

SBF MISSION, VISION AND IGU CORE VALUES

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VISION

To be the best Faculty of Health Sciences in our country.

MISSION

To educate health professionals at a contemporary level in the light of current innovations in line with the Core Values of our University within the understanding of social responsibility.

IGU CORE VALUES

- 1- Commitment to Ataturk's Principles and the Basic Values of the Republic
- 2- Scientific Autonomy and Approach
- 3- Quality
- 4- Participatory Governance and Transparency
- 5- Continuous Improvement and Innovation
- 6- Human, Environment and Social Responsibility Awareness
- 7- Freedom of Thought and Expression
- 8- Institutional Culture
- 9- Encouraging Entrepreneurship, Team Spirit and Interdisciplinary Studies
- 10- Respect and Commitment to Universal Ethical Values
- 11- Environmentalism
- 12- Participation
- 13- Promoting Human Rights, Respecting Diversity and Being Sensitive to Equal Opportunity



14 MART 1919 İLK TIP BAYRAMI KUTLAMASI

14TH MARCH MEDICINE DAY

Assist Prof. Dr. A. Yüksel BARUT*

The place was Şehzadebaşı Tulumbacıbaşı Mansion and the day was Wednesday, March 14, 1827. Chief Physician Mustafa Behçet, 21 years old, had brought the idea of a Medical School up during the reign of III. Selim. However, III. Selim had refrained from doing it as he was afraid of the ulama due to the prohibition of dissection (anatomy). When he was 53 years old, during the reign of II. Mahmut, his dream came true and the first Cerrahane was established under the name of "Tıphane-i Amire" (The Military School of Medicine) and "Cerrahane-i Amire" (Military School of Surgery). Medicine (Tıphane-i Amire) and Surgery (Cerrahane-i Amire) educations were started to be held separately in the same building. During this period, Medical education was determined as four years as applied in Europe. The Military School of Medicine (Tıphane-i Amire) moved to Galatasaray in 1839 and the opening of the new building was made by Sultan II. Mahmut on 17 February 1839. The education was given in French under the name "Mekteb-i Tıbbiye-i Adliye-i Şahane" (Imperial Faculty of Medicine), and the name of the school started to be written as "L'Ecole Adlyée Impériale de Médecine" in diplomas. In 1843, 67 students were the first to graduate and Salih Efendi was the first medical doctor with a diploma. In 1848, four Medical doctors passed the Vienna Medical Qualification Exam. In 1849, the first Medical Journal was published under the name "Vekayi-i Tıbbiye".

Turkish education started in the "Mekteb-i Tıbbiye-i Mülkiye" (Civilian Medical School) on October 30, 1870, during the reign of Sultan Abdulaziz. First, the Military Medical School in 1903, and then, the Civilian Medical School in 1909 moved to the Haydarpaşa Medical Building, the construction of which was started in 1894 by II. Abdülhamit. When these two Medical Schools were merged, it was named "Darülfünun Faculty of Medicine" and Cemil (Topuzlu) Pasha, a Surgical Clinic Instructor, was appointed as the first Dean. Education was suspended for 6 months during the Trioli (Italo-Turkish) and Balkan wars in 1912. In 1914, when the World War I started, education was suspended again, and hard-working and successful students joined the Caucasus campaign. 765 students volunteered to join the Çanakkale campaign on November 3, 1914. On the same day, Mustafa Kemal Pasha, who returned from Adana to

Istanbul, was welcomed at Haydarpaşa Train Station. They saw the ships belonging to the occupation forces, which were located in the Bosphorus and anchored in front of the Dolmabahçe Palace and had turned their cannons into the ruling palace of the ruling state for centuries. He remembered the bloodshed and all those souls who were lost in Çanakkale to prevent these ships from coming here. He answered the sadness in the eyes of his aide Cevat Abbas and medical doctor Rasim Ferit, who were with him in the "Kartal" steamboat, in an angry and determined voice: "As they have come, so they will go". On February 3, 1919, the occupation forces commander who came to Haydarpaşa Medical Building told Dean Akil Muhtar Pasha that they would use the building for their own services and that it must be evacuated. The Spirit of Medicine, which was a pioneer in every period and did not avoid self-sacrifice in all difficulties, resisted this occupation and the demand of lowering the Turkish Flag on the building and giving the building to the occupation forces. While there were occupation forces on the lower floors, medical education continued under the Turkish flag on the upper floors. On the days when meetings were prohibited in occupied Istanbul, under the leadership of medical student Hikmet (Boran), with the support of Sırrı, Kazım, İsmail, Yusuf, Müfit, Dean Akil Muhtar Pasha, the permission from the occupation forces command has been taken - on the grounds that the day of March 14 was special. On March 14, 1919, an event was organized with the participation of Dr. Fevzi Pasha, Dr. Besim Ömer Pasha, Dr. Akil Muhtar Pasha, students, British occupation forces, and representatives. During the event, between the clock towers of Haydarpaşa Darülfünun Faculty of Medicine Building, with the organization of medical student Hikmet, the Turkish Flag, seen from all over Istanbul, was hung. This situation surprised the British. 14th March protest poverty, and bondage. It has been and will be celebrated as the day of "Medical Workers Raising the Flag of Independence Against Colonists". Happy 14th March!

