



ISTANBUL
GELISIM
UNIVERSITY

WEEKLY PRESS RELEASE

AUGUST 31 - SEPTEMBER 4, 2020

VOLUME 4 / ISSUE 29



www.gelisim.edu.tr

AGENDA OF PERSONNEL

Asst. Prof. Dr. Yalçın PAMUK has been assigned as Acting Head of the Department of Aviation Management (Turkish) at the Dean's Office of the Faculty of Economics, Administrative and Social Sciences on September 03, 2020.

The Impact Rankings 2020



NEWS

Educational book for Turkish cuisine lovers: 120 flavors will be provided

AUGUST 31 2020



Approximately 120 kinds of dishes reflecting the flavors of Turkish cuisine will be included in the Turkish Cuisine Culture book with their history, recipes and nutritional values. The book, which will meet with its enthusiasts in about 3 months, is expected to be a good source for high school and university students who are just starting their education.

Many classical dishes of Turkish cuisine such as lentil soup, stuffed meatballs, meatballs, kebab, pilaf will be selected by Istanbul Gelisim University lecturers and made into a book. 120 kinds of dishes, along with their recipes, history and nutritional values, will be included in the book. Stating that they are continuing to work to be a guide book, Asst. Prof. Dr. Serdar Çöp, the secretary general of the university, said: "In the context of Turkish culture, we will try to explain the structure of food from past to present. We see that modern cuisine has been shaped since the Ottoman period. Prehistoric times are among the factors that affect Turkish cuisine. With the book, we plan to contribute to the industrialization of Turkish cuisine."

You can visit www.gelisim.edu.tr to see the detailed news.

Occupancy rates of health departments increased**AUGUST 31 2020**

Following the announcement of the results of the 2020 Higher Education Institutions Exam (YKS) placement, Istanbul Gelisim University announced that they reached 91.40 percent occupancy rate in health departments. Vice Director of the School of Health Sciences Assoc. Prof. Dr. S. Arda Öztürkcan said: "Despite the difficult process experienced due to the pandemic that our country and the world are in, we managed to increase the number of 618 students to 723 students in 2019, the occupancy rate from 81.32 percent to 91.40 percent, we are quite happy for this."

By sorting the sections that reach 100 percent occupancy rates, Istanbul Gelisim University Vice Director of the School of Health Sciences Assoc. Prof.

Dr. S. Arda Öztürkcan stated: "We have reached a 100 percent occupancy rate for our Nutrition and Dietetics (Turkish-English), Physiotherapy and Rehabilitation (Turkish-English), Nursing (Turkish-English), Child Development, Perfusion, Audiology, Language and Speech Therapy departments. Our Departments of Child Development in English, Social Work, Occupational Therapy and Health Management are also highly preferred. Thanks to the Double Major Program that Istanbul Gelisim University offers to its students free of charge, the full occupancy rate in these departments will be reached in a short time."

You can visit www.gelisim.edu.tr to see the detailed news.

Pay attention to consultants to be experts**September 1 2020**

Stating that family counseling is based on gathering the members of the family and trying to solve the problems they share together, Expert Clinical Psychologist Dr. Kahraman Güler said: "Since family problems are important, pay attention to the fact that the person and institution from whom you will receive family counseling are experts in this field."

"PAY ATTENTION TO CERTIFICATES"

Specialist Clinical Psychologist Dr. Kahraman Güler, who listed the requirements for being a family counselor, said: "They must graduate with a bachelor's degree from the departments of psychology, sociology, social work, psychological counseling and guidance, nursing, medicine and child development, four-year education is provided. It is useful to pay attention to the master's degree on the subject or to have documents as a result of special trainings in family counseling."

You can visit www.gelisim.edu.tr to see the detailed news.

Coronavirus warning to those who are overweight

September 4

2020



Drawing attention to the danger of obesity in coronavirus, Assoc. Prof. Dr. Haluk Saçaklı said: "People need more oxygen because they are fat. This means that organ systems are subjected to greater stress. This can be a serious problem with infections such as coronavirus."

