under the guidance of their academic advisors were evaluated on various criteria, including scientific merit, originality, feasibility, and innovation, and were deemed eligible for support. This achievement highlights the students' research skills and scientific productivity while also reflecting the faculty's strong commitment to a research-oriented educational approach.

The Faculty of Health Sciences, which aims to educate individuals who generate knowledge, conduct research, and contribute to society in the field of health, continues to encourage its students to engage in scientific projects and to strengthen the culture of research. The 21 projects supported by TÜBİTAK will not only contribute to the academic development of our students but also provide valuable contributions to Türkiye's scientific output.

We congratulate all our students and academic advisors whose projects have been awarded support and wish them continued success in their future academic and scientific endeavors.

## DEPARTMENT OF NUTRITION AND DIETETICS

PROJECT TITLE	PROJECT COORDINATOR	ADVISOR
The Effect of Tryptophan-Containing Foods on Sleep and Training Performance in Taekwondo Athletes	Berra Nur AKTAŞ	<u>Asst. Prof. Hande Nur ONUR ÖZTÜRK</u>
The Self on the Screen: The Relationship of Instagram Usage Time and Content Types with Self-Esteem, Perceived Stress, and Eating Attitudes in Emerging Adulthood	Çağla AYDIN Sueda Sıla SORVER	<u>Asst. Prof. Gizem UZLU</u>
Development of Matcha-Enriched Gluten-Free, Lactose-Free, and Vegan Crackers and Cream: Optimization of Formulation and Sensory Properties	Ravzanur HACİSMAİLOĞLU	<u>Lect. Esra Nur YAŞA</u>

## DEPARTMENT OF SPEECH AND LANGUAGE THERAPY

PROJECT TITLE	PROJECT COORDINATOR	ADVISOR
Investigation of the Relationship Between Peer Bullying and Psychological Resilience in Children Aged 11-17 Who Stutter	Cemil Durman Researchers: Bilal Makal, Doğukan Tatar, Berat Oruç	<u>Lect. Seda KETEN</u>
Investigation of Pragmatic Language Skills and Social Skills in Children Who Stutter	Mümine Görgülü Researchers: Ayşe Koluman, Fadime Gedik, İslim Gül	Lect. Seda KETEN
Investigation of the Relationship Between Stigma and Psychological Resilience in Individuals Who Stutter	İkra Nur Şahin Researchers: Mert Özarıcı	<u>Res. Asst. Esra EROL</u>

## DEPARTMENT OF PHYSIOTHERAPY AND REHABILITATION

PROJECT TITLE	PROJECT COORDINATOR	ADVISOR
Investigation of the Acute Effects of Buerger-Allen Exercises on Blood Circulation	Remziye MAĞRABİ	<u>Lect. Busenur KARAGÖZ</u>
Evaluation of Foot Pressure Distribution via Pedobarographic Method in Patients Diagnosed with Fibromyalgia	Ceren YAMAN	Almina DURMUŞ KOÇ

## DEPARTMENT OF AUDIOLOGY

PROJECT TITLE	PROJECT COORDINATOR	ADVISOR
Effects of Tinnitus Therapy Using Nature Sounds in a Virtual Reality (VR) Environment on Stress Levels	Ömer GÜNTÜRK	<u>Prof. Ümit TAŞKIN</u>

## DEPARTMENT OF HEALTH MANAGEMENT

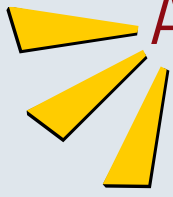
PROJECT TITLE	PROJECT COORDINATOR	ADVISOR
How Do Internship Experiences Affect the Career Optimism of Healthcare Management Students? The Supportive Role of University Career Centers and Managerial Behaviors	Duhan AKKAN Serdar ÇALIK Batyr AGAYEV	<u>Asst. Prof. Bumin Çağatay AKSU</u>
Can Quality Management Practices in Healthcare Institutions Overcome Fear of Malpractice? The Mediating Role of Patient Safety Culture	Nehir KARADAĞ Sudenaz ATALAY Zeynep Özgü GÜRSOY	Asst. Prof. Bumin Çağatay AKSU
The Impact of Digital Health Literacy on Trust in the Healthcare System: A Cross-Generational Comparison	Esmâ Karakaşlı Sıla Yüksel	Asst. Prof. Bumin Çağatay AKSU
The Impact of Flexible Work Arrangements for Healthcare Professionals on Social Sustainability and Employee Burnout	Salih Batuhan TOPCU	<u>Asst. Prof. Aslı KAYA</u>