*<https://gavsis.gelisim.edu.tr/aybarut/kimlik>

For the details of the news: <https://sbf.gelisim.edu.tr/en/news/14th-march-medicine-day>

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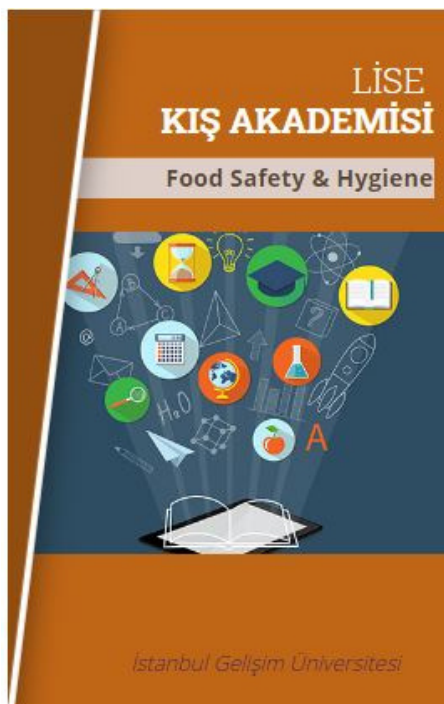
HIGH SCHOOL WINTER ACADEMY 21

AT "HIGH SCHOOL WINTER ACADEMY 2021"
THE MEMBERS OF FACULTY OF HEALTH
SCIENCE ASSIST. PROF. DR. NURTEN ELKİN
GAVE LECTURES ON "INFECTIOUS DISEASES
AND VACCINES", ASSIST. PROF. D.R BAŞAK
GÖKÇE GAVE LECTURES ON "FOOD SAFETY
AND HYGIENE".

Before starting the lesson, Elkin briefly introduced herself and then explained our university's achievements in 2020, QS EECA 2021, in terms of quality and internationalization in education to high school students. IGU which has the maximum accreditation in Turkey has accredited 63 of its departments and 13 of these accreditations belong to Istanbul Gelisim University Faculty of Health Sciences. The Child Development Department has also been accredited. The advantages of being accredited were explained briefly to the students. After that, the concepts of health, disease, and public health were explained. Elkin emphasized that the control of infectious diseases and vaccines, which were the subject of the lesson, were also very important in terms of protecting and improving public health.

Later on in the course; Elkin informed participants about preventive health measures for the individual and the environment, history of infectious diseases, infection chain, infectious agents, transmission routes and characteristics of the host, side effects of infectious diseases in society, infectious diseases, and nutritional relationship, as well as transmission of the infectious agent during the purchasing, storage and preparation stages. She gave information about radiation studies and epidemic processes, which are important in preventing many infectious diseases in infancy, basic information about vaccines, Expanded Immunization Program, and National Program. Assist. Prof. Dr. Nurten Elkin emphasized the importance of protecting our country from the pandemic that affects the whole world. She concluded the lesson by answering students' questions about both infectious diseases and vaccines.

For the details of the news: <https://sbf.gelisim.edu.tr/en/departments/child-development-327/news/infectious-diseases-and-vaccines-course-was-held-online-by-assistprofdr-nurten-elkin-at-the-high-school-winter-academy-21>



In Istanbul Gelisim University High School Winter Academy 2021, Assist. Prof. Dr. Başak Gökçe Çöl has explained the food-borne hazards and sources of contamination to high school students in the course on Food Safety and Hygiene. She mentioned especially the sources of contamination of risky foods and microorganisms to foods, types of microorganisms, suitable conditions for the development of microorganisms, food poisoning and symptoms, risky groups in terms of food poisoning and the World Health Organization's 5 Key Rules for Consumer Safe Food Supply (keep clean, separate raw and cooked, cook thoroughly, keep food at safe temperatures, and use safe water and raw materials), the importance of personal hygiene and handwashing. Çöl talked about when and how hands should be washed, and finally, the rules to be followed in grocery shopping and preparing food at home within the scope of Covid-19 and Food safety and added: "Foods are exposed to various physical, chemical and biological hazards that may harm human health in the process from the field to our table. It is everyone's responsibility to obtain safe food during the production, processing, transportation, distribution, cooking and serving and consumption of food. Although more than 200 known diseases are transmitted by food, every individual can get foodborne illness. However, some people, such as pregnant women, young children, the elderly and those with a weakened immune system, are at higher risk of developing foodborne illnesses. Although the symptoms are generally mild in foodborne poisoning and infections, they can progress seriously and cause death."

For the details of the news: <https://sbf.gelisim.edu.tr/en/departments/nutrition-and-dietetics-english-12/news/high-school-winter-academy-21>

Assist Prof. Dr. Nurten ELKİN*

SUCSESSES WITH IMMUNIZATION

The main purpose of immunization is to prevent the occurrence of vaccine-preventable diseases in society, especially in infants and children, thus avoiding deaths and disability from these diseases. In addition to health benefits, economic and social benefits should also be considered as part of the success of vaccination programs.

ADVERSE SIDE EFFECTS AFTER VACCINATION

Vaccines are medicines, just like drugs, and like all medicines, they can have some side effects. Adverse effects following vaccination can be divided in part into common mild side effects and very rare severe side effects. The occurrence of pain, swelling, and redness at the injection site can be observed with varying frequency (5 - 60%) after all vaccines. These manifestations usually resolve spontaneously within 24 to 48 hours. Fever, headache, muscle aches, and loss of appetite are systemic symptoms that may be observed after vaccinations.

