



MONTHLY EVENTS AND NEWS BULLETIN



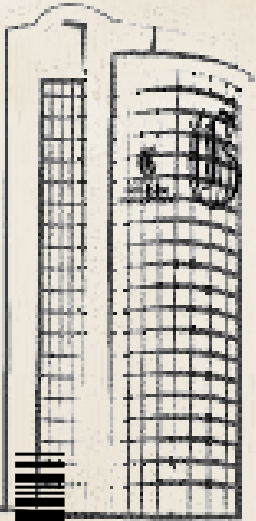
Faculty of
Health Sciences



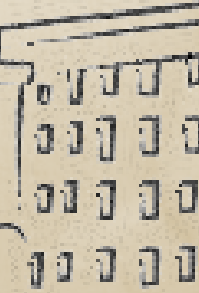
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THE 100TH ANNIVERSARY OF THE REPUBLIC OF TÜRKİYE

AUGUST 2024 | ISSUE 44 | VOLUME 4



İSTANBUL GELİŞİM ÜNİVERSİTESİ





Faculty of
Health Sciences

It is necessary to overcome pride in successes and to resist despair in disasters.

Mustafa Kemal ATATÜRK

04-17

WE HAVE NOT
FORGOTTEN



6 FEBRUARY 2023

August

M	T	W	T	F	S	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

August 6 : Friendship Day



August 8: International Cat Day



August 17: Gölcük Earthquake Remembrance Day



August 30: Victory Day



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"HEY ONBESLİ" FOLK SONG

It is possible to avoid food poisoning with proper nutrition and storage conditions!

Recently, frequent cases of food poisoning have affected dozens of citizens. Nutrition and Dietetics Specialist Asst. Prof. Dr. Merve BAYRAM stated that food poisoning can cause serious health problems in some cases, especially in individuals with weak immune systems. On the other hand, Istanbul Gelisim University Faculty of Health Sciences Department of Nutrition and Dietetics Prof. Dr. Arda ÖZTÜRKCAN explained the conditions for storing food correctly.

Stating that food poisoning is a health problem caused by the consumption of contaminated food or beverages, Istanbul Gelisim University Faculty of Health Sciences Head of Nutrition and Dietetics Department Asst. Prof. Dr. Merve Bayram: "Food poisoning occurs as a result of the contamination of food with harmful microorganisms such as bacteria, viruses, parasites or toxins. These microorganisms can infect food due to food spoilage, inadequate cooking, hygiene deficiencies or improper storage conditions."

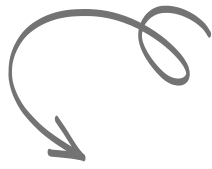
"Symptoms of poisoning can be seen from a few hours to a few days"

Stating that the symptoms of food poisoning will usually appear a few hours to a few days after the consumption of contaminated food, Asst. Prof. Dr. Merve Bayram also added: "Symptoms such as nausea, vomiting, abdominal pain and cramps, diarrhea (bloody diarrhea in some cases), fever, head and muscle pain can be seen. Most cases of food poisoning are mild and resolve spontaneously within a few days, but individuals' reactions to foods at risk of contamination may vary depending on the amount consumed and the individual's sensitivity to bacteria and toxins. In addition, in some cases, it can lead to serious health problems, especially in individuals with weak immune systems."

"Cooked foods should not be kept for more than 2 hours"

It is very important to adopt healthy and safe eating habits to reduce the risk of food poisoning in the summer. Asst. Prof. Dr. Merve Bayram emphasized that foods should be cooked well and cooked foods should not be kept for more than 2 hours during this period. She also added the following: "Fresh and reliable foods should be preferred. Pay attention to the expiration date of packaged products and make sure that the packaging is not damaged. If the date of production and expiry dates are not written on the food, do not buy those products. Paying attention to hygiene rules is also a major factor in preventing food poisoning. Hands should be washed frequently before preparing food and during preparation; kitchen tools such as knives and cutting boards should be thoroughly cleaned after contact with raw food."





“Only drink water from reliable water sources”

Stating that care should be taken while eating out, Nutrition and Dietetics Specialist Asst. Prof. Dr. Merve Bayram, "You should not buy products that you do not know how to store, that are not inspected and sold on stalls. Only drink water from reliable water sources. If you have a doubt, boil water or use purification devices.

Avoid foods that are difficult to digest and fatty in hot weather. Choose foods that are light, vegetable-weighted, and high in water. Frequent feeding in small portions does not tire the digestive system and is beneficial for general health. Care should also be taken to consume plenty of water in the summer months."

“Paying attention to food storage conditions is vital”

Proper storage of food is vital to reduce the risk of food poisoning in the summer. Istanbul Gelisim University Faculty of Health Sciences Lecturer Prof. Dr. Arda Öztürkcan listed the food storage methods. Prof. Dr. Arda Öztürkcan said, "Keep the refrigerator temperature at or below 4°C. This temperature slows the growth of bacteria and prevents food from spoiling. Keep the temperature of the freezer at -18°C or below. At this temperature, bacteria cannot reproduce and food can be safely stored for a long time."

“Store raw meat and seafood on the bottom shelf”

Stating that proper packaging of foods will also greatly reduce the risk of food poisoning, Prof. Dr. Arda Öztürkcan also added, “Store food in airtight containers or properly sealed bags. This prevents food from drying out, mixing odors, and contamination. These containers can be glass, vacuum storage containers, ceramic or porcelain containers with sealed lids, locking mechanisms. Store raw meat, fish and seafood in a container separate from other foods and on the bottom shelf of the refrigerator. This prevents liquids dripping from raw foods from contaminating other foods.”

“Protect food from sun and heat”

Stating that fresh vegetables and fruits should be consumed as soon as possible, Prof. Dr. Arda Öztürkcan concluded his words as follows, “Keep vegetables and fruits fresh by storing them in the refrigerator, but separate overripe fruits since they can cause other fruits to spoil faster. At outdoor activities such as picnics, store perishable food in cold containers (thermos or ice bags). It is very important to protect food from the sun and heat. Foods at different temperatures should not be stored together; care should be taken to keep cold foods cold and hot foods warm.”

9TH INTERNATIONAL SOCRATES CONGRESS

SOCIAL SCIENCES HEALTH, ENGINEERING AND APPLIED SCIENCES

9TH INTERNATIONAL SOCRAATES CONGRESS ON SOCIAL SCIENCES AND 9TH INTERNATIONAL SOCRAATES CONGRESS ON HEALTH, ENGINEERING AND APPLIED SCIENCES FROM IGU!

The 9th International Socrates Congress on Social Sciences and the 9th International Socrates Congress on Health, Engineering and Applied Sciences were held online and face-to-face on August 16-18.

The opening speeches were made by Congress Honorary President and Istanbul Gelisim University Rector Prof. Dr. Bahri ŞAHİN and Shahrısabz Davlat Pedagogika Institute Vice Rector Achilov ILMURAD. Academicians and researchers in many fields such as social, health, engineering and applied sciences provided information transfer at the congress.



