



**THE GLOBAL GOALS**  
For Sustainable Development



**ISTANBUL GELISIM UNIVERSITY**

# GOOD HEALTH AND WELL-BEING REPORT



IGU for “Ecological, Social and Economic Sustainability”



# SDG 3

## HEALTHY AND QUALITY LIFE REPORT





## Department of Public Service Coordination

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### **About the Report**

The contribution of the Istanbul Gelisim University (“IGU”) to the healthy and quality life of the students, academic and administrative personnel and public in general is closely related to creative educational opportunities and social project designs. The priority of the IGU is to establish a healthy (sound) and safe campus offering opportunity for the development of the performance of each member of the University and provide support to the public by offering educational opportunities supporting a healthy and quality life to the public in general.

The objective of this report is to provide a summary of the educational services and smoke-free campus applications, offered to the academic and administrative personnel as well as students and social support programs, offered to the public in a manner to comprise the academic and administrative personnel as well as students.





### **Message of the Coordinator**

In our current period, one of the most important universal targets that the societies wish to achieve is to have necessary knowledge to be able to maintain a sustainable healthy and quality life. The World Health Organization defines the health as one of the fundamental human rights and continues to conduct pertaining works for the provision of this indispensable right in every part of the world.

All scientific works so made underline that a sustainable health approach can only be realized within the scope of the common interest and integrated works of all shareholders (joint parties) from the international to the local level. At this point, the distribution of roles among the institutions is significantly important to assure the healthy and quality life at any age and in this context, the economic, environmental and social sustainability.

The Department of Public Service Coordination of our University Serving the Public maintains its activities in order to conduct various works targeting to satisfy the requirements of all joint parties of the society (public) in order to raise the awareness of the right to access into the healthy and quality life services by the public through relevant international and national collaborations and projects in the realization of the Sustainable Development Objectives, and offer necessary equipment and knowledge on free of charge basis that may be required in the formation of a healthy and quality life consciousness in this respect. The





Istanbul Gelisim University feels itself as responsible in order to build up a sustainable future has dedicated itself in order to make a significant contribution to humanity.

Ass. Prof. Aslıhan Güzin SELÇUK, FHEA

Coordinator of Department for Serving the Public

Director of the Sustainable Environment and Public Application and Research Centre

### **Acknowledgement**

We would like to thank to the esteemed academicians, persons in charge of its administrative department and employees as well as the students and internal and external joint parties of our university having made contribution to the content of the Healthy and Quality Life Report.

**The Department of Public Service Coordination**





### **The Istanbul Gelisim University with Figures**

**The list of the programs in the field of health is as follows;**

#### **EDUCATIONAL INSTITUTE FOR GRADUATION:**

- Nutrition and Dietetics (Postgraduate – Without Thesis)
- Child Development (Postgraduate – With/Without Thesis)
- Physiotherapy and Rehabilitation (Postgraduate – With/Without Thesis)
- Kinesiology and Training Sciences (Postgraduate – With/Without Thesis)
- Kinesiology and Training Sciences (PhD Program)
- Audiology (Postgraduate – With Thesis)
- Health Management (Postgraduate – With/Without Thesis)
- Sports Management (Postgraduate – With/Without Thesis)
- Psycho-social Fields in Sports (Postgraduate – With/Without Thesis)

#### **VOCATIONAL SCHOOL OF HEALTH SCIENCES:**

- Nutrition and Dietetics
- Nutrition and Dietetics (in English)





- Child Development
- Child Development (in English)
- Language and Speaking Therapy
- Ergotherapy
- Physiotherapy and Rehabilitation
- Physiotherapy and Rehabilitation (in English)
- Gerontology
- Nursery
- Nursery (in English)
- Audiology
- Orthosis-Prosthesis
- Perfusion
- Health Management
- Social Service
- Social Service (in English)

#### **VOCATIONAL SCHOOL OF HEALTH SERVICES:**

- Oral and Dental Health (Orthodontics)
- Operating Room Services
- Anaesthesia
- Biomedical Device Technology
- Child Development
- Dental Prosthesis Technology
- Dialysis
- Electro Neurophysiology
- Physiotherapy
- Food Quality Control and Analysis
- First and Emergency Aid
- Audiometer
- Opticianry
- Orthopaedic Prosthesis and Orthesis
- Autopsy Assistantship
- Pathology Lab Techniques
- Perfusion Techniques
- Podology
- Radiotherapy