VACCINE INGREDIENTS

Vaccines are very reliable biological products. They go through very strict control during production and distribution. All vaccines used in our country are licensed by internationally recognized authorities such as the World Health Organization and the FDA and are produced in accordance with GMP (Good Manufacturing Procedures) rules recommended and approved by WHO. Detailed analysis and testing are carried out for each production series by both the manufacturer and the official authorities of the country of manufacture. The purchase of vaccines and antiserum for the analysis of safety and efficacy, as well as conformity testing in the Ministry of Health Turkey Pharmaceuticals and Medical Devices of the national reference laboratory in the Institute of Control Pharmaceutical Biological and Medical Products, is carried out by experienced personnel and advanced equipment of the laboratory.

WHAT IS A VACCINE?

Biological substances developed by purifying the disease-causing properties of viruses, bacteria, etc., capable of causing disease in humans and animals, or by eliminating the effects of toxins secreted by some microbes, are called vaccines. Vaccination is given to people to protect them from diseases and their dire consequences. The body recognizes microbes or toxins that have been modified to be harmless and develops a defense method against them. So when the actual microbe is encountered, it fights with this method and the person does not get the disease. That person is now immune to that disease. Vaccination is among the most important public health measures when it comes to preventing vaccine-preventable diseases and deaths.

**VACCINATION
IS GIVEN TO PEOPLE
TO PROTECT THEM
FROM DISEASES AND
THEIR DIRE
CONSEQUENCES.**



POSITIVE EFFECTS OF VACCINES ON SOCIETY

Immunization programs currently being implemented around the world have reduced the incidence of many life-threatening diseases. The impact of vaccination on changing population structure is quite simple to understand. For example, the population increase in Europe began as a result of the smallpox vaccines administered in the 18th century. Vaccines not only protect against the targeted diseases but also against other diseases that can be triggered by them, which can have an even more severe and complicated course. Being free from vaccine-preventable diseases or epidemics, people could live safer lives and would be more interested in health promotion programs. By decreasing illness and death, worker absenteeism from work and student absenteeism from school will decrease, and society's resources can be used more efficiently.

HOW DOES A VACCINE WORK?

The purpose of using a vaccine is to reach and immunize people before they get a certain disease. By stimulating the defense mechanism in the body, they allow the formation of antibodies that recognize the pathogen and capture and destroy it when it occurs. In this way, the vaccinated person would become immune to the diseases they have been vaccinated against.

TRAVEL OF VACCINES

Vaccine and Antiserum Logistics Activities; Vaccines are strategic and biological products. They are stored and transported at specific temperatures and conditions from the time they are produced until they are used. The cold chain is a system of people and materials that maintains the effectiveness of a vaccine from the time it is manufactured until it is used on humans, and ensures that a sufficient amount of an effective vaccine reaches those who need it.

*<https://gavsiv.gelisim.edu.tr/nelkin/kimlik>

For the details of the news:
<https://sbf.gelisim.edu.tr/en/departments/cild-development-327/news/positive-effects-of-vaccines-on-society>

The seminar on "Sustainability in Early Childhood Development and Education" organized by Istanbul Gelişim University (IGU) Faculty of Health Sciences (SBF) Child Development Department was held with speaker Prof. Dr. Tülin GÜLER YILDIZ between 11:00 am-12:30 pm on 11.02.2021.

Sustainability in Early Childhood Development and Education



Yıldız, in her presentation, drew attention to the concept of sustainability, sustainability in the historical process, sustainable development objectives (global goals), dimensions of sustainable development, education for sustainability in early childhood. TÜBİTAK Bilateral Cooperation Support Programs 2523-The Project of Integrating Sustainable Development with Preschool Education through the Bilateral Cooperation Program with the Korean National Research Foundation (NRF), Sustainability Focused Modules and Professional Development Program, has mentioned that they develop joint projects between Turkish and Korean scientists. She stated that the most important objectives of this project are to determine how much the preschool education teachers can include, what they can do and how they have been included in their educational practices.