9th International Socrates Congress of Social Sciences and International Socrates Congress of Health, Engineering and Applied Sciences organized by Istanbul Gelisim University, Uzbekistan Shahrısabz Davlat Pedagogika Instituti, International Scientific Research and Strategy Development Association and Socrates Journal of Interdisciplinary Social Studies.



The face-to-face sessions of the 9th International Socrates Congress on Social Sciences and the 9th International Socrates Congress on Health, Engineering and Applied Sciences took place on August 16 at the Mehmet Akif Ersoy Conference Hall in IGU Block J. It then continued in 5 other halls at the university. 140 academicians participated in the online conferences held on August 17-18, and 178 papers were presented to the congress members and discussed.

TOKAT 3RD INTERNATIONAL CONGRESS OF SCIENTIFIC RESEARCH

The 3rd INTERNATIONAL CONGRESS OF SCIENTIFIC RESEARCH, held in Tokat from August 28-30, 2024, saw a significant participation from the faculty of the Faculty of Health Sciences. The congress was officially opened by Mr. Haydar Alpat, the Deputy Mayor of Tokat, with Dr. A. Yüksel BARUT, Assistant Professor at Istanbul Gelişim University, serving as the Scientific Chair. During the congress, faculty members from the Faculty of Health Sciences presented a total of 12 papers, contributing significantly to the academic discourse.



ACADEMIC STUDIES



ACADEMIC PAPER



Asst. Prof. Bumin Cagatay AKSU, Asst. Prof. Turgay KARALINC and Asst. Prof. Aslı KAYA participated in the 9th International Socrates Social Sciences Congress held by Istanbul Gelisim University between August 16-18, 2024 with the paper titled “THE EFFECT OF CYBERLOAFING BEHAVIORS ON WORK CONCENTRATION”.



Asst. Prof. Aslı KAYA, Asst. Prof. Bumin Çağatay AKSU and Asst. Prof. Turgay KARALINC and participated in the 9th Socrates International Congress of Health, Engineering and Applied Sciences held by Istanbul Gelisim University between August 16-18, 2024 with their paper titled “THE REGULATORY ROLE OF MEANINGFULNESS OF WORK ON THE EFFECT OF WORKLOAD PERCEPTION ON PERCEIVED WORK STRESS AMONG HEALTH CARE WORKERS”.

ACADEMIC PAPER



Asst. Prof. Murat BASAL, Asst. Prof. Emel SARAC and Asst. Prof. Omer Faruk SARKBAY participated in the International 9th Socrates Social Sciences Congress held by Istanbul Gelisim University between August 16-18, 2024 with their paper titled “THE IMPACT OF DIGITAL TRANSFORMATION ON THE ACCOUNTING PROFESSION”.



Asst. Prof. Gulsah KONAKOGLU and Irfan YILDIZHAN participated in the 9th Socrates International Congress of Health, Engineering and Applied Sciences held by Istanbul Gelisim University between 16-18 August 2024 with their paper titled “Reliability of Cervical Flexion and Extension Joint Range of Motion Measurements of the Smartphone Goniometer Application and Comparison with the Traditional Goniometer Measurement Method”.

ACADEMIC PAPER



Asst. Prof. Mehmet KARTAL, Asst. Prof. Yasemin USTUNDAG and Res. Asst. Simge Sude GERCEKER participated in the 9th Socrates International Congress of Health, Engineering and Applied Sciences held by Istanbul Gelisim University between August 16-18, 2024 with the paper titled “Translational Anatomy, Micro-CT, and Recent Advances in Orthopedic Studies Based on Animal Models”.



Asst. Prof. Mahruk RASHIDI, Student Berjin BABALITAS, Student Burcu CORAMIK and Student Busra TOPCU's paper titled “Cyberchondria Level and Related Factors in Nursing Students” within the scope of TUBITAK-2209 was presented at the 9th International Socrates Social Sciences Congress and the 9th International Socrates Health, Engineering and Applied Sciences Congress. In the paper, it was aimed to determine the level of cyberchondria (excessive anxiety due to the search for health information on the internet) of nursing students and the factors affecting the condition. By revealing the relationship between cyberchondria and psychological, educational and social factors, strategies for the management and prevention of this problem in nursing education were included.

AKADEMIC PAPER



Student Rabia NIGDELIOGLU, Asst. Prof. Mahruk RASHIDI, Res. Asst. Dilara CENGİZLİ's paper “Breast Cancer and Surgical Nursing Care” was presented at the 9th International Socrates Social Sciences Congress and the 9th International Socrates Health, Engineering and Applied Sciences Congress. In this paper, the surgical treatment processes of breast cancer and the importance of surgical nursing care in these processes were discussed. How nursing practices improve patient care and the role of nurses in patient support and education were emphasized.



Student Senem Alpsar SASMAZLAR, Lec. Ayşe Mucella SOYDAN and Res. Asst. Ramazan DEMİRER's paper titled “The Effects of Climate Change on Human Health and Nursing Approaches” was presented at the 9th International Socrates Social Sciences Congress and the 9th International Socrates Health, Engineering and Applied Sciences Congress. While climate change has led to various health problems worldwide, its effects on nursing practice and health services have been emphasized. In this paper, the effects of climate change on human health are examined in depth and strategies on how to cope with these effects in the field of nursing are included.

AKADEMIC PAPER



Res. Asst. Esra OZER and Lec. Cagdas OZER's “Innovation in Nursing Education with Machine Learning Integration: Simulation-Based Approaches” was presented at the 9th International Socrates Social Sciences Congress and the 9th International Socrates Health, Engineering and Applied Sciences Congress. The paper discusses how the integration of machine learning into simulation-based nursing education can significantly improve educational outcomes, the limitations of traditional nursing, and the implementation challenges of machine learning.

Senem Alpsar ŞAŞMAZLAR Ayşe Mücella SOYDAN Res. Assist. Ramazan DEMİRER	Istanbul Gelisim University	EFFECTS OF CLIMATE CHANGE ON HEALTH AND NURSING APPROACHES
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Student Abdulkadir Levent HIDAYET, Res. Asst. Ramazan DEMİRER, Lec. Ayşe Mücella SOYDAN, Asst. Prof. Husniye Merve DEMİRER's paper titled “Approaches for Ensuring the Well-Being of Healthcare Workers in the Covid-19 Pandemic” was presented at the 9th International Socrates Social Sciences Congress and the 9th International Socrates Health, Engineering and Applied Sciences Congress. In this paper, which draws attention to the challenges faced by healthcare workers during the pandemic, various strategies to increase the overall well-being and resilience of healthcare workers were discussed in order to share methods developed to protect and support both physical and psychological health of healthcare workers and to increase knowledge in this field.