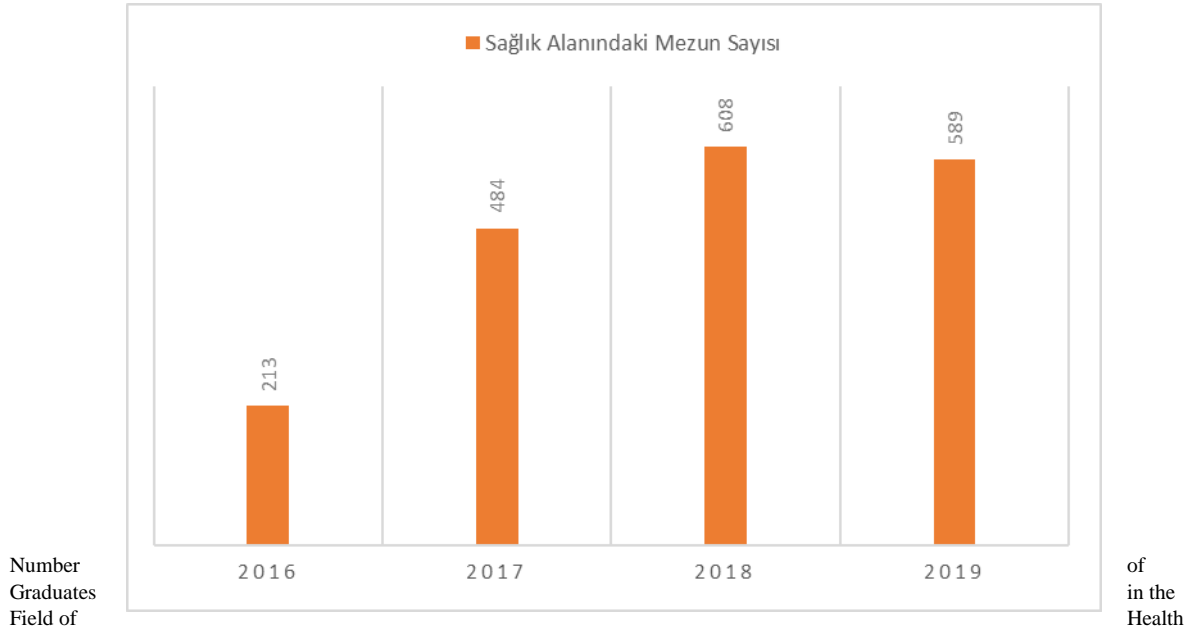


- Hair Care and Beauty Services
- Management of Health Institutions
- Medical Documentation and Secretarial Services
- Medical Imaging Techniques
- Medical Lab Techniques
- Medical Introduction and Marketing

All figures taking place herein below are obtained from the data of the Registrar's Office of the IGU.

Table

1



shows the total number of graduates in the field of health.

**Table 1:** Total Number of Graduates in the Field of Health

Table 2 shows the total number of bachelors in the field of health.



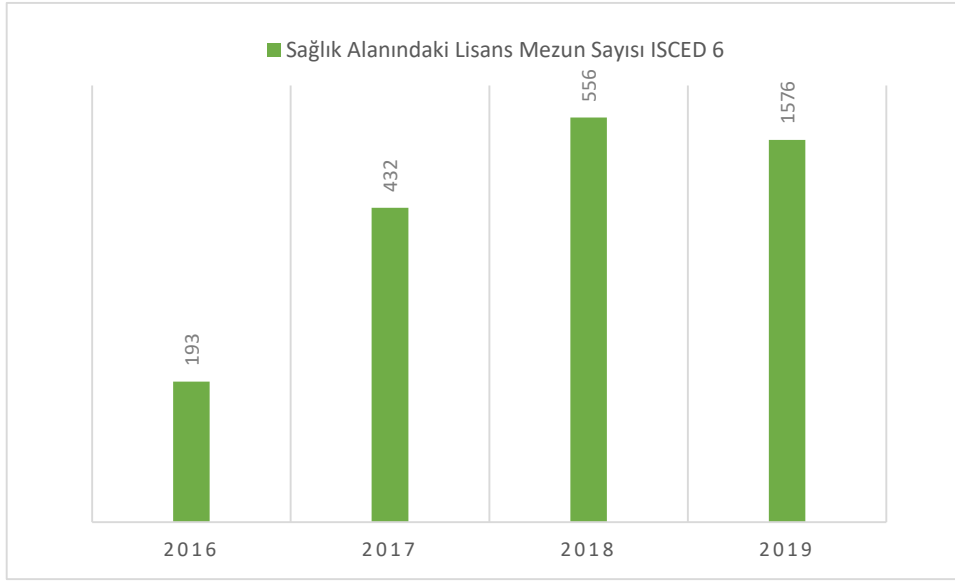


Table 2: Number of Bachelors in the Field of Health ISCED 6

Table 3 shows the number of bachelors in the field of health.