## DEPARTMENT OF SOCIAL WORK

PROJECT TITLE	PROJECT COORDINATOR	ADVISOR
A Model Proposal for Preventing Juvenile Delinquency: Development of a Family Collaboration Practice Framework for School Management and Guidance Services	Feyza Nur YAVUZ	<u>Asst. Prof. Yonca Güneş YÜCEL ATALAY</u>
Reintegration Services for Women Released from Prisons in Istanbul: A Needs Assessment and Practice Recommendations	Edanur PİRNAL	Asst. Prof. Yonca Güneş YÜCEL ATALAY
In Search of Lost Narratives: Rewriting Identity Among Balkan Immigrant Families in Bayrampaşa and the Narrative Role of Social Work	Emirhan Vardar	<u>Asst. Prof. Emrah TÜNCER</u>
The Relationship Between Cybercrime Awareness, Cyberbullying, and Cyber Victimization Among University Students: A Study from a Social Work Perspective	Hira Nur YALÇIN	<u>Res. Asst. Aslıhan Kübra SAKARYA</u>

Congratulations to Our Students  
and Academics Who Received  
Project Support

Under the hosting of the IGU Addiction Prevention Coordination Office,



# AWARENESS TRAINING ON GAMBLING AND SUBSTANCE ADDICTION

*Under the hosting of the Istanbul Gelisim University (IGU) Addiction Prevention Coordination Office, training sessions on addiction were conducted by the Beylikdüzü District Health Directorate Mental Health and Addiction Unit on June 18, 2026, between 10:00 a.m. and 12:00 p.m. at the Istanbul Gelisim University meeting hall.*

Under the hosting of the Istanbul Gelisim University (IGU) Addiction Prevention Coordination Office, training sessions on addiction were conducted by the Beylikdüzü District Health Directorate Mental Health and Addiction Unit on June 18, 2026, between 10:00 a.m. and 12:00 p.m. at the Istanbul Gelisim University meeting hall.

As part of the program, educational seminars focusing on Gambling Addiction and Substance Addiction were delivered to university students. The sessions were conducted by Social Worker Öznur Kurt and Psychologist Yasemin Oğuz, both serving within the Mental Health and Addiction Unit of the Beylikdüzü District Health Directorate.

The Gambling Addiction training addressed a wide range of topics, including the definition and types of gambling, digital gambling, psychological traps contributing to gambling addiction, cognitive mechanisms underlying decision-making biases, stages of gambling addiction, risk factors and triggers, the adverse consequences of gambling addiction, and strategies for self-protection and community awareness.



The Substance Addiction training covered the definition of substance addiction, the progression and stages of addiction, the treatable nature of substance use disorders, common signs and symptoms of addiction, appropriate approaches toward individuals experiencing addiction, available treatment methods, and the legal framework concerning addiction within the Turkish Penal Code.

Through these educational activities, the program aimed to enhance students' awareness of different forms of addiction, increase their understanding of associated risk factors, and support their access to accurate and evidence-based information regarding addiction prevention and intervention.



To Help Children Develop Healthy Sleep Habits

# Sleep Routines



Ress. Asst. Aİşe BÜŞRA CİĞER



Recent years have seen a growing prevalence of sleep problems among children and adolescents. Findings from the World Health Organization (WHO)-supported Health Behaviour in School-aged Children (HBSC) studies indicate that social media use has increased, while sleep duration has decreased and sleep difficulties have become more common during the same period. Furthermore, recent systematic reviews have shown that more than half of children and adolescents worldwide do not achieve the recommended amount of sleep. In Türkiye, various sleep problems have been identified in approximately 25–50% of preschool children, while around 20–30% of school-aged children and adolescents experience sleep difficulties severe enough to be considered sleep disorders. Establishing sleep-promoting routines has therefore become increasingly important for preventing sleep problems and fostering healthy sleep habits in children.

Bedtime routines encompass a series of activities that are performed consistently during the hour before sleep. The implementation of a consistent bedtime routine—defined as activities that occur immediately before lights are turned off—is recommended as an important component of healthy sleep habits.