ACADEMIC PAPER



Asst. Prof. Emrah TUNCER and Asst. Prof. Abdullah Yuksel BARUT participated in the 3rd Tokat International Conference on Scientific Research held in Tokat from August 28-30, 2024, with their presentation titled "Reconsidering Global Pandemics Through Ivan Illich: A Longing for a Fairer Future in Healthcare." In this presentation, the theoretical framework of Ivan Illich's argument that the industrialization of modern healthcare deepens health inequalities was discussed. It was particularly argued that global pandemics, such as COVID-19, have made these injustices more visible, sharply highlighting inequalities in access to healthcare services. The study emphasized that, from Illich's critical perspective, there is a need to reassess inequalities within healthcare systems and discussed the steps necessary to achieve a fairer healthcare system.



The study, entitled "Look at International Innovation in Nursing From Past to Present" was presented by student Shayan VASSIGHI and Res. Asst. Dilara CENGIZLI at the 3rd Tokat International Scientific Research Congress. The report examines international innovations in nursing from past to present. The study examined the evolution of nursing, developments in applications and technology, and the impact of these innovations on healthcare services. The study revealed significant changes in nursing over time and highlighted the impact of international innovative strategies on healthcare systems, offering valuable insights for future applications.

ACADEMIC PAPER



Asst. Prof. Turgay DAĞTEKİN, Asst. Prof. Derya KAVGAOĞLU, Asst. Prof. Aylin AKINLAR, and Asst. Prof. Emrah TÜNCER participated in the 3rd Tokat International Conference on Scientific Research held in Tokat from August 28-30, 2024, with their presentation titled "Examining Student Views on Teaching Designs Focused on Individual Differences in Education: An Example of a Workshop Design." This presentation focused on a workshop model designed to examine students' views on teaching designs centered around individual differences. The study highlighted that the workshop format provides an effective approach to managing individual differences and significantly contributes to the professional and personal development of participants.



Asst. Prof. Aslı KAYA participated in the 3rd Tokat International Scientific Research Congress held in Tokat from August 28-30, 2024, with her paper titled "New Generation Leadership Model in the Digital Age." In this paper, she presented a descriptive study designed to outline a framework for how the leadership model that the new generation should look up to as a role model in the field of management should be, the expectations of the generation, and the qualities a leader should possess. Predictions were made about what the leadership model for the new generation should be.

ACADEMIC PAPER



Res. Asst. Semanur OKTAY, Res. Asst. Gozde TETIK and Asst. Prof. Aslı KAYA participated in the 3rd Tokat International Scientific Research Congress held in Tokat between August 28-30, 2024 with their paper titled “A New Dimension in the Classification of Preventive Health Services: Protecting the Patient from Unnecessary Care with Quaternary Prevention”.



28-30.2024		
INTERNATIONAL 3rd TOKAT SCIENTIFIC RESEARCH CONGRESS		
August 28-30, 2024 TOKAT		
TOKAT		13:30 - 17:00
SALON / Sohbati		HEAD OF SESSION: Asst.Prof. A. Yılmaz BARUT
Author(s)	Affiliation	Title
Asst.Prof. Aslı KAYA Asst.Prof. A. Yılmaz BARUT	Sakarya University	RETURNING CLINICAL PRACTICES THROUGH TEAM-BASED & TRAINING FOR A MORE SUSTAINABLE FUTURE IN HEALTHCARE
Asst.Prof. Aslı KAYA	Sakarya University	NEW GENERATION LEADERSHIP MODEL IN THE DIGITAL AGE
Res.Asst.Semanur OKTAY Res.Asst.Gozde TETIK Asst.Prof.Aslı KAYA	Sakarya University	A NEW DIMENSION IN CLASSIFICATION OF HEALTH SERVICES: PROTECTING THE PATIENT FROM UNNECESSARY CARE WITH QUATERNARY PREVENTION
Asst.Prof. Turgay SAĞLAM Asst.Prof. Turgay KAYA Asst.Prof. Ayhan KAYA Asst.Prof. Serkan YILMAZ	Sakarya University	EXAMINING URBAN VIEWS ON INDUSTRIAL ZONES: FOCUS ON ENVIRONMENTAL IMPACTS IN URBANIZATION AN EXAMPLE OF A WORKSHOP DESIGN
Levent İsmail YILMAZ	Karabük University	THE SAVING FORCE OF REGIONAL DEVELOPMENT: A COMPARATIVE STUDY OF DEVELOPMENTAL ALTERNATIVES FOR IMPROVING THE QUALITY OF THE TURKISH BLACK SEA REGION
Res.Asst.Gozde TETIK Res.Asst.Semanur OKTAY Asst.Prof.Aslı KAYA	Sakarya University	HEALTHY LIVING SUSTAINABILITY: A BIBLIOMETRIC ANALYSIS

Res. Asst. Semanur OKTAY, Res. Asst. Gozde TETIK and Asst. Prof. Aslı KAYA participated in the 3rd Tokat International Scientific Research Congress held in Tokat between August 28-30, 2024 with their paper titled “Sustainability of Health Systems: A Bibliometric Analysis” held in Tokat between August 28-30, 2024.

ACADEMIC PAPER



The study entitled “Effects of Non-Pharmacological Methods on The Pain Level Occurs Due to Heel Blood Collection: Randomized Controlled ” was prepared by Asst. Prof. Meltem ASLAN and Asst. Prof. Nuran AYDIN ATES. The randomized controlled trial was presented at the 3rd Tokat International Scientific Research Congress. The study evaluated the efficacy of non-pharmacological methods used to alleviate pain during the application of toe-cups. The abstract presents the impact of these methods on pain levels, thereby providing valuable insights for the improvement of pain management in clinical settings.



Asst. Prof. Aydın NART and Prof. Dr. Nevin KANAN's paper titled “Determination of Self-Care Power of Patients Mobilized After Open Heart Surgery” was presented at the 3rd Tokat International Scientific Research Congress. In this study, it was aimed to evaluate the self-care power of patients who underwent open heart surgery after mobilization processes. The study examined how patients developed their self-care skills during the recovery process after surgery and the effects of these skills on health outcomes. The study provided important information to contribute to the development of effective recovery strategies in healthcare services by increasing the self-care capacity of patients.

ACADEMIC PAPER



The paper titled "The Effect of Motivational Interviewing on Self-Management and HbA1c in Patients with Type 2 Diabetes," prepared by Asst. Prof. Deniz KAYA MERAL and Prof. Dr. Yasemin KUTLU, was presented at the 3rd Tokat International Scientific Research Congress. This paper emphasized the importance of a holistic approach to diabetes, a condition that impacts not only the physiological but also the psychological, economic, and social dimensions of individuals' lives. The presentation included information on how the motivational interviewing technique is used to enhance patients' self-efficacy.



Asst. Prof. Murat BAŞAL, Asst. Prof. Ömer Faruk ŞARKBAY, and Asst. Prof. Emel SARAC participated in the 3rd Tokat International Scientific Research Congress, held in Tokat from August 28-30, 2024, with their paper titled "The Relationship Between Artificial Intelligence Use in Activity-Based Costing Process and Customer Satisfaction."