Yıldız in her speech; "We, as a team, have transformed our work, which started with Environmental Education for many years, into a project by developing towards sustainability. Sustainable development is actually a concept that has been used in many fields for many years, and the starting point of sustainability on the basis of this has actually started with environmental awareness movements. Especially in the 1950s, there was a rapid development with problems such as the increasing population, the destruction of green areas, the destruction of natural areas to meet their nutrition, and the drying of wetlands. In the book of Rachel Carson's "Silent Spring" in 1962, especially the negative effects of pesticides on human health were mentioned; this book, which explains its effects on animals and plant systems, is actually an important step in the formation of environmental awareness, and it is stated to be a revolution. The concept of sustainable development was first described in our common future report published by the World Environment and Development Commission in 1987, where sustainable development is defined as meeting the needs of today's generation without compromising the needs of future generations. Many meetings such as the United Nations Development meetings were held and many reports drew attention to the increasing population, environmental pollution and natural resources, especially non-renewable energy resources, and the speed of this development exceeded the capacity of the world to bear this development. The last meeting was held in 2015; at this meeting attended by 193 countries, 17 goals that will determine the world's agenda and guide the world agenda until 2030 were determined. These goals have 169 sub-goals. On the basis of global goals, all these goals should be evaluated and fulfilled in order for children to fulfill their developmental potential at the highest level, and here too, child entrepreneurs have very important roles. Ending poverty is among the goals of our country by 2030 to ensure a healthy and quality life at all ages. There are targets such as lowering maternal and infant mortality rates and ending preventable deaths of children under the age of 5, which concerns us, and we know that in the continuation of this process, we know that services such as sexual health and reproductive health should be accessible to everyone and modern methods There are also sub-targets for its use. Within the scope of this purpose, it is expected that 1 year before starting primary school will be included in the scope of compulsory education and one goal of these countries by 2030 is to evaluate the schooling rates here. Sustainable development; considering that it has economic, social, cultural and environmental dimensions, if we look briefly at its content, issues such as ensuring the continuity of natural resources on a global scale, protection of biological diversity, climate change; preventing disasters, sustainable urbanization, social sustainability, human rights, social justice, peace and human security, gender equality, poverty reduction, the balance between production and consumption, each of our consumption habits is important. "If sustainability is dealt with properly in the program or finds a place through applications, it has been shown that it is important for them to learn to be conscious consumers in recognizing environmental problems in the recognition and protection of natural resources." Prof. Dr. Tülin Güler Yıldız continued her speech on what can be done for sustainability in early childhood, how we should address these abstract concepts in a way that children can understand and include them in their lives. Yıldız said "Sustainability-related elements should be included in the Ministry of National Education Preschool Education Program prepared with a developmental philosophy. For this, pre-school teachers should be informed about the dimensions of sustainability and the themes discussed in these dimensions, and then they should be included in their daily practices in their activities and address these issues with children. "Yıldız said "Many studies, projects and implementations regarding Sustainability in Early Childhood Education in our country and in the world are carried out. Studies have shown that decision-making, critical thinking, and positive feelings and attitudes towards living and inanimate objects are supported in children. It has been demonstrated that if sustainability is handled appropriately in the program, it is effective for children to recognize and protect natural resources, to recognize environmental problems, and to learn to be a conscious user. "

Yıldız mentioned that what can be done in the school community with children and their families are discussed in different dimensions. "At the environmental level, the themes of Reduction and Reuse are the most materialized themes with children, and teachers and adults should be role models for children in these sustainability themes." The themes of Respect, Questioning and Reflection in the themes dealt with in the social cultural dimension; Learning the behavior of respecting ourselves first and then others and learning to respect differences is an important situation in the theme of respect. In the theme of inquiry, to question our connection with nature and our consumption habits, the amount of waste and garbage, gender roles, to discuss the environmental, social, cultural and economic damages of over-purchasing (such as toys); daily habits, lifestyles of children living in different countries in the projection theme gaining awareness of the issues are discussed. "Recycling and sharing resources equally gain importance in the themes dealt with economically." Prof. Dr. Tülin Güler Yıldız; child development is a very important field for a sustainable life, and Child Developers have very important responsibilities, children need to gain individual responsibilities regarding sustainability, and at the same time, Child Developers have responsibilities to raise awareness both in the environment they work with and their families." While ending her words, she answered the questions of the participants on the subject.

For the details of the news: <https://sbf.gelisim.edu.tr/en/departments/child-development-327/news/sustainability-in-early-childhood-development-and-education-seminar-was-held>



OVERVIEW OF HEALTH REFORMS IN THE COVID-19 PANDEMIC PROCESS

Istanbul Gelisim University, Faculty of Health Sciences, Department of Health Management, Lecturer Dr. Gülay Tamer* stated that the coronavirus (Covid-19) pandemic has become a global epidemic that affects the whole world, bringing unexpected new obligations to all countries without exception and evaluated how this situation affects the perception of health reforms. Tamer stated that the designs of the health systems of the countries differ from each other in terms of the financing and the provision of health services, beyond the conditions such as the economic situation of the societies, health history, cultural and behavioral qualities, and continued as follows: "The roles undertaken by the private and public sectors, both in financing and in the provision of health services, differ from country to country. As such, comparing the health systems of countries one-to-one may lead to erroneous research approaches. However, a thorough examination and analysis of individual country experiences can make it possible to draw valuable lessons from countries' health systems designed in different ways."

Gülay Tamer continued his words as follows: "Insistent instructions were made to take life-saving measures, such as preparing emergency action units against the Covid-19 virus, increasing capacities for the diagnosis and treatment of the disease, the need for hospitals to be in sufficient space, and the supply of needed personnel and medical supplies. While the health systems of some countries were caught more prepared for this new unpredictable situation, we observed that some countries, including

developed countries, were caught unprepared and their health systems were incapable of responding to the healthcare needs of their citizens. Undoubtedly, in this situation, the economic resources of the countries, the preferences of the country's governments to handle this new situation, the geography and culture they are located in were important determinants; however, it is appropriate to state that the main factor that shapes the decisions of the country governments and the behavior of the citizens is their trust in the capacity of their health systems."

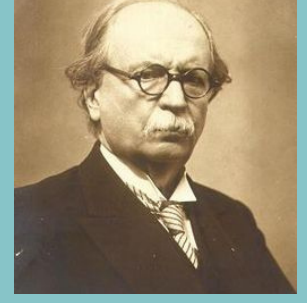
In contrast to the situation observed in some developed countries, the Ministry of Health has succeeded to manage the situation in such a way that the health system and hospitals do not place all the burden that this virus can cause and remove on society, Gulay Tamer said.