## Sleep Routines

- **Hygiene Routines:** Brushing teeth, putting on pajamas, and taking a bath.
- **Communication Routines:** Reading books, listening to bedtime stories, receiving a goodnight kiss, and engaging in conversation.
- **Physical Contact Routines:** Hugging, receiving a massage, and sleeping with a comfort object or toy.
- **Feeding Routines:** Drinking milk or water and having light snacks.



## Benefits of Bedtime Routines

**Rapid Improvement:** It indicates that sleep disturbances in infants and young children can improve quickly—often within just a few nights—following the implementation of a consistent bedtime routine.

**Psychological Impact:** Regular routines not only improve children’s sleep behaviors but also lead to a marked improvement in mothers’ psychological well-being.

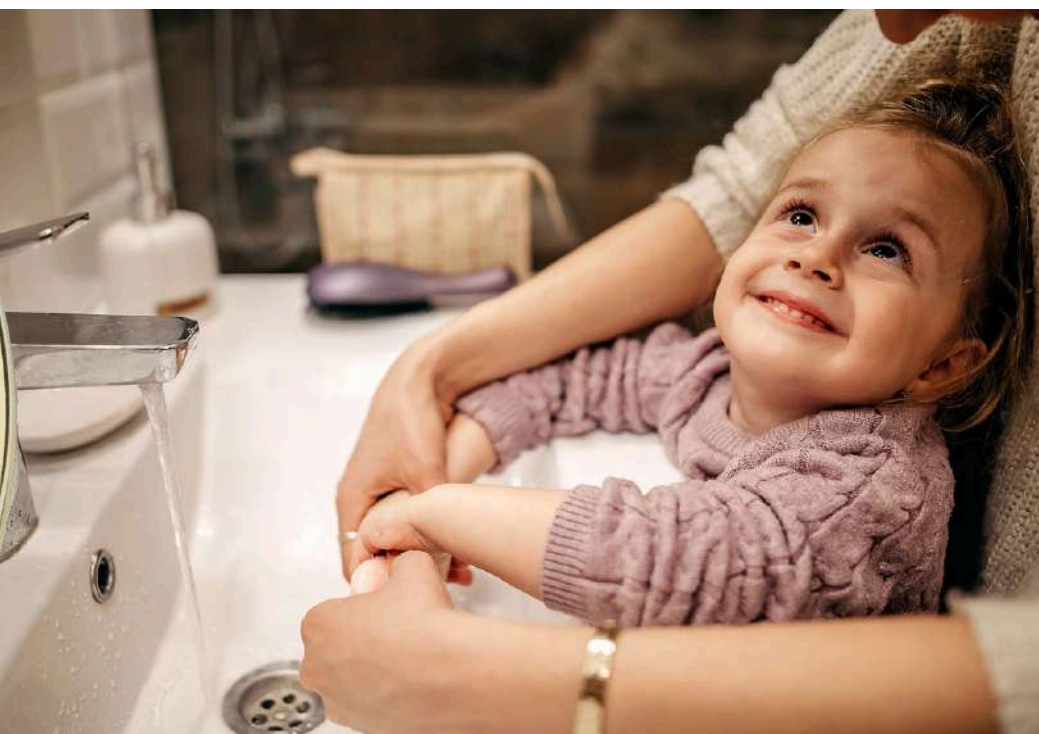
**Dose-Response Relationship:** The earlier a routine is initiated and the more consistently it is applied, the better the sleep outcomes.

**Routines shorten sleep onset latency, improve sleep quality, and strengthen the mother-child relationship.**

Teeth should be brushed for two minutes before bedtime using fluoride toothpaste; for children under 7 years of age, parents should actively supervise and assist this process.

After tooth brushing, no food should be consumed; in general, all snacks and beverages except water and unsweetened milk should be restricted starting one hour before bedtime.

Interactive activities such as reading books together, sharing picture books, or storytelling should be carried out with children.



Use of stimulating electronic devices such as television, mobile phones, tablets, and game consoles should be avoided.

Calm and soothing activities such as playing together, cuddling, singing songs, and/or giving the child a bath should be carried out with the child.

***“For a Healthy Future: Grow with Routine, Sleep with Peace.”***



# CURRENT APPROACHES IN BODY COMPOSITION ANALYSIS EVENT HELD



The event titled “Current Approaches in Body Composition Analysis”, organized through the collaboration of the Department of Nutrition and Dietetics and the Nutrition and Dietetics Club of Istanbul Gelisim University, was held on June 1, 2026, with strong participation from students.