ACADEMIC PAPER



The paper titled "Nursing Care in Chronic Obstructive Pulmonary Diseases" prepared by Asst. Prof. Neşe KISKACI and Asst. Prof. Mahruk RASHIDI was presented at the 3rd Tokat International Scientific Research Congress. The paper addressed the role and importance of nursing practices in the care of individuals with Chronic Obstructive Pulmonary Disease (COPD). The study examined how nursing care can be optimized in the treatment processes of COPD patients, explored effective management strategies, and evaluated methods used to improve patient outcomes. The work aimed to enhance the quality of healthcare by detailing the challenges faced by nurses in the care of COPD patients and the ways to overcome these challenges.



Res. Asst. Ebru DURUSOY participated in the 3rd Tokat International Scientific Research Congress, held in Tokat from August 28-30, 2024, with her paper titled "Investigation of the Effectiveness of Mindfulness-Based Therapies on Chronic Pain."

ACADEMIC PAPER

MUNZUR INTERNATIONAL SCIENTIFIC RESEARCH AND INNOVATION CONGRESS



Asst. Prof. Aslı KAYA, Asst. Prof. Cemile SEKER, Asst. Prof. Ahmet ERKASAP and Dr. Aslı Ercan ONBICAK participated in the MUNZUR INTERNATIONAL SCIENTIFIC RESEARCH AND INNOVATION CONGRESS held in Tunceli between 6-7 August 2024 with the paper titled “The Role of Transformational Leadership Perception and Artificial Intelligence Anxiety in the Organizational Learning Relationship of Resistance to Change in Health Employees”.



Asst. Prof. Aslı KAYA assumed the presidency and general coordinator duties at the 7th International USBİLİM Social Sciences Congress held in Paris on July 26-28, 2024. In the same congress, Asst. Prof. Cemile SEKER and Dr. Nadire KANTARCIOGLU, and presented the paper titled “The Role of Transformational Leadership and Resistance to Change in the Sustainable Performance of Employees”, and also contributed to Dr. SEKER's study titled “The Effect of Academic Organizational Gossip on Emotional Well-Being at Work”. KAYA also served as an associate editor in the proceedings book of the congress.

AI showdown: info accuracy on protein quality content in foods from ChatGPT 3.5, ChatGPT 4, bard AI and bing chat

British Food Journal

3335

Hatice Merve Bayram and Arda Ozturkcan

Department of Nutrition and Dietetics, Istanbul Gelisim University, Istanbul, Turkey

Received 10 February 2024
Revised 11 April 2024
Accepted 8 June 2024

Abstract

Purpose – This study aims to assess the effectiveness of different AI models in accurately aggregating information about the protein quality (PQ) content of food items using four artificial intelligence (AI) models – ChatGPT 3.5, ChatGPT 4, Bard AI and Bing Chat.

Design/methodology/approach – A total of 22 food items, curated from the Food and Agriculture Organisation (FAO) of the United Nations (UN) report, were input into each model. These items were characterised by their PQ content according to the Digestible Indispensable Amino Acid Score (DIAAS).

Findings – Bing Chat was the most accurate AI assistant with a mean accuracy rate of 63.6% for all analyses, followed by ChatGPT 4 with 60.6%, ChatGPT 4 (Cohen's kappa: 0.718, $p < 0.001$) and ChatGPT 3.5 (Cohen's kappa: 0.636, $p < 0.002$) showed substantial agreement between baseline and 2nd analysis, whereas they showed a moderate agreement between baseline and 3rd analysis (Cohen's kappa: 0.538, $p < 0.011$ for ChatGPT 4 and Cohen's kappa: 0.455, $p < 0.030$ for ChatGPT 3.5).

Originality/value – This study provides an initial insight into how emerging AI models assess and classify nutrient content pertinent to nutritional knowledge. Further research into the real-world implementation of AI for nutritional advice is essential as the technology develops.

Keywords Sustainable diet, Sustainability, Artificial intelligence, AI models, Food assessment, ChatGPT, Bard AI, Bing chat

Asst. Prof. H. Merve BAYRAM, and Prof. Dr. Arda OZTURKCAN published with the name “AI showdown: info accuracy on protein quality content in foods from ChatGPT 3.5, ChatGPT 4, bard AI and bing chat” in British Food Journal, which is indexed in Q1.

This study aims to evaluate the effectiveness of different artificial intelligence (AI) models in accurately classifying the protein quality (PQ) content of food items. Using 22 food items from the Food and Agriculture Organisation (FAO) report, the study examined the performance of ChatGPT 3.5, ChatGPT 4, Bard AI, and Bing Chat models. The findings reveal that Bing Chat achieved the highest accuracy rate (63.6%), followed by ChatGPT 4 at 60.6%. Additionally, the analysis showed significant consistency between ChatGPT 4 and ChatGPT 3.5 models, particularly in terms of Cohen's kappa values. This study provides an initial perspective on how AI models perform in evaluating nutrient content crucial for nutritional knowledge.

Article Link

<https://www.emerald.com/insight/content/doi/10.1108/BFJ-02-2024-0158/full/html>

ORIGINAL PAPER



Effect of drying methods on free and bound phenolic compounds, antioxidant capacities, and bioaccessibility of Cornelian cherry

Hatice Merve Bayram¹ · Kubra Ozkan² · Arda Ozturkcan¹ · Osman Sagdic² · Esra Gunes² · Ayse Karadag²

Received: 6 March 2024 / Revised: 5 April 2024 / Accepted: 6 April 2024 / Published online: 24 April 2024
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Abstract

Cornus mas L. (Cornelian cherry, CM) fruits were dehydrated by solar-drying (SD) and freeze-drying (FD), and in addition to sugar and mineral contents, the free and insoluble-bound phenolics were determined in fresh and dried fruits. After subjecting the sample to simulated in vitro digestion, the change of free and bound phenolics at gastric and intestinal digestion steps was evaluated in fresh and dried CM fruits. In fresh CM fruits, the total phenolic content (TPC) was dominated by the bound fraction, whereas the contribution of free phenolics to the total content (free+bound) became more dominant (731–1439 mg GAE/100 g dw) in the dried fruits. The bioaccessibility (BI%) of TPC from fresh CM after digestion was 193%, whereas it was 18.60 and 48.02% for SD and FD fruits, respectively. The contribution free fraction to the total TPC value was around 28% in nondigested fresh samples and increased to 94% in digested samples; however, in dried samples, it was 64% prior to digestion and only increased to 70% in digested samples. A total of 17 phenolic compounds were identified in CM fruits: chlorogenic acid, caffeic acid, epicatechin, quercetin, cyanidin-3-O-glucoside, and pelargonidin 3-O-glucoside were only detected in the free fraction; gallic acid, vanillic acid, ferulic acid, and kaempferol were detected in higher amounts in the bound fraction. The quantity of detected phenolics in the nondigested sample generally decreased from the gastric to the intestinal stage of digestion. The release of phenolics from the fruit matrix and their degradation during digestion were

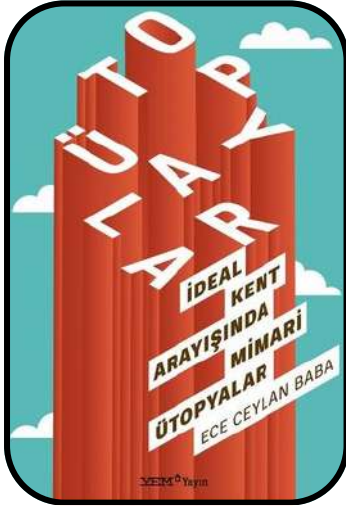
Asst. Prof. H. Merve BAYRAM, and Prof. Dr. Arda OZTURKCAN published with the name “Effect of drying methods on free and bound phenolic compounds, antioxidant capacities, and bioaccessibility of Cornelian cherry” in European Food Research and Technology, which is indexed in Q1.