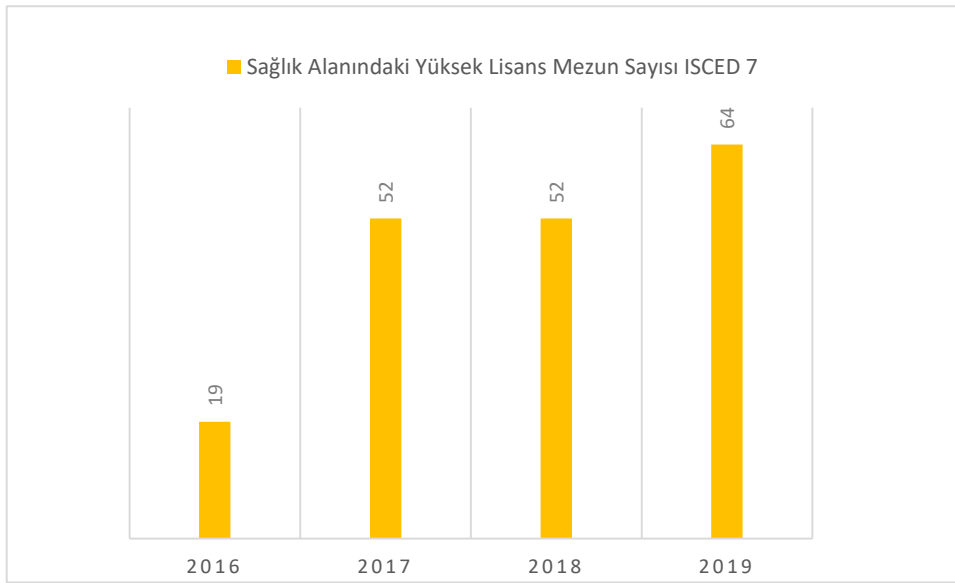


Table  
Number

Graduates of the MSc in the Field of Health ISCED 7

3:  
of the





There is not any PhD graduate available in the field of health.

### **IGU with figures**

**The list of the programs in the field of health is as follows;**

#### **INSTITUTE FOR POSTGRADUATE EDUCATION:**

- Nutrition and Dietetics (Postgraduate – Without Thesis)
- Child Development (Postgraduate – With/Without Thesis)
- Physiotherapy and Rehabilitation (Postgraduate – With/Without Thesis)
- Kinesiology and Training Sciences (Postgraduate – With/Without Thesis)
- Kinesiology and Training Sciences (PhD Program)
- Audiology (Postgraduate – With Thesis)
- Health Management (Postgraduate – With/Without Thesis)
- Sports Management (Postgraduate – With/Without Thesis)
- Psycho-social Fields in Sports (Postgraduate – With/Without Thesis)

#### **VOCATIONAL SCHOOL OF HEALTH SCIENCES:**

- Nutrition and Dietetics
- Nutrition and Dietetics (in English)
- Child Development
- Child Development (in English)
- Language and Speaking Therapy
- Ergotherapy
- Physiotherapy and Rehabilitation
- Physiotherapy and Rehabilitation (in English)
- Gerontology
- Nursery
- Nursery (in English)
- Audiology
- Orthosis-Prosthesis
- Perfusion
- Health Management
- Social Service
- Social Service (in English)



**VOCATIONAL SCHOOL OF HEALTH SERVICES:**

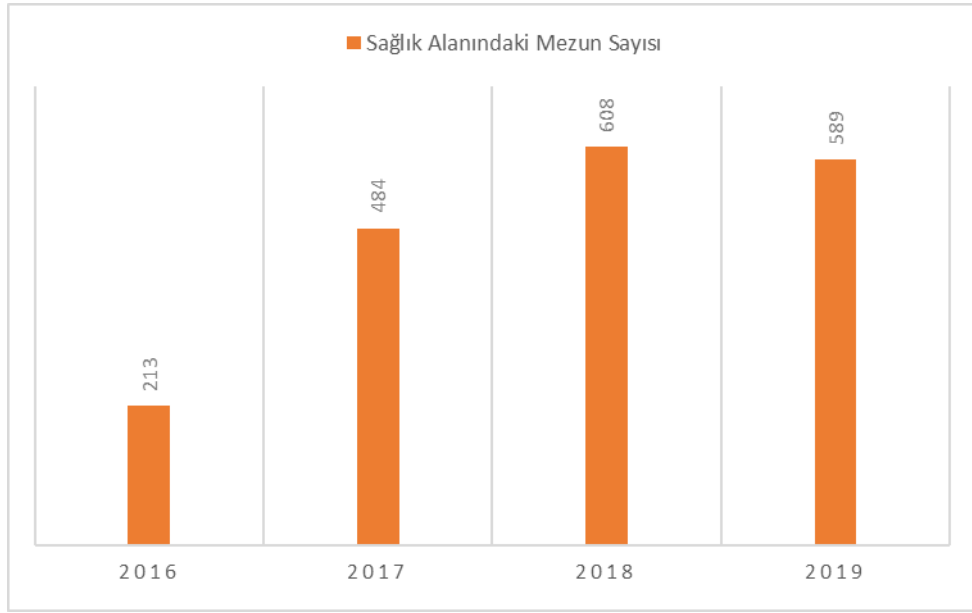
- Oral and Dental Health (Orthodontics)
- Operating Room Services
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- Electro Neurophysiology
- Physiotherapy
- Food Quality Control and Analysis
- First and Emergency Aid
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- Autopsy Assistantship
- Pathology Lab Techniques
- Perfusion Techniques
- Podology
- Radiotherapy
- Hair Care and Beauty Services
- Management of Health Institutions
- Medical Documentation and Secretarial Services
- Medical Imaging Techniques
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- Medical Introduction and Marketing





All figures taking place herein below are obtained from the data of the Registrar's Office of the IGU.