Tamer said that our country has recently completed the Health Recovery Program, which is a very comprehensive program before such a critical global epidemic, and that it provides our health system with an infrastructure and capacity ready to fight. "The elimination of Covid-19 essentially depends on our people's internalization of the awareness and culture of social distant living with a certain hygiene awareness, in other words, reaching a culture of behavior beyond the measures to be taken by the public and other sectors."

*<https://gavsis.gelisim.edu.tr/gtamer/kimlik>

For the details of the news:
<https://sbf.gelisim.edu.tr/en/departments/healthcare-management-324/news/an-overview-of-health-reforms-in-the-covid-19-pandemic-process>

Who is Who?



BESIM OMER AKALIN

THE DOYEN OF MIDWIVES, A BEAUTIFUL PERSON WHO HAS MADE GREAT CONTRIBUTIONS TO THE FUTURE OF MIDWIFERY, NURSING AND NURSE'S AIDE PROFESSIONS

Besim Omer Akalin was born on July 1, 1862 in Istanbul. He completed his primary education in Pristina, the capital city of Kosovo. He started his secondary education in the Civil Junior High School in Kosovo. However, he moved to Istanbul from there and completed his secondary education in Kuleli Military Medicine School. He completed his higher education as a military student at the Faculty of Medicine called "Mekteb-i Tibbiye-i Şâhâne" at that time.

He served as a military doctor for a while. He was sent to Paris in France for his specialty training. "The Date of Birth", in which he put his experiences into a book, is known as the first contemporary work on birth in our country. He returned to Turkey in 1891 and was promoted to brigadier general. Next year, he opened Turkey's first obstetrics clinic near the Faculty of Medicine.

Besim Omer Akalin, the founder of modern midwifery, brought the first books published in the field of midwifery, "Postpartum", "My Advices to Midwives" and "Midwifery" to our country. Following the developments of nursing science abroad, Besim Omer Akalin applied the method in Istanbul which was formerly applied for the first time in Japan to train female nurse's aide while he was resisting to the obstacle thought against women's labour in Turkey and their touching to men even if it is in the line of job. For the first time, Turkish women took part in the care of wounded soldiers through the training he gaved.

Besim Omer Akalin served as the General Manager of the Red Crescent in the Canakkale War. In 1919, he was elected as the Rector of "Darülfünun", which is now Istanbul University. He pioneered the training of many qualified healthcare professionals thanks to his performed duties. In addition to taking part in the health sector, he also served as Bilecik Deputy in the 5th and 6th terms of the Grand National Assembly of Turkey. At the same time, he made history as the only person who was not on the ship although he had a ticket as he was late for the journey in the Titanic disaster in 1912.

He passed away in Ankara on March 19, 1940. He left behind a life full of sincerity, faith and struggle, as well as services to be remembered with gratitude.

Res. Assist. Rumeysa Nur AKBAŞ*

*<https://gavsis.gelisim.edu.tr/rnakbas/kimlik>

For the details of the news:
<https://sbf.gelisim.edu.tr/en/departments/nursing-english-319/news/besim-omer-akalin-%E2%80%9Cthe-doyen-of-midwives%E2%80%9D>

Being an International Student at IGU

Social Work (English) Student Guddi PRAVEEN Describes Her Experience of Being an International Student at IGU.

Guddi Praveen, a second year full scholarship student of the Faculty of Health Sciences, Department of Social Work (English), stated that she is originally from Nepal Kathmandu and lives in Istanbul Üsküdar. She also expressed her pride in being a part of Istanbul Gelisim University. In addition, the decision to come to Turkey and the process of choosing the Department of Social Work (English) was shared with us. "According to me, the most important of my reasons for coming to Turkey was that interested in the Muslim environment in Turkey. I was planning to study abroad after the 12th grade, but I did not know what to do, where to apply and in which department. Then I decided to faculty and university. One of the biggest factors in choosing Istanbul Gelisim University was that this university provided 100% English education. Therefore, it was necessary to be successful in some compulsory exams and I had this chance by being successful. In addition, for English education, I started studying at this university after successfully completing the "Test of English as a Foreign Language (TOEFL)" exam. While I was in my country, I had worked in some international non-governmental organizations and this impressed me a lot in choosing the Social Work Department. I decided to choose this department because I love working for society and people and don't hesitate to do advocacy, which has become a great force."

Stating that all faculty members and lecturers of our university are very friendly and always willing to help, Guddi Praveen continues her words that some opportunities and challenges can be found together as an international foreign student: "Speaking of the opportunities, I can proudly say that I am a 100% scholarship student and this is the biggest opportunity for me. As an international student, I have encountered many ups and downs in my life. When I first came to Turkey in the environment, the culture, I can say I've had many new challenges like food. Because everything was new for me and trying to explore everything was tiring for me at times. In particular, I could not like the Turkish food in the dormitory where I was staying and this process was very difficult for me. But really Turks are very helpful and friendly. When I first came to Turkey I did not know Turkish. For this reason, I was having a lot of difficulty. But during this period, I got a lot of help from my Turkish roommates and teachers. Yes, being a foreign student is a great advantage for me."

I learned new culture and tradition, I am embracing the new environment, I became independent, doing my job alone, without the help of my family. I also think I am lucky that I did not encounter many difficulties. However, I can admit that I am experiencing some problems with my student information system, as the lessons are conducted online due to the Covid-19 Pandemic outbreak.