The aim of this study is to determine the amounts of free and bound phenolic compounds present in fresh and dried *Cornus mas* L. (Cornelian cherry) fruits and to examine how these compounds change during the digestion process. The study evaluates how the total phenolic content is affected by drying methods such as solar and freeze-drying, the bioaccessibility of this content during digestion, and the release of phenolic compounds at different stages of digestion. The findings indicate that in fresh fruits, the total phenolic content is largely derived from the bound fraction, whereas in dried fruits, free phenolics become more dominant. The bioaccessibility of phenolic compounds after digestion was found to be higher in fresh fruits, while it remained at lower levels in dried fruits. The results suggest that the release of phenolic compounds from the fruit matrix and their degradation during digestion may vary depending on whether the fruit is fresh or dried. This study sheds light on potential strategies for enhancing the bioaccessibility of phenolic compounds, contributing to the development of innovative approaches in functional food production and nutrition.

Article Link

<https://link.springer.com/article/10.1007/s00217-024-04552-6>

ARTICLE



Asst. Prof. Emrah TÜNCER in the Department of Social Work at the Faculty of Health Sciences, İstanbul Gelişim University (IGU), reviewed Ece Ceylan Baba's book titled "Architectural Utopias in the Search for the Ideal City" in the journal 'Planlama,' which is indexed in the ESCI and TR directories.

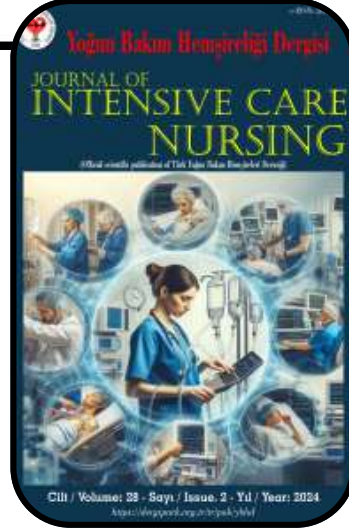
In his article, TÜNCER made the following remarks about the book.

In summary, the book "Architectural Utopias in the Search for the Ideal City" can be described as a comprehensive study that addresses the historical development of the concept of the ideal city in the fields of architecture and urban planning, as well as the evolution of architectural utopias. It explores the journey of creating an ideal living space from antiquity to the present, examining utopias from different periods and evaluating the urban designs that emerged during this process. Furthermore, the author demonstrates that utopia is not merely an abstract concept but is realized in concrete spaces, often taking the form of a city. The book emphasizes that while utopias consist of structures with progressive, egalitarian, hopeful, and perfect design claims, they are also imbued with an authoritarian and totalitarian attitude, reflecting an absolutist understanding.