The guest speaker of the event was Dietitian Zeynep KEKEÇ, who works at InBody. The event focused on the importance of body composition analysis in the field of Nutrition and Dietetics, highlighting current assessment methods and their practical applications.

During her presentation, Dietitian Zeynep KEKEÇ emphasized that body composition analysis goes beyond simply measuring body weight. She explained that parameters such as fat mass, fat-free mass, skeletal muscle mass, body water distribution, and segmental analyses provide valuable information for evaluating an individual's health status. She also shared examples of how body composition analysis can be used in different age groups and clinical settings.

As part of the event, KEKEÇ introduced the operating principles of InBody devices and explained the fundamental features of the bioelectrical impedance analysis method. She provided detailed information on how body composition reports should be interpreted and how these data can be utilized in nutrition planning and professional practice.

Following the presentation, students had the opportunity to ask questions about body composition analysis and benefit from practical insights and professional experiences. The event enabled participants to reinforce their theoretical knowledge with current applications while contributing to their professional development. We would like to thank Dietitian Zeynep KEKEÇ for her valuable contribution and wish continued success to all students who participated in the event.



**Do you consume enough milk and dairy products in your daily diet?**

# June 1 World Milk Day

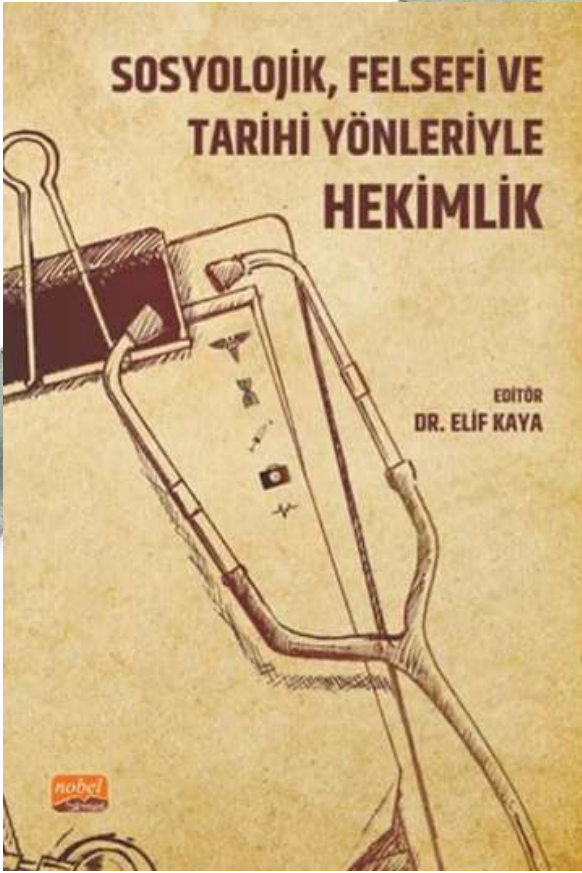
To meet the daily calcium and protein needs of individuals of all ages,  
**IT IS RECOMMENDED TO CONSUME  
3 PORTIONS OF MILK AND DAIRY PRODUCTS**  
every day.

## Recommended Daily Intake Amount

- ✓ 1 Glass of Milk
- ✓ 4 Tablespoons of Yogurt
- ✓ 2 Slices of White Cheese



# CULTURE-ART-LITERATURE



**BOOK TITLE**  
**MEDICINE FROM SOCIOLOGICAL,  
PHILOSOPHICAL, AND HISTORICAL  
PERSPECTIVES**

**EDITORS**  
**ELİF KAYA**

**FIRST EDITION**  
**OCTOBER 2023**

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**978-625-398-854-8**

**PUBLISHER**  
**NOBEL PUBLISHING**

AP

The medical profession, often identified as one of the most ancient occupations in human history, has, since its inception, not only sought to safeguard and improve the health and well-being of humanity but has also continued to shape social life through the powerful mission it carries. Both as a requirement and a consequence of this mission, medicine has remained a formative force within society. This unique position has rendered the medical profession not only a significant actor in history but also a subject of sociological inquiry and a phenomenon extensively debated within the realm of philosophy.

The present volume has been meticulously prepared with the aim of offering a historical, sociological, and philosophical perspective on the enduring institution of medicine—an ancient profession whose sphere of influence is both extensive and profound. Comprising twenty chapters, some grounded in empirical field research and others adopting a theoretical approach, the book brings together the contributions of 37 researchers and scholars affiliated with 16 different universities and representing diverse academic backgrounds and ranks.