Assoc. Prof. Dr. Haluk Saçaklı drew attention to the danger of obesity in coronavirus and made recommendations about balanced nutrition and conscious exercise to protect against coronavirus. Stating that overweight people have lower lung capacity, Assoc. Prof. Dr. Haluk Saçaklı said: "This situation makes it more difficult to provide oxygen to the blood and body. Because people are fat, they need more oxygen, which means that their organ

systems are exposed to greater pressure. This can be a serious problem with infections such as coronavirus. The body eventually becomes tired due to the inadequate oxygen supply to the organs. In obese people, the body's defense systems against the virus are weaker than those of ideal weight."

You can visit www.gelisim.edu.tr to see the detailed news.

International accreditation to 62 programs at our university

September 4

2020



Istanbul Gelisim University (IGU) announced that the number of international accreditations increased to 62 with the accreditation of Department of Graphic Design and the Department of Communication and Design at the Faculty of Fine Arts as a result of the evaluations of international independent accreditation organizations.

Speaking of the number of international accreditation, Istanbul Gelisim University the Faculty of Fine Arts Vice Dean Asst. Prof. Dr. Murat Doğan said: "From the moment the accreditation studies started, many departments at Istanbul Gelisim University have been awarded the international accreditation certificate. The Departments of Communication and Design and Graphic Design at the Faculty of Fine Arts, which started in 2017, have also been found

eligible to be accredited by AQAS, a member of the European Quality Assurance Association.

You can visit www.gelisim.edu.tr to see the detailed news.

90 percent domestic products are used in menu planning

September 4

2020



Research was conducted on the use of local products in hotels and restaurants within the scope of the sustainable food movement. Within the scope of the research conducted in international chain hotels and restaurants in Istanbul, it was revealed that 90 percent of chefs use local products.

In the hotels and restaurants within the service sector, high rates of food consumption are made in parallel with the population increase in the world. This sector, which provides its raw materials from nature, can prevent the famine problem that future generations may encounter by making the increasing food consumption sustainable. In the survey conducted in chain

hotels and restaurants to determine the rate of local product use, the authorities were asked what the factors are considered in purchasing local products. Elif Zeynep Özer from Istanbul Gelisim University Gastronomy Department and Levent Demirçakmak, President of the Culinary School Alumni Association, shared the details.

You can visit www.gelisim.edu.tr to see the detailed news.

IGUZEB

Istanbul Gelisim University Distance Education



Due to COVID-19, distance education process has started in universities in accordance with the decision taken by the **Council of Higher Education (YÖK)**. Istanbul Gelisim University **Distance Education Unit (IGUZEB)**, which has been operating since 2016, works at full capacity in order to continue the educational life of students efficiently in this process, with its technical infrastructure and experience.

IGUZEB has made that its vision to increase the knowledge and experience of our faculty members to the level of **international e-learning standards** with the use of distance education technologies aiming the life-long and unlimited learning awareness of distance education as student-centered, independent of time and place. In this context, it continues to work on digital content development with technologies based on e-learning, by providing the necessary technical support to existing **associate, undergraduate and graduate programs** carried out within our university.

In this challenging process that our country and the world live, our students can follow their lessons with the distance education system and access **the course content such as video, notes, test** prepared by our faculty members with the support of digital infrastructure. They can view their homework and deliver their homework to their lecturers through the same system.

The system provides the opportunity to attend live classes and communicate simultaneously with their lecturers, and then watch the course video again. Our students can enter the exams of the courses they are responsible for online. In the exam system, **questions and time have been meticulously prepared** in accordance with this infrastructure. All these materials are accessed through a computer, tablet or mobile device with internet connection. If our students have any questions about the process, after they send support requests, our personnel will help them.

As IGUZEB, we work to provide the most efficient education by using of all the possibilities of **digital technology** in order to avoid interruption of education.



[f](#) [ig](#) [gelisimedu](#) @igugelisim

www.gelisim.edu.tr



THINGS TO KNOW



ABOUT NEW CORONAVIRUS



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

What are the new coronavirus symptoms?

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

How is the virus transmitted?

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

What to do to be protected from the virus?

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

What to do if there are symptoms?

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





PROTECTION AGAINST VIRUS IS IN OUR HANDS



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



CLOSE CONTACT SHOULD AVOID LIKE HANDSHAKE AND HUGGING.



IT SHOULD BE STAYED AWAY FROM CROWDED ENVIRONMENTS.



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



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



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