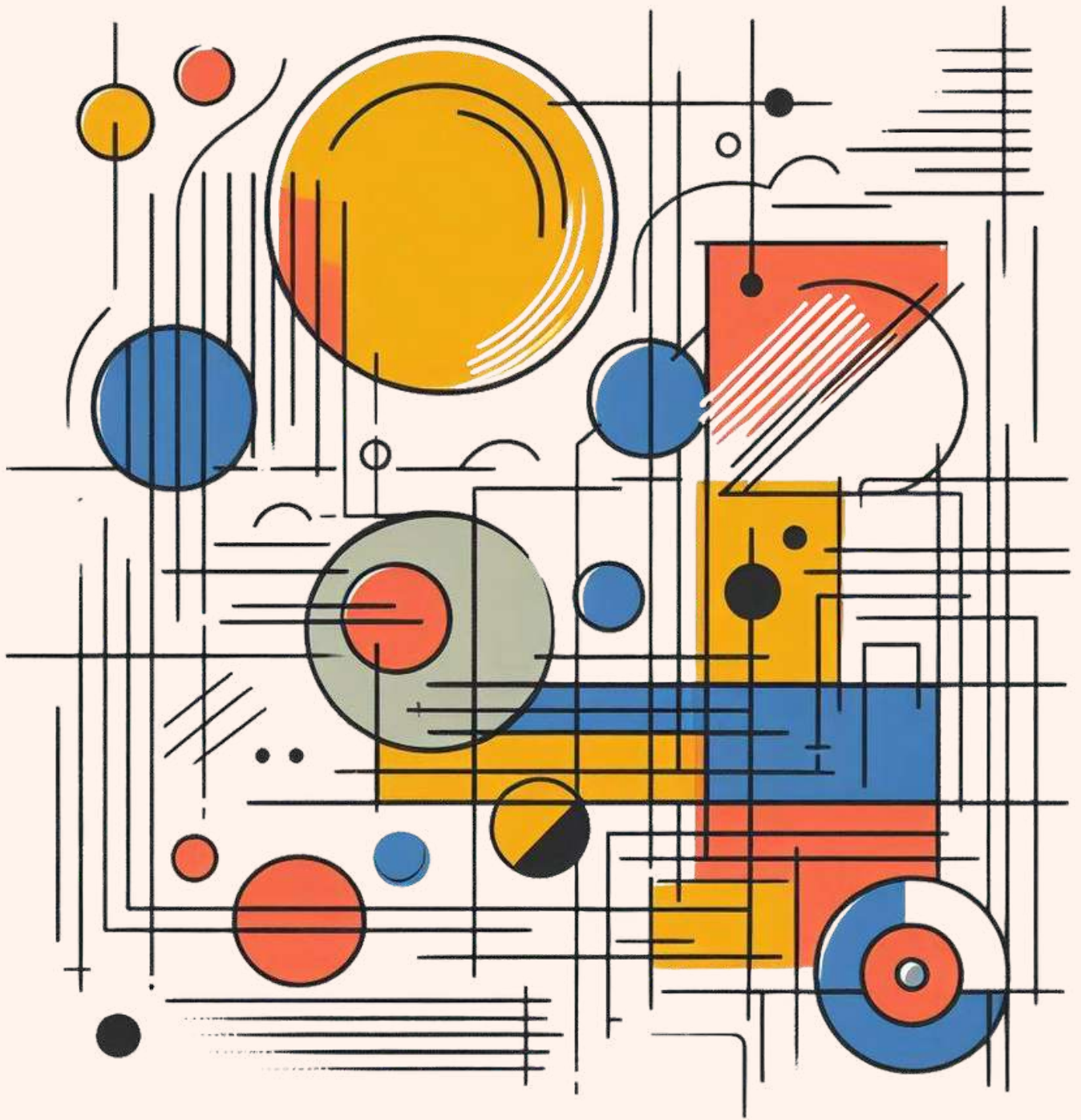
Article Link

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ARTICLE



The project titled “Determination of the Relationship Between Organ Donation Knowledge Levels and Attitudes Towards Organ Donation Among Health Sciences Faculty Students”; conducted by our Faculty of Nursing students Ayşe Emel KARACAN, Ece VELETLİ, Fatma BAHADIRLI, Shayan VASSIGHI, and supervised by Asst. Prof. Dr. Neşe KISKACI, a faculty member of the Nursing Department, was accepted under “2209-A University Students Research Projects Support Program” by the TÜBİTAK Scientist Support Programs Department (BİDEB). After a long period of dedicated work, this project was completed and published in the Journal of Intensive Care Nursing, indexed in international databases. The study emphasized the importance of enhancing the knowledge levels and attitudes of healthcare professionals, particularly health sciences students, to increase awareness of organ donation in society. Integrating organ transplantation and donation topics into the educational curriculum and promoting these topics through social media would significantly contribute to cultivating healthy individuals and supporting quality of life, in line with the United Nations Sustainable Development Goals.



CULTURE ART
LITERATURE

WHO IS
WHO

Prepared by;
Res. Asst.
Semanur OKTAY

A Life Approaching a Century, To The Full Adventure Halet Çambel



*“In archaeology, they always look underground. There is also something above ground. Archaeologists usually do not see the surface of the soil. **Halet learned and loved the surface of the soil as much as she could. She also taught those who wanted to learn, how to understand and love the world.**”*

-Yaşar KEMAL

“Happiness is not found in the pursuit of personal gain, but true happiness is achieved by being useful to society.”

Halet ÇAMBEL



Halet was born on August 27, 1916 in Berlin, the third child of the Çambel family. Halet's family was one of the important families living in the Ottoman Empire. Her grandfather was İbrahim Hakkı Pasha, who served in various ministries and embassies in the Ottoman Empire and was a grand vizier, and her father was Hasan Cemil, who graduated from the Prussian Military Academy and served as a member of parliament for many years during the republican period, was one of the founders of the Turkish Historical Society and a close friend of Atatürk. Her mother, Remziye Hanım, spoke four languages, adopted Mustafa Kemal's ideas and was an advocate of women's rights and liberation.

Halet, who lived with her family in various European countries until the age of eight, started her education in Germany. When the family returned to Turkey a few years later, Halet continued her education at Arnavutköy American Girls' College, and she was advancing step by step on the path to becoming one of the daughters of the Republic.

Halet was a weak and sick child during her primary school years. In her own words, *“a war child who always looked like she was going to die.”* After finishing secondary school half sick and half healthy, she continued her high school education at the same college. But this illness would open completely different doors for her. In fact, the sport she turned to for her health would make Halet's name go down in history as **“one of the first two Turkish female athletes”** to participate in the Olympics.

While Halet was in high school, she had the opportunity to visit the historical and archaeological sites of Istanbul during school trips. Due to her health problems, she was interested in sports such as swimming, archery, rowing, cycling, horseback riding and fencing. All of these fed Halet Çambel's interest in archaeology and sports. In addition, she would learn at the American Girls' College that education was possible not by memorization but by teaching how to access information, and she would later teach this to her own students.



After successfully completing her high school education, she started to study Archeology at Paris Sorbonne University with a scholarship from the French government. She learned Hittite and Old Hebrew. She took lessons from world-famous teachers in their fields. During this period, while continuing her university education, she also continued to be interested in fencing and equestrian sports. She completed her undergraduate education in 1938 and started her doctoral studies at the Sorbonne, but her education was left unfinished with the start of the Second World War. Returning to Turkey, Halet became the assistant of Prof. Bossert at the Faculty of Letters at Istanbul University and married Nail Çakırhan.

Since 1939, she lived most of her life in the mountains and villages of Anatolia, in conditions that were completely opposite to the comfort she was familiar with from her childhood, but she remained devoted to the lifestyle to which she devoted herself without any complaints. During her studies, she found Karatepe-Aslantaş with her teacher Bossert. Karatepe turned into one of the most famous excavations in our archaeological history in time, and many artifacts belonging to the Hittites were found here. Çambel not only found the artifacts, but also protected them by saying, *"We cannot leave the artifacts we unearth open to the destruction of nature."* Karatepe also became the first open-air museum of its kind in Turkey. Because those artifacts *"should not be exhibited in a museum, but in their natural environment"*.

In 1960, Halet Çambel received the title of professor. However, the revolution that left deep marks on Turkish political history would also have inevitable consequences for Halet Çambel. Çambel was one of the 147 academic staff dismissed from the university by the revolution. This was a small hitch on the path she set out on with the idea of **"continuing Atatürk, completing what he started"**. Halet was never one of those who gave up throughout her life: *"They are not going to kick me out of my country, keep working. We are the founding generation of the Republic, we grew up with Atatürkist thought. We will sacrifice ourselves, we will not step aside,"* she said and continued her work in Karatepe.

In addition to taking part in the Olympics and carrying out important studies in the field of archaeology, Prof. Dr. Halet Çambel was also an exemplary educator. She would take the podium and first tell her students the difference between school and university. *"This is not a school but a university, you all know how to read and write and you came here to learn. Information changes constantly, so I will not be the one to give you information through lectures. Information is not given to you to be memorized at university, it is explained how to learn information yourself, how to use information and what information means, do not expect me to teach you a lesson."*

She met with her students one by one and took the time to get to know each of them in order to understand the areas in which they could be successful in the lessons and to guide them in the right direction. professor Prof. Dr. Halet Çambel was an idealist. For everything she did throughout her life, she was conscious of *"duty"* rather than *"work"*, and she was paying her *"debt to society"*.

Prof. Dr. Halet Çambel has achieved many successes throughout her life. She completed the cycling tour of France. In addition to the 6 languages she knows as her mother tongue, she learned Norwegian in a month before going to Norway for the congress. She established a school mobilization committee for the education of village children. She established the *"Prehistory Chair"*. She was elected as an honorary member of the Turkish Academy of Sciences. She received the Adelaide Ristori Award, the Prince Claus Award, and the Grand Prize for Culture and Arts... Most importantly, she protected the values of our country with the projects she courageously initiated and introduced them to the whole world.

Prof. Dr. Halet Çambel, who passed away in her home in Arnavutköy on January 12, 2014, was a good athlete, archaeologist, environmentalist, ethnographer, teacher and most importantly, a ***"good person"*** throughout her life.

Yaşar Kemal says, *"It is difficult to explain Halet Çambel"* and adds: *"It takes time to understand her deeply."* Halet Çambel's life was a to the full adventure that lasted nearly a century. Even though it is difficult to describe, we should try. We should describe it and not allow the women of the Republic who worked selflessly for their country to be forgotten...