Table1



- Number of Graduates in the Field of Health

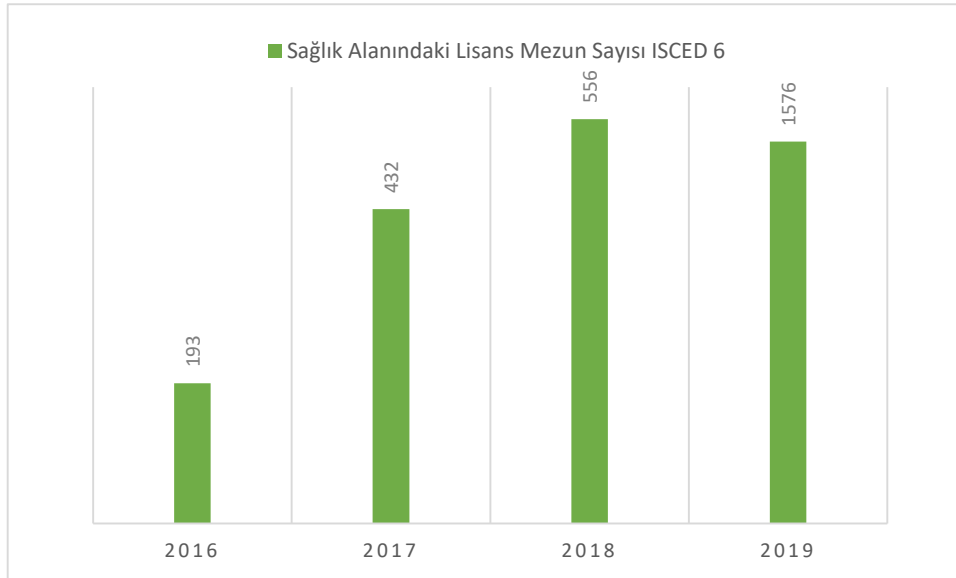
shows the total number of graduates in the field of health.





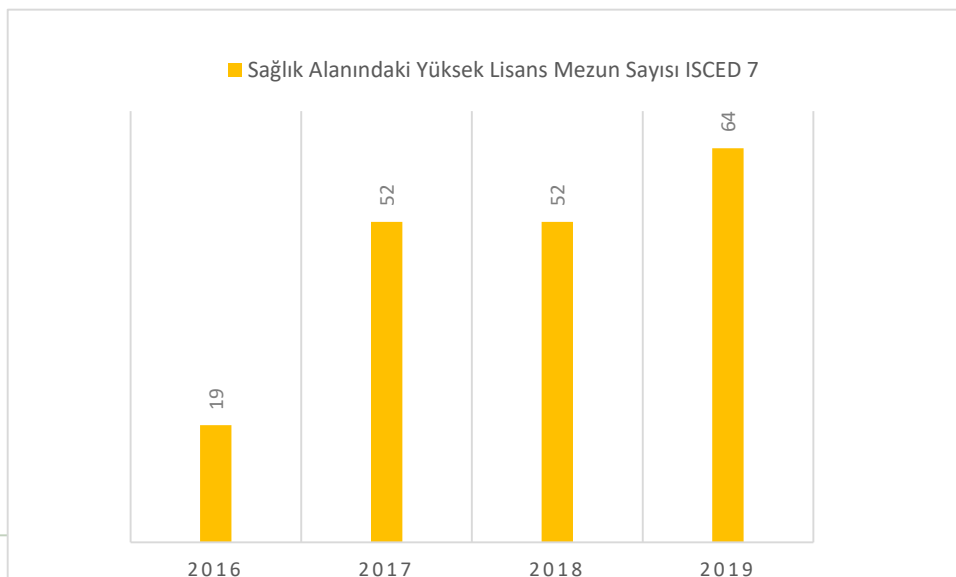
**Table 1:** Total Number of Graduates in the Field of Health

Table 2 shows the total number of bachelors in the field of health.



**Table 2:** Number of Graduates in the Field of Health ISCED 6

Table 3 shows the total number of bachelors in the field of health.





**Table 3:** Number of MSc Graduates in the Field of Health ISCED 7

No PhD graduate is available in the field of health.

### Social Support Programs

The IGU offers various numbers of social support programs where its employees and students take place in in order to support the public health and quality life together with its sustainable development targets. The IGU arranged 66 free of charge programs for public the field of health within 2019. The details of these programs take place herein below.

#### 1. Neurophysiology of Love



The Academic Member of the Department of Psychology of the Istanbul Gelisim University, Dr. Onur Okan Demirci, defined the state of falling in love that is described as something like “When I saw him/her, my hearth started beating fast for years when I saw him/her and I felt suffocated and my hands sweated and my brain was tingled and butterflies flew within my stomach and I felt that I could not fidget around” as the action of the sympathetic system and the neurophysiology of love was discussed in detail at our University. The academicians, students and participants, who were invited and consisted of local people, had the opportunity to



examine or discuss this psychological state within the light of scientific bases.

<https://gelisim.edu.tr/haber/dr-ogr-uyesi-demirci-askin-norobiyojisini-acikladi>

## 2. IGUDYT Career Talks/Chats – Diet in Different Doctrines



An activity, titled as “IGUDYT Career Talks”, has been organized by the IGUDYT club of the Department of the Health, Culture and Sports of the Istanbul Gelisim University. The students from the IGU and participants, who studied in different universities in Istanbul and interested in the subject matter thereof, had the opportunity to listen to the information or knowledge with regard to their career from the Diet. Gizem Şeber.