"Guddi Praveen concluded her speech after making suggestions that the university could make alternative initiatives for foreign students in the education process: "I would love to have our university organize some kind of program or some kind of refreshment camps for international students. Because I feel that sometimes our university cannot see us sufficiently because we are very few foreign students in my department. Therefore, all I want from all of you is to organize such events and organizations that will help us do our best and give the best result to our university. While adaptation processes can be more effective through such programs and organizations, I think it will be important for the education process to include courses that include some kind of field visit and practice. It is difficult to find a university where all courses are in English. But it is very impressive that Istanbul Gelisim University is giving us a good opportunity. I highly recommend the Istanbul Gelisim University for those who want to complete their university education in Turkey."

For the details of the news: <https://sbf.gelisim.edu.tr/en/departments/social-work-325/news/being-a-foreign-student-at-istanbul-gelisim-university>



TELE-REHABILITATION DURING PANDEMIC

Res.Assist. Engin ÇAĞLAR*

Tele-Rehabilitation, whose use has become widespread with the pandemic, is a service provided by experts in order to provide access to rehabilitation services with computer-based technologies and communication tools and to support independent life. The most important advantages of Tele-Rehabilitation is that it reduces time, distance, cost barriers and contact between individuals. With the Covid-19 outbreak, which has affected the world recently, Tele-Rehabilitation applications have become more popular. However, the history of Tele-Medicine applications goes back to the 20th century. The first known Tele-Medicine application was carried out in 1959 on the Campus of Nebraska University and a connection was established with a mental health center. The first comprehensive application was to provide consultation support to more than 200 Soviet doctors in the United States of America after the earthquake in Armenia in 1988. In the following years, efforts have been made to expand Tele-Medicine services with the studies carried out in the military and civilian fields. Thanks to the developing infrastructure and technology, the applicability of Tele-Rehabilitation has increased.

With the Covid-19 outbreak, quarantine and curfews and restrictions for various risk groups have been implemented worldwide and some of them still implementing. This situation limited the applicability of health services and made it difficult for patients to go to health centers. Many surgical operations have been postponed or canceled due to the intensity of the epidemic. This situation has led individuals to conservative treatments. During this period, the use of Tele-Rehabilitation applications has increased. Thanks to Tele-Rehabilitation, individuals who are in the risky groups and have chronic diseases have continued to access rehabilitation. It also reduced the risk of virus contamination, as it significantly reduces the contact of patients.

Tele-Rehabilitation offers opportunities to ensure equal access of rural communities to rehabilitation services available in developed city centers. Another advantage of Tele-Rehabilitation is that it minimizes the distance barrier between clinicians and their patients. By connecting rural areas and developed urban centers, it reduces the need and cost of traveling between these centers for clinicians and their patients. In this way, clinicians can use the time lost by traveling to provide more efficient rehabilitation services for their patients.

Compared to traditional face-to-face rehabilitation services, high installation costs may be required initially to purchase Tele-Rehabilitation devices, to prepare appropriate venues and to implement the service. However, over time, this cost can be compensated by the low cost of remote rehabilitation services and the safe space provided during the pandemic process. Tele-Rehabilitation services are used in many areas of rehabilitation. During the pandemic, it ensures the protection of these patients by reducing contact with high risk groups. By reducing time, distance and cost barriers, it provides equal access to rehabilitation services for patients with chronic diseases. However, Tele-Rehabilitation also has significant disadvantages. Definitive treatment protocols for patient groups have not yet been established. Technological access is required for Tele-Rehabilitation. This situation creates a disadvantage for individuals with inadequate technology use. Investments and studies on Tele-Rehabilitation are required in the future.

*<https://gavsis.gelisim.edu.tr/ecaglar/kimlik>

For the details of the news: <https://sbf.gelisim.edu.tr/en/departments/physical-therapy-and-rehabilitation-english-316/news/tele-rehabilitation-during-pandemic>



It is said that French writer Marcel Proust chatted with the characters he created and asked them questions. It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered him when he was 20. Using these questions prepared by him, we ask different questions to the students of different high schools for each issue.

OUR GUEST IN THIS MONTH

Zeynep Calik
AKA College
9th Grade Student

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

I think this rule would be about preventing the climate crisis. Like not using disposable plastic.

2-Which of the inventions you would like to invent?

Since the internet occupies a large part of our lives nowadays, I would like to be the inventor of the internet.

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

If World War II been considered a single event, I would have chosen it.. Even if there are many documents about World War II, I would like to witness all the wars and the events that took place while this war was taking place.

4-If you were to write a book, what would its name be?

It would be difficult for me to answer because I have no ideal or dream of writing a book. The name of the book; It is not possible for me to say anything specific as it will vary depending on the subject, content and many factors.

5-If they had made a movie about your life, which actor/actress would you want to be the person who will role of you in this movie?

The actor who will act in this movie should be look like me. So I wish Zendaya could play the role of me.

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

I do not have a clear answer to this question. Because I don't think I can be objective in defining myself. I think it might be more objective for someone who knows me well to answer this question.

7-Do you know and love cooking/dessert? If your answer is yes, what is the best food/dessert you can cook?

I can do something when I have to or when there is a meal that interests me and I want to try. But apart from that, I'm not interested in cooking or making dessert.

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

If this talent was going to be an extraordinary skill, I wish I had the ability to read mind.

9-Who is your hero?

Mustafa Kemal Atatürk

10-What is your favorite author?

Stefan Zweig

11-Where would you like to see yourself after 10 years?

I would like to see myself doing a master's degree abroad related to the undergraduate program I will study at the university after 10 years.