BOOK RECOMMENDATION

THE BOY, THE MOLE, THE FOX, AND THE HORSE

- CHARLIE MACKESY

The Boy, the Mole, the Fox, and the Horse by Charlie Mackesy is both written and illustrated by the author. The Turkish translation, by Tankurt Baler, was published in 2021. While the book may appear to be a children's book at first glance, it is in fact a work that resonates with readers of all ages. It explores universal themes such as friendship, love, courage, and the meaning of being human, guiding readers of all ages on a thought-provoking journey that offers different insights to each individual. The illustrations, which enhance the book's messages and create emotional depth, are as significant as the text itself. These visuals, reflecting the characters' emotions and inner worlds, contribute to the warmth and sincerity of the book.



On the first page of the book, readers are greeted by the notes "Lively and in strict time (munter und straff)," which are from Johann Sebastian Bach's piece Badinerie. As the book takes readers on a journey filled with both joyful and contemplative moments, this musical reference deepens the emotional and aesthetic experience. Thus, the book is enriched not only through text and illustrations but also by a musical rhythm. The notes create an atmosphere that aligns with the book's theme and mood. The phrase "Lively and in strict time" sets a specific tone for the reader as they begin the book.

The lively and cheerful nature of the music supports the positive messages and hopeful moments within the book, while the emphasis on "strict time" reminds the reader of life's seriousness and the need for certain structures. This musical direction creates a lively, energetic yet orderly, and controlled atmosphere that reflects the general tone of the characters and the story in the book. The story of the child, the mole, the fox, and the horse also mirrors cycles filled with moments that are sometimes calm and sometimes dynamic—much like life itself. Doesn't life, too, at times proceed at a fast and intense pace, while at other times follow a more regular and controlled rhythm? As the book addresses the challenges and beauties of life, the use of such a musical reference allows for a deeper connection to be made with both the text and the illustrations.

The child, one of the characters in the book, represents an innocent and curious spirit eager to explore the world. Through this character, the desire to learn and discover, one of the most fundamental aspects of human nature, is addressed. The child is a character who constantly questions and seeks to understand life, striving to make sense of his own existence and identity. The questions posed by the child prompt readers to reflect on themselves and encourage them to engage in deeper thought.

In contrast to the child character, the Mole, characterized by his love for cake, is a character who enjoys the present moment and finds happiness in small pleasures. Despite being physically weak, the Mole stands out in the book for his courage and sincerity. Through this character, the reader is shown that vulnerability is not a weakness, but rather a strength.

The Fox is a quiet and distant character. His silence reflects his inner conflicts and perhaps the pain he has experienced in the past. Unlike the Mole, who enjoys the present, the Fox is a character who is stuck in the past and misses the moment. Over time, the process of this quiet, distant character becoming a part of the group, facilitated by the love and trust built by the other members, is depicted.

The Horse is the wise character of the group. His calm demeanor and broad perspective represent age and life experience. His words convey important life lessons, such as acceptance, self-love, and showing compassion to others. The Horse is portrayed as a physically strong and graceful being. The book emphasizes that this strength comes not with arrogance, but with humility and wisdom.



The book highlights the power of friendship and love through these four distinct characters. The coming together of these diverse personalities demonstrates how they complement each other, with each character's strengths and weaknesses balancing the others. This illustrates the importance of mutual support among individuals. As the book shows the characters' journey of learning to make peace with themselves and each other, it reminds the reader of the importance of love.

accepting oneself and others as they are, living in the moment, finding joy in small things, and facing life's challenges. Additionally, the book emphasizes the significance of empathy and understanding the emotions of others. The characters' acts of compassion and support during difficult times underscore the message conveyed by the book's statement: "Asking for help isn't giving up; it's refusing to give up," offering the reader a different perspective.

Res. Asst. Hatice Zela BİNGÖL
Department of Child Development





OUR GUEST OF THIS MONTH

Lect. PhD Eda Merve KURTULUŞ



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 the lecturer or staff for each subject.

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?

To live on an island together we must agree on terms. But what if we are lost in translations or exchanging words? So the first rule I would make would be "a rule to have consensus".

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

Sanger's DNA sequencing

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

If nothing bad happens to me, definitely Bing-Bang-0 point

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

I wish I had written and named the book "The Tipping Point".

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

Even though I am sure no one will watch it, If it was through POV recording, maybe Gillian Anderson would be nice as a voice actor.

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

Down to earth, realistic, neat, sarcastic and fun

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

To know everything and the future

8-Who is your hero?

MacGyver

9-Who is your favorite author?

Ursula K. Le Guin

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

Wasted years

“HEY ONBESLI” FOLK SONG

An excerpt from the opening speech at the International Tokat 3rd Scientific Research Congress, August 28-30, 2024.

Asst. Prof. A. Yüksel BARUT

During the days when horse-drawn carriages clattered over the cobblestone streets, and Tokat was nestled within the mountains, with its roses in a glass, Hediye was the joy of a wooden house facing the castle. She wore a three-layered skirt embroidered with gold thread, her head adorned with a Tokat-style scarf, its edges trimmed with pink lace. Graceful as a young sapling, she was as petite and elegant as a rose tree, a charming and modest young girl.

In the months when the grapes of Kınalı Kazova were harvested and turned into molasses, Hüseyin, the son of a respected family in the village of Tahtaoba, caught sight of her. They met in secret, and the hearts of the two young souls warmed to each other. Not long after, suitors from Tahtaoba came to Hediye's home. They asked for Hediye's hand in marriage for Hüseyin, the only son of the village elder. "She is still so young," said her mother, "She hasn't yet eaten her fill of her father's bread." The boy's family replied, "Our son is also still growing... Let's pledge them to each other, make a promise, and wait. Our rosy-cheeked Hediye will be our bride by summer."

Like a lamb that grows up quickly, it is considered good fortune for a young girl to swiftly leave the nest, like a bird taking flight. Especially when her suitor is from the noble families of Tahtaoba, and she is destined to become a bride in a prosperous household, bringing honor to her parents' name. "It's settled," said the elders. This spring, they would henna Hediye's delicate hands. Since it was a good match, they hastened the process, believing that in matters of good fortune, it's best to act quickly. They gave Hediye to Hüseyin, whose mustache had just begun to sprout. They drank sherbet and sealed the promise. The lord of Tahtaoba sacrificed rams in celebration. Hüseyin bought a dress-length fabric of purple velvet for Hediye, costing seventeen kuruş. They wrapped the young girl in a silk shawl, adorned her neck with silver amulets, and placed Hamidiye coins on her forehead. The women danced, tapping the backs of copper trays in rhythm.

Before winter passed, jars of preserved leaves were filled. Plum pastes, tarhanas, dried vegetables, bulgur, setiks, and cracked wheat were all prepared. At the start of spring, madımak herbs, gathered and dried during the summer, were bundled up. Before the November rains could swell the Yeşilirmak River, the doors of the weathered wooden houses were closed tightly.