<https://sksdb.gelisim.edu.tr/haber/dyt-gizem-seber-deneyimlerini-igulu-ogrencilerle-paylasti>

## 3. Digital Technologies in Health



The Istanbul Gelisim University hosted the Founder of Green Science, Dr. Yusuf Yeşil, in an activity, titled as “Digital Technologies in Health” that has been organized by the Biotechnology and Life Sciences Club of the Department of the Health, Culture and Sports. The health technology of the future period was discussed in detail in an activity that has been attended by the academicians, students and participants, who were invited and consisted of local people, with significant interest. Dr. Yusuf Yeşil, who indicated that they wanted to be a pioneer in the animations and applications of the Virtual Reality and Augmented Reality, and took up the applications of the promising technologies such as artificial intelligence in medicine, mentioned





about the fact that they would offer professional visual technology supports for scientists, universities and medical firms.

<https://gelisim.edu.tr/haber/saglikta-dijital-teknolojiler-etkinligi-duzenlendi>

#### 4. Stomach Botox and Nutrition



The Istanbul Gelisim University hosted Dr. Ahmet Bekin and Diet. Tuğçe Özer in an activity, organized by the Club for Biotechnology and Life Sciences of the Department of Health, Culture and Sports and titled as “Stomach Botox & Nutrition”. Diet. Tuğçe Özer, who gave information about the Stomach Botox and Nutrition, also answered the questions of the academicians, students and participants, who were invited in and consisted of the local people, with relation to the subject matter thereon.

<https://gelisim.edu.tr/haber/mide-botoksunu-ele-aldilar>

#### 5. Place of Sports and Exercise within the Turkish Exercise System



Dr. Ömür Fatih Karakullukçu, who is the President of the Turkish School Sports, became a guest in the talks, organized by the Volleyball Club of the Department of the Health, Culture and Sports of the Istanbul Gelisim University. Mr. Karakullukçu, who made a presentation bearing the topic of “Place of Sports and Exercise within the Turkish Educational System”, mentioned about the employment problems and career planning of the sportsmen of the Vocational School for Physical Education and Sports of the IGU recommendations for attendants and made recommendations to the attendants studying in Istanbul.



<https://gelisim.edu.tr/haber/igu-sporculari-karakullukcu-ile-bir-araya-geldi>

## 6. The IGUDYT Career Talks – Psychological Illnesses & 25<sup>th</sup> Year in the Profession

The students of the IGU Nutrition and Dietetics Club of the students of the Istanbul Gelisim University realized an activity, titled as “Psychological Illnesses and Nutrition & 25<sup>th</sup> Year in the Profession” within the scope of the Career Talks at the Black A of the UBYO Conference between 14:00-15:30 hours on March 05, 2019 Tuesday. The answers were sought to the questions such as “Is the nutrition effective in psychological illnesses?”, “How a period of 25 years elapsed in Dietician Profession?”. Dietician Canan Aksoy ve Dietician

Sevinç Akdur shared their experiences with their potential colleagues (in future) and then, signed their books in the activity that attracted an intensive interest of the students studying at that field in Istanbul.

<https://sksdg.gelisim.edu.tr/haber/psikolojik-hastaliklar-ve-beslenmemeslekte-25-yil-etkinligi-duzelendi>

## 7. Effect of Strength Trainings on Sportsman Performance



The topics such as the stories for preparation processes in the world championship as well as European championship of the coach and sportsmen of the national team in Volleyball, health technology of the future period were brought to the table and discussed about through the presentation of Arda Çaylı, Sabriye Gönülkırılmaz and Ceyda Aktaş in an activity, attended by the academicians, students and participants, who were invited and



consisted of local people. In the talk having the topic of the “Effect of Strength Trainings on Sportsman Performance”, organized interactively, the students of the Volleyball Club had the opportunity of asking questions on the matters that they were curious about.

## 8. Sports Announcer and Correspondent Profession

A talk was effectuated by the Entrepreneur Sportsmen Club of the Physical Education and Sports club and Vocational School of the Istanbul Gelisim University with the Bein Sports Programmer and Correspondent, Ünal Emin Canbay. The potential health technology was discussed in detail at an activity that was attended and listened thereto by the academicians, students and participants, who were invited and consisted of local people, with significant interest. Unal Emin Canbay, who attracted attention with his position to be involved in sporting actively and experience in television broadcasting, made explanations on the sector of the Sports Media with his affection in that profession and broadcasting energy, and gave information to our students about training and fields of employment with relation to this profession.