THE IMPACT OF STRESS ON INFANT BRAIN DEVELOPMENT

Prof. Dr. William Mosier*

The impact that negative stress can have on the hardwiring of the human brain has been well documented for more than seventy-five years (National Scientific Council on the Developing Child [NSCDC], 2012). The human brain contains neural circuits that are preprogrammed for attachment during the first six months of life when a bonding relationship should be developing between the infant and at least one significant adult (Newman, Sivaratnam, & Komiti, 2015). This initial attachment (typically with a mother figure) primes neurons to make synaptic connections with other neurons. This process reinforces the formation of neural clusters that enhance brain development. However, when healthy social and emotional attachments do not occur, synapses are eliminated through a process called pruning. (Berger, 1999). When neglect of an infant is persistent, the stress hormone, cortisol is released into the brain. Chronic exposure to the stress hormone during infancy creates a brain that is more susceptible to lifelong problems of physical and mental health, as well as decreased cognitive, language, social, and emotional development. In fact, chronic neglect causes more damage to the developing human brain than physical abuse (NSCDC, 2012).

Implications for Child Development Specialists

Early intervention can reduce the negative effects of chronic stress and neglect in infants when intervention is timely and appropriate (Center on the Developing Child at Harvard University [CDCHU], 2017). Therefore, Child Development Specialists can support families by teaching parents the back and forth interactions (serve and return) between an infant and adult that stimulate brain development and nurture healthy emotional attachment (Meltzoff, 2007). This includes responding appropriately and quickly to infant cues such as crying, cooing, babbling, or gesturing with eye contact, hugs, and echoing of the infant's utterances and responding to cooing or babbling; allowing time for the infant to 'reply', (Berger, 1999).

Eye Gaze and Facial Perception

Eye gaze and facial perception in infants is fundamental for the development of social competence (Grossman, 2013). Newborns have a distinct preference for the human face over any toy object. Infants prefer direct eye contact (Meltzoff & Kuhl, 2016). In fact, by three-months of age infants prefer smiling faces over neutral expressions and by five to seven months of age infants can distinguish between a smiling and fearful facial expression (Yrttiaho, Forssman, Kaatiala & Leppanen, 2014). By five-months infants can understand and follow an averted gaze in the direction of an object (Grossman, 2015).

Implications for Child Development Specialists

By understanding that infants can perceive and understand social interaction at such an early age, Child Development Specialists can teach families how to support the emotional and social development of infants that supports healthy brain development by:

- Making direct eye contact when interacting with an infant
- Smiling when eye contact has been made with an infant
- Smiling, making eye contact, and playing serve and return of echoing the utterances of an infant during routine times such as diaper changing and feeding
- Being aware of not averting your gaze from the infant because it can be perceived negatively if it appears that you are more interested in something else other than interacting with the infant. (Meltzoff, 2017)

*<https://gavsis.gelisim.edu.tr/wmosier/kimlik>

For the details of the news: <https://sbf.gelisim.edu.tr/en/departments/child-development-english-328/news/the-impact-of-stress-on-infant-brain-development>



**EYE GAZE AND FACIAL
PERCEPTION IN INFANTS IS
FUNDAMENTAL FOR THE
DEVELOPMENT OF SOCIAL
COMPETENCE.**

NEWS FROM FHS

FACULTY OF HEALTH SCIENCES ACADEMIC BOARD MEETING

The Academic Board of Faculty of Health Sciences (FHS) of Istanbul Gelisim University (IGU) held online with the Vice Rectors Prof. Dr. Nuri Kuruoğlu, Prof. Dr. Nail Öztaş and Dean of the Faculty of Health Sciences Prof. Dr. Rifat Mutuş. Dean of FHS Prof. Dr. Rifat Mutuş started his speech stating that the faculty members of the FHS are developing positively day by day in the context of their academic studies and contributions to the current literature. In the rest of his speech Prof. Dr. Mutuş gave brief information about the occupancy rates of departments. Prof. Dr. Rifat Mutuş continued his speech: "We continue our efforts to increase the success of our students, who we have educated with a sense of responsibility and as well-equipped healthcare personnel at national and international levels." Vice Rector Prof. Dr. Nail Öztaş started his speech with the following statement: "FHS is one of our leading faculties in terms of quality management. I would like to thank the faculty members and management of the Faculty of Health Sciences in this respect." Prof. Dr. Nail Öztaş stated that all kinds of work to be done should reach the society and contribute to humanity. Prof. Dr. Nail Öztaş provided useful information about the "Gelism Biotech Tekmer" incubator center, on the theme of Bio-Electronics established in cooperation with Republic of Turkey Ministry of Industry and Technology-KOSGEB. Prof. Dr. Öztaş added: "We aim to support entrepreneurs to turn new ideas and technologies into products with our incubation center located in the IGU Avcılar Campus Tower building." in the next part of the meeting, Vice Rector Prof. Dr. Nuri Kuruoğlu evaluated the 2020-2021 Academic Year Fall Semester. Indicating the precautions to be taken for the 2020-2021 academic year spring semester, Prof. Dr. Kuruoğlu gave information to the faculty members about the issues to be taken into consideration regarding the lessons and exams in distance online education. After answering the questions of faculty members of FHS Prof. Dr. Rifat Mutuş ended the meeting thanking the faculty members who participated in the meeting.