Hediye, now treated as a guest in her father's home, was caught up in the rush of preparing her trousseau. Sitting on the divan by the latticed window, she watched everyone passing by, hoping each time it might be Hüseyin. With her small, pale fingers, she embroidered red and black scarves with colorful, floral lace. The news broke just as the quinces were being harvested. The mobilization, which had already claimed countless young men from their hearths, was once again calling for the youth from every corner of the country. This time, they wanted the young men who had just turned eighteen. News spread rapidly from city to city, village to village. In Tokat, nestled against the rocks, the town trembled at this news. Those born in 1315 (1899) were to gather at the barracks.

Sturdy Türkmen lads rose and came, and groups of five or ten spirited Black Sea youth flocked in from the surrounding villages. Some were sent to Çanakkale, others to Palestine, and some to Yemen. Tearful, prayerful mothers and patient sweethearts were left behind. As they poured a pitcher of water behind the young men departing, they wiped the tears streaming down their cheeks with the rose-patterned lace on the edge of their scarves. The heartbroken sweethearts left behind turned the fire in their hearts into songs. They sang with tears in their eyes as they bade farewell to the brave eighteen-year-olds.

Hey, fifteen-year-olds, fifteen-year-olds,
The roads of Tokat are rough and stony,
The fifteen-year-olds are marching away,
Leaving the girls with tear-filled eyes.

Among the young men called to the regiment from Tahtaoba Village was Bey Hüseyin. He spurred his red horse and left his village, riding alongside his peers. First, he stopped by the small house in Tokat's Örtmeliönü, its doors darkened by age. He knocked on the door and kissed the hands of his fiancée's parents. With a quick glance, he caught sight of Hediye, whose face turned red with shyness. "It's time to pay the debt to the homeland. Stay safe. Pray for your children. If I return, I will keep my promise. I'll have double drums played and hold a grand celebration," he told them. Then, he asked for their blessing and left Hediye's home. As he rode away, he turned his head repeatedly to look back.

I'm leaving, but I can't really go,
I can't bear to leave you,
My beloved is so very young,
I just can't leave her behind.



When he returned eight years later, Hediye had endured much.

"Mother, how is my Hediye?"

His mother avoided his eyes and shook her head from side to side.

"Don't ask about Hediye, my son. Could a girl stay waiting for so long? They took her from the nest; a predatory bird snatched her away."

Everyone had something to say to Hüseyin.

Hüseyin had never been so devastated, not even when he faced bullets that could take his life. As the saying goes, "Trouble comes to every man," but this was something beyond that. It was as if his limbs had been cut off, as if he was burning from being struck by lightning. He could no longer hear the words of the men standing before him. The voice of his beloved, whom he had kept in his heart for eight long years, for whom he had silently yearned, echoed in his ears. He remembered her as a shadow in the window when he came to say goodbye. The image of his friends, shattered by shellfire on the front, flashed before his eyes. Even in the midst of that chaos, he hadn't wished for death, but now, with just this piece of news, he felt worse than if he had died.

"Ah, I wish I had never returned home. I wish one of those bullets whizzing over my head had pierced my heart. I wish I had been among my friends, buried alive in the sands," he groaned. The joy of returning home now seemed like utter folly to him. He turned his back on the man he was speaking to. The brave man, whom even the enemies of seven nations couldn't break, returned to his village with slumped shoulders, utterly defeated.

My big-hearted love, your name is Hediye
I wandered far, now you wander back to me
I bought you a dress, measured to seventeen
Was the gift I sent not enough for thee?

With their blessed hands, the basil-scented Türkmen women, making gözleme with curd on a hot griddle, hum a tune that those who hear it might think is the song of a happy girl. But it is unknown to them that the song tells the sorrow of the children of Anatolia, who have been cut down like sheaves in the wind across the seven corners of the world. Not too long ago, a young woman in a red dress, with teardrops falling from her hazel eyes, would wipe them away with the back of her hand that had never known henna, and sing this song. Like rivers, her tears would flow as she sang. She, too, disappeared along with the dark-hearted heroes that Tokat lost. Now, she is as much a mystery as the forty maidens lying on Hac Mountain.

Whether Hüseyin ever saw his beloved's face again after returning from the front, we do not know. Or perhaps, it's best not to speak of what we do know. What is certain is that the silk-shrouded, sapling-like girls of Tokat turned their dark fate into song. History did not record the pain of the heartbroken girls left behind by the young men who went to war. No monuments were erected to keep their memory alive. Each of those lovelorn young men lived, grew old, and left this world, but the collective memory of the people kept alive the memory of those wilted roses from those days of catastrophe. From that time to this, when someone falls for a beauty from Tokat, they say:

Tokat is nestled in the mountains,
Its rose within a glass,
Those who love someone from Tokat,
Carry their heart in soft sorrow.

Yöre : Tokat

Kaynak Kişi :
Mustafa Yolcu

Süresi : ♩ : 68

HEY ONBEŞLİ

Derleyen
Muzaffer Sarısözen

Kayıt Tarihi
28 06 1943

Notaya Alan
Neddet KURT

8

hey on beş li on beş li to kat yol la rı taş lı

on beş li ler ge di yor kız la rın gö zü yaş lı

as lan ya..... rın kız se rin a dın he di ye

ben do lan dım sen de do lan ge di ğe

fis tan al dım en da zec si on ye di ye a ma na nam

az rın gel di gön der di ğim he di ye



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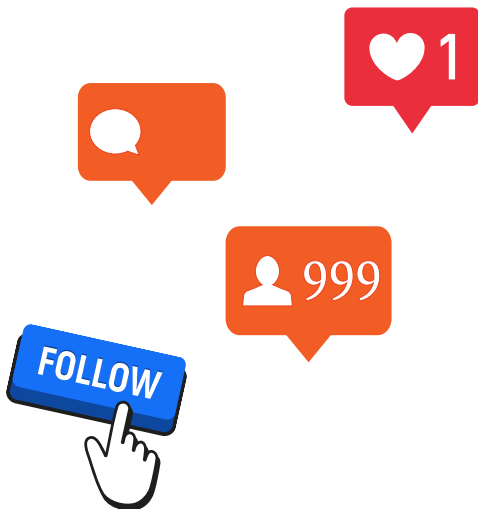
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AUGUST

HAPPY
VICTORY DAY

To the left, at a distance stands Corporal Ali,
His face and eyes smeared in blood.
A cavalry platoon passes by, in full gallop.
[... and Ali] hears this song:

“Galloping, full speed, from Far Asia
and jutting out into the Mediterranean like a mare’s head
this country is ours.
Wrists smeared in blood, clenched teeth, barefoot
the soil that spreads like a silk rug,
this hell, this heaven is ours.

Close all doors to intruders, never open them again,
stop man’s servitude to man,
this call is ours...

To live, like a tree, alone and free
and in brotherhood like a forest,
this yearning is ours...

Nazım Hikmet RAN



Faculty of Health Sciences

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