<https://myo.gelisim.edu.tr/bolum/spor-yonetimi-147/haber/spor-spikerligi-ve-muhabirligi>

## 9. Ultra Marathon Talks



An activity bearing the title of “Ultra-Marathon Talks” was organized by the Entrepreneur Sportsmen Club of the Istanbul Gelisim University within the scope of the Uzunetap (Long-Stage) Talks on March 13, Wednesday between 10:00 (a.m.)-13:00 (p.m.). Four experienced figures of the world, namely Seda Nur Çelik, Özgür Çelikkaya, Burak Abacıoğlu and Kadir Çelik, who participated in important competitions in Turkey about the ultra-marathon competitions, were hosted within the scope of the foregoing activity. The guests shared their marathon

experiences with the academicians, students and participants, who were invited and consisted of local people.





<https://gelisim.edu.tr/etkinlik/ultra-maraton-sohbetleri>



### 10. Talk with National Team Athlete, Batuhan Buğra ERUYGUN, who survived the Cancer

Batuhan Buğra Eruygun told the academicians, students and participants, who were invited and consisted of local people, about his life story ranging from the period of his commencement of sports until the process when he got cancer, in a talk where Kübra Kayabaşı, who is the 2<sup>nd</sup> Class student of the Coaching Education/Training and takes place in the management cadre of the Tracking Club of the IGU. Batuhan Buğra Eruygun shared his success story, extended until the process of becoming a champion both in Turkey and Balkans after having survived the cancer, with the students of the Istanbul Gelisim University and answered the questions, asked by the students. Various numbers of topics, found to be interesting, were discussed at this activity that was attended intensively by the students



<https://sksdb.gelisim.edu.tr/haber/kanseri-yenen-sampiyon-milli-atlet-batuhan-bugra-eruygun-soylesisi-gerceklestirildi>





## 11. Role of Stem Cell in the Treatment of Diabetics



The Biotechnology and Life Sciences Club of the Department of the Health, Culture and Sports of the Istanbul Gelisim University hosted Prof. Dr. Erdal Karaöz, who is the Deputy Chancellor of the University of Istinye, at the fourth activity, organized by it within the academic year of 2018-2019. The topic “Role of Stem Cell in the Treatment of Diabetics” was talked about at the activity, organized at the IGU Gelisim Tower. The local people showed interest in the conference that was followed important figures, engaged effectively in this field.

<https://shmyo.gelisim.edu.tr/bolum/patoloji-laboratuvar-teknikleri-73/haber/diyabet-tedavisinde-kok-hucrenin-yeri>

## 12. Learn About First Aid and Save Life



The City-Line Ferry passengers were offered the first aid training within the scope of activities of the 22<sup>nd</sup> – 28<sup>th</sup> March Emergency Medical Technician and Paramedic Week. Simple first aid information was offered in practice at the Eminönü-Karaköy Ferry Line through the contributions of the Association of the Istanbul Emergency Medical Technicians and (Paramedic) Technicians and the Istanbul Gelisim University and support of the City Ferry Lines of Istanbul. Relevant information was given on how to make a sound heart massage was shown on dummies practically at the services

between 10:00 and 16:00 hours and in the meantime, how to call the number 112 in case of an emergency, and a practical consciousness training was provided over dummies about how to make a correct heart massage at correct time and correct person.



<https://www.denizgazete.com/ilk-yardim-ogren-hayat-kurtar/42520/>



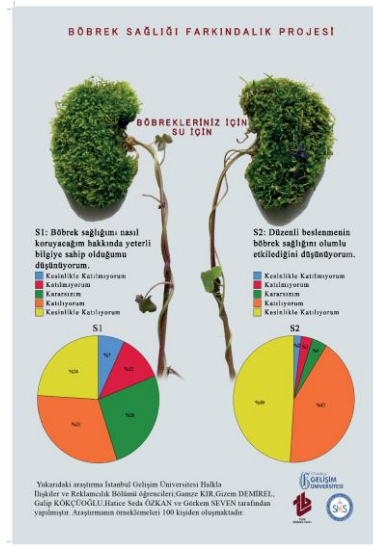
### 13. Friends Not Counting Chromosome

The children suffering from the down syndrome toured around with 30 Volkswagen Beetles, ornamented with balloons and pictures at an activity, organized through the collaboration of Borusan Oto Zehra Kocabıyık Secondary School and Istanbul Gelisim University (IGU) and support of the Volkswagen Beetle Automobile Association within the scope of the project, titled as “We Are Living with Our Differences and

Overcoming Obstacles in Collaboration With Each Other”, conducted by the Education Vision 2023 of the National Education Directorate of Istanbul. Emre Sertkaya, who is the winner of the song competition (O Ses Türkiye) and a student of the Photography and Camerawork Program of the IGU, gave a concert for the students attending in a special education at the district Avcılar at an activity where the brochures, prepared by the Provincial National Education Directorate were distributed in order to create awareness for the down syndrome.

<https://gelisim.edu.tr/haber/down-sendromlu-cocuklar-araclarla-tur-atti>

### 14. Drink Water for Your Kidney





The Public Relations and Social Responsibility Club having organized the activity, titled as Drink Water for Your Kidney, hosted Ayşe Onat and dietician Gökçen Efe Aydın. The club members having set off the road in order to create awareness for kidney health came together through this seminar, organized within this scope. The questions of the participants at the activity, heard with significant interest by the participants having consisted of the academicians, students and invited local people, were discussed in detail thereunder.