For the details of the news: <https://sbf.gelisim.edu.tr/en/news/faculty-of-health-science-academic-board-is-held-as-online>



PREPARATION OF COURSE MATERIALS IN DISTANCE EDUCATION WAS DONE BY ONLINE

Asst. Prof. Dr. Derya Kavgaoğlu, the Head of Social Work (Turkish) Department, gave a lesson on 17 February 2021 on how to benefit from the principles and methods offered by educational sciences for the effective management of education processes that have been digitized with the COVID-19 Pandemic process. Kavgaoğlu in education took attention to the successful practices in the international platform. Emphasizing that in distance education, well learning experiences can be constructed through correct material design and correct social interaction Asst. Prof. Dr. Derya Kavgaoğlu presented the application principles with basic questions such as "How should the correct material design be? How should course material be organized in form and content? If we pay attention to what practical principles, we can teach more effectively? How and why should social interaction contribute to this process?" It was explained how multimedia that contains visual and auditory elements such as text, photographs, animation, music, drawing, audio-silent video, which are used to facilitate learning in the digital environment, reduce learning performance and increase cognitive load on students when not used correctly. In addition, by explaining how the memory processes the teaching material to which it is exposed, with the principle of binary coding, it also focused on examples of material design in accordance with this principle. Kavgaoğlu exemplifying how design principles such as contiguity principle, split attention effect, individual differences principle, and coherence principle can be used to facilitate learning by including multimedia design principles in material preparation, gave information about the elements used in lecture presentations in the later minutes of the training. In this context, Kavgaoğlu expressed the principles regarding the organization of the scope as well as the formal features such as the organization of the elements used on the page in the lecture presentations, the use of colors, and typography, and introduced the tools that can be used for the effective use of the presentation strategy. Finally, Kavgaoğlu explained how new information can be structured on previously acquired knowledge with K, W, L Grid and how advance organizers can be used with the Power Point Smart Art tool. She completed the lesson by mentioning the importance of strategies to increase social interaction between student - student and student - teacher groups and importance of learner-centered teaching and communication strategies that will increase student success.

For the details of the news: <https://sbf.gelisim.edu.tr/en/news/preparation-of-course-materials-in-distance-education>



0.6
CiteScore

0.635
Impact Factor

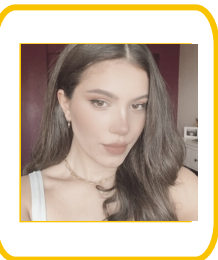
The article titled ' Important interaction between urethral taste bud-like structures and Onuf's nucleus following spinal subarachnoid hemorrhage: A hypothesis for the mechanism of dysorgasmia ' co-authored by **Prof Dr. Arif ÖNDER** from the Faculty of Health Sciences Occupational Therapy Department, was published in the **Revista Internacional de Andrología** journal.

The opinions of our students were received about the Albayrak Holding interview simulation, in which two of our students from FHS participated.



The simulation interview event organized by the Albayrak Holding family on the career development platform within Gelişim University was an exciting and good experience on my part. As a well-equipped nurse candidate trained by my professors who are experts in their field, I would like to take an active role in the activities carried out by them in terms of my career and job platform after graduation. Thank you for the interview.

Ayşenur KARTAL
Nursing



It was an experience in which I felt one step closer to the business world. I found answers to the question marks in my mind and got good tips. Thank you so much for everything.

Gonca Nur EGELİ
Nutrition and Dietetics



THIS MONTH IN HISTORY

- February 1,** Huneyn War (630), Converting Hagia Sophia Mosque into a Museum (1935), Death of journalist Abdi İpekçi (1969) and Musician Barış Manço (1999)
- February 3,** Sultan Fatih Mehmed Accede to the throne (1451), The Beginning of Reading the Sermons in Turkish (1928), The death of Ali Ulvi Kurucu (2002)
- February 5,** The inclusion of the Secularism Principle into the constitution (1937), The death of Hacı Veyiszâde Mustafa Efendi (1960), The death of Politician Adnan Kahveci (1993) and The death of Historian Cemal Kutay (2006).
- February 7,** The title of "Kahraman" was given to "Maraş" (1973).
- February 8,** Giving the title of "Gâzi" to Antep (1921), Death of Ahmet Kabaklı (2001) and Musician Cem Karaca (2004).
- February 20,** First Electric Tram Expedition in Istanbul (1914), Laying the Foundations of the Bosphorus Bridge (15 July Martyrs Bridge – 15 Temmuz Şehitler Köprüsü) (1970).
- February 21,** The decision was taken to take the New Year's day to January 1 (1917), The decision of Reading Koran-Quran in Turkish was taken by the Turkish Grand National Assembly of Turkey (1925)
- February 22,** Death of Ibn Khaldun (1406), Establishment of Supreme Election Board (1950)

IMPORTANT DAYS OF FEBRUARY

- 4 February,** World Cancer Day
- 9 February** World Smoking Boycott Day
- 13 February** World Radio Day
- 14 February** Valentine's Day
- 15 February** Scout's Day
- 17 February** Cats Day
- 27 February** Painters Day

FACULTY OF HEALTH SCIENCES

Prof. Dr. Rıfat MUTUŞ
Faculty of Health Sciences D. Dean

Assoc. Dr. S. Arda ÖZTÜRKAN
Faculty of Health Sciences Vice Dean

Asst. Prof. Dr. A. Yüksel BARUT
Faculty of Health Sciences Vice Dean

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