As a product of collective scholarly endeavor, it is our hope that this book will contribute to the fields of health sociology, health management, and related health sciences, while also serving as a valuable resource for the broader academic community and interested readers. We trust that it will not only enrich existing knowledge but also provide an engaging and rewarding reading experience.



# HAVE YOU FOUND YOURSELF?

ALMAGÜL ŞİRİYEVA

Department of Social Work  
First-Year Student

Meaning and search...

Have you ever stopped to think about how important these two concepts are? I believe that all human beings, consciously or unconsciously, build their lives around them. Because from the very moment we enter this world, we are all engaged in a search for meaning. Yes, from the very first day we open our eyes to life... We were babies, of course. But aren't babies also trying to understand where they are, who they are with, how they will be fed, and what is happening around them? Aren't they constantly making sense of the sounds they hear and the movements they see?

We were no different as children. Remember that endless question we used to ask: "What is that?" Wasn't it simply our way of trying to understand the things that sparked our curiosity? We grew up and became adults, yet the search never ended. And I do not believe it ever will. For human beings have always sought to understand the reason for their existence. They are in pursuit of it; in other words, they are in pursuit of themselves. Sometimes knowingly, sometimes without even realizing it. Throughout life, people look around them and gaze into the distance. They count the stars in the sky. They drift with the wind, like a leaf gliding from the branch of a tree, like waves rising upon the sea. They chase time itself, much like Papagali running after something it can never quite catch. They search for themselves in "round pieces of metal," in "large sheets of paper," in "boxes stacked upon one another," and sometimes in the melancholy of a sorrowful folk song.

Yet what they seek has always been within them.

If only they would turn and look inward for a moment... They would know, they would see, that what they are searching for is not out there, but right here. Just as Köylü Ekrem discovered it, they too would find the meaning of life—the meaning of their own existence. Not someone else's meaning, but the meaning of their own life.

And yes, Ekrem himself says, "I am also Köylü Ekrem." Once a person truly feels that they belong somewhere, where they come from no longer matters. It turns out that people count the day they discover the meaning of their lives as their real birthday. That is why he says:

"I believe I was born at the age of forty, that I have been growing toward my childhood, and that I will die as a child."

Feeling that the conventional education system was not meant for him, he chose not to pursue higher education even though he had earned the opportunity to do so. Instead, he embarked on a journey to understand himself. After a life-changing accident, he realized that time was the most precious thing he possessed. From that moment on, he devoted his time not merely to gaining something, but to creating and becoming himself.

He began to see works of art in every fragment of nature. He hesitated to call a stone merely a “stone” or a tree merely a “tree,” because he believed that they carried a spirit within them. From these beings, whose souls he felt and respected, he created meaningful and beautiful works of art. He speaks of this with remarkable sincerity.

Yet despite all the effort he invested and all the time he devoted, he emphasizes that even his finest sculptures are not as valuable as a human being or the human heart.

One day, when someone asked him in a dismissive tone, “Did you make all of these?”, he replied with characteristic humility and grace:

“Unfortunately, I did.”

This video, in which he tells his story in his own words, affected me deeply. And on this journey called life, where every human being seeks to understand themselves, their existence, and the meaning of their life, I would like to ask a question—first to myself, and then to all of you:

**“HAVE YOU FOUND YOURSELF?”**





**Faculty of  
Health Sciences**

## ISTANBUL GELISIM UNIVERSITY ALUMNI TRACKING SYSTEM

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

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

### What Are the Steps to Join METSIS?

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



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



LinkedIn -  
IGU ALUMNI AND  
MEMBERS COORDINATOR

Dear IGU Alumni,  
To benefit from the Virtual Alumni Card and membership privileges, it is sufficient to complete the membership form in full and upload your photograph to the relevant section. IGU Alumni Card holders have the opportunity to use the campus library, attend alumni events, benefit from advantages in DGS-ALES courses and postgraduate education, obtain discounts and privileges at many institutions and businesses, and take advantage of online certified trainings and various trainings and seminars free of charge or at a discount. They can also benefit, on a priority and discounted basis, from the trainings, seminars and career support offered by the Career Center and IGUSEM.



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# Faculty of Health Sciences

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