<https://gelisim.edu.tr/haber/bobrek-sagligi-farkindaligi-yaratildi>

### 15. The “Road to Success in Sports” with Duygu Turan, who is the World and European Kick Box Champion and her Trainer Hasan Fahri Şen



The world champion kick boxers, Emine Arslan, Duygu Turan and Gülşah Kıyak came together with students and local people, interested in this field through the contribution of the students of the Exercise for Health and Leaders of Sports Club of the Istanbul Gelisim University in order that they tell about their successful life stories. The successful sportspersons indicated that one of them worked as a nurse, the other as a teacher and another, however, at the career centre and told about how their relationships with sports made progress.

<https://www.facebook.com/gelisimedu/photos/d%C3%BCnnya-ve-avrupa-kick-boks-%C5%9Fampiyonu-duygu-turan-ve-e%C4%9Fitmeni-hasan-fahri-%C5%9Fen-ile-/2495097417179861/>





## 16. Tic Problem (Disorder)

The Public Relations and Social Responsibility Club having arranged the Tic Problem activity exhibited a skit show in the activities where they invited the people of Avcılar District in order to create awareness with relation to the tic problem. The members of the club, who set off the road with the slogan of: “Do Not Disregard Me But My Tics” came together in order to create awareness at an activity, organized within this scope.

## 17. Let Us Bring Down Obstacles and Add Differences to Life



A seminar, titled as “Let Us Bring Down Obstacles and Add Difference to Life”, was organized by the 4<sup>th</sup> year (class) students of the Public Relations and Advertising Department of the Istanbul Gelisim University (IGU) in collaboration with the Tomurcuk Foundation and Rehabilitation Centre of the Tomurcuk Foundation. The seminar was attended by Öznur Şen, who is the Director of the Tomurcuk Foundation Rehabilitation Centre and Psychologist Ayça Tezerişir as spokespersons. The spokespersons dwelled upon the topics such as “What is a mental disability?”, “How and in what manner or direction is the education and training of individuals having such disability made?”, “How can we set up communication with the individuals having mental disability?” and also mentioned about the objective for the establishment of the Tomurcuk Foundation, activities of the foundation and how to be a volunteer for the foundation. Those of matters that should be done for voluntariness were transmitted at the activity that received great reception from the local people.

<https://gelisim.edu.tr/haber/%E2%80%98E2%80%98engelleri-yikalim-yasama-fark-katalim-seminer-gerceklestirildi-1>





### 18. One Organ One Life



A social responsibility project, titled as “One Organ One Life” was realized by the final year students of the Public Relations and Advertising Department of the Istanbul Gelisim University (IGU) in order to create awareness with relation to organ donation. The guest of the students having organized a psychodrama activity for the participants, invited to from Istanbul in general to the University in order to distract attention to the organ donation within the scope of the project, was the Specialist Psychodramist, Odise Vuchinas.

<https://gelisim.edu.tr/haber/organ-bagisina-dikkat-cekildi>

### 19. Seminar for Struggling Against Game Addiction "Reduce the Play, Save the Time"



The 3<sup>rd</sup> year students of the Public Relations and Advertising Department of the Vocational School for Applied Sciences of the Istanbul Gelisim University (IGU) put the activity, titled as “Reduce the Play, Save the Time”, into practice in order to distract attention to the struggle against the “Game Addiction”. The psychologist Beyza Ergen explained the matter to struggle against the game addiction in an interactive manner out of the Mode Therapy at an activity that was announced in general to Istanbul and where the participation was high. She told about different modes pushing individuals into game addiction and emphasized the importance for the adaptation of the Sound Adult Mode in order to prevent the game addiction.

<https://gelisim.edu.tr/haber/ogrenciler-oyun-bagimliligina-dikkat-ekti>



## 20. Damla Fidancı & Gülşah Konakoğlu "Hello to Summer with Yoga"



"Hello to Summer with Yoga" was said in the garden of the Istanbul Gelisim University under the guidance of Damla Fidancı. The IGU FTR Club and IGU Ergotherapy Club unified their energies and organized a joint activity, to which they invited various numbers of people from Istanbul wide, interested in yoga. Numerous yogi and yogini candidates took place at the activity where those, who experienced the yoga for the first time and was engaged in yoga in their life for a long period of time.



## 21. Tramping for Struggle Against Obesity



An activity, titled as "Tramping for Struggle Against Obesity", was realized on May 14, 2019 at 11:00 hours (a.m.) jointly with the Public Relations and Social Responsibility Club of the Istanbul Gelisim University (IGU). It was realized under the leadership of the Dietician Şeyma Gülşen Oral together with the participants from the local people, invited to the activity that was organized at the Atatürk's Wood in the Florya District and relevant information on nutrition was transmitted on the one hand and various other works were conducted in order to raise the motivations of the participants suffering this illness.





<https://gelisim.edu.tr/etkinlik/obeziteyle-mucadele-icin-doga-yuruyusu>

## 22. Breakfast with my Friends Suffering from the Down Syndrome



A breakfast organization was arranged by the Nursery Club of the Istanbul Gelisim University to the Cafe Sevgi in order to draw attention to, create awareness, provide support for the Down syndrome and celebrate the 96<sup>th</sup> anniversary of the Foundation of the Republic jointly with enthusiasm. Significantly cordial and friendly chats were made at the activity that was supported by the families of the individuals suffering from the Down syndrome.

<https://sbyo.gelisim.edu.tr/bolum/hemsirelik-51/haber/down-sendromlu-arkadaslarimla-kahvalti>

## 23. Management of Sporting Centres and New Approaches at the Fitness Sector



The seminar, organized by one of the student clubs, Exercise for Health and Leaders of Sports Club of the Istanbul Gelisim University, and titled as the “Management of Sports Centres and New Approaches”, was realized within the structure of the Departments of Sports Management of the Vocational School for Physical Education and Sports (BESYO). The seminar, chaired by the Co-Head of the Department of the Sports Management, Assist. Assoc. Prof. Dr. Çiğdem Öner, was also attended by the Manager of the 7/24 Fitness Club, Emre Düzgün. While Mr. Düzgün transmitted his experiences in the

field of fitness management and sports centres managements to the students at the seminar that was shown interest by local managers, engaged in the fitness management, he also drew attention to the importance of harmony between the sportive communication and communication.

<https://besyo.gelisim.edu.tr/bolum/spor-yoneticiligi-94/haber/spor-merkezleri-yonetimi-ve-yeni-yaklasimlar-semineri>







## 24. Acting as a Physiotherapist in the Struggle Against CP



The seminar of the Department of Physiotherapy and Rehabilitation at our University and being titled as “Acting as a Physiotherapist in the Struggle Against CP” was organized on November 4, 2019 at the Conference Hall of the Faculty of Fine Arts through attendance of two successful Physiotherapists in their professions, Selcen KANKUL and SİMAY ATICI, and our students as well as other attending students studying at this field in Istanbul have been informed about the Physiotherapist profession subject to the sectorial

experience.

<https://gelisim.edu.tr/etkinlik/cp-ile-mucadelede-fizyoterapist-olmak>



## 25. The 1<sup>st</sup> International Gerontology Workshop

The 1<sup>st</sup> Gerontology Workshop was organized by the Department of Gerontology of the Istanbul Gelisim University at our university on the date of November 05, 2019 with the participation of local people and specialists at the field of the Gerontology in Turkey in order to draw attention to the Gerontology science that shows increase in importance together with the rising population of elderly in

our country that becomes increasingly old.

<https://sbyo.gelisim.edu.tr/bolum/sosyal-hizmet-52/duyuru/iuluslararasi-istanbul-gerontoloji-calistayi>

## 26. Use of Advanced Technology in Athletic Performance and Monitorization



The seminar bearing the topic of “Use of Advanced Technology in Athletic Performance and Monitorization” was held at the Ball Room/Block J of the Gelisim Tower upon



attendance of the Associate Prof. Dr. Osman Ateş with the contributions of the Vocational School for Physical Education and Sports. The Associate Prof. Dr. Osman Ateş told about the topics of the use of advanced technology in athletic performance and monitorization and in addition to that, he also answered the questions of the students and local participants, interested in this field.

<https://besyo.gelisim.edu.tr/bolum/antrenorluk-egitimi-92/duyuru/atletik-performansta-ileri-teknoloji-kullanimi-ve-monitorizasyon>

### 27. Do Not Look at My Mask, But My Eyes!

At an activity, organized by the Recreation Department of the Vocational School for Physical Education and Sports specific to the Week for Children with Leukaemia, held by and between November 02 and 08, the person in charge of the LOSEV (The Foundation for Children with Leukaemia), Aslı Çavdar indicated that they attached importance to the works of awareness as a result of the fact that the children with leukaemia, who wear mask, created a perception as if they posed a threat for the public health. Relevant information was given at the activity, participated by the families suffering from this illness and also about the works to try to eliminate such perception.

<https://besyo.gelisim.edu.tr/haber/maskemi-takarim-farkindalik-yaratirim>

### 28. Auditory Language Training Seminar



The Department of Exercise in the Disabled People and Sports Sciences of the Vocational School for Physical Education and Sports (BESYO) of the Istanbul Gelisim University (IGU) held a “Sign Language Training” seminar that was organized for the students studying at the department of the vocational school for physical education and sports and free attendance of local public under the supervision of Neslihan Kurt at the Classroom no. 420 of the Block H.

<https://besyo.gelisim.edu.tr/bolum/engellilerde-egzersiz-ve-spor-bilimleri-204/haber/isaret-dili-egitim-seminer-gerceklestirildi>



### 29. Becoming a Volunteer Nurse Worldwide

The Nursing Club of the Istanbul Gelisim University (IGU) realized its conference, titled as “Becoming a Volunteer Nurse Worldwide”, upon attendance of the Specialist Nurse Mülkiye Okyay. The Specialist Nurse, Mrs. Mülkiye Okyay, who was the guest of the program and conducted her profession as a nurse at the State Hospital of Eyüp Town shared the information with relation to her works with the in-house and non-house students, who were candidate for the profession.

<https://sbyo.gelisim.edu.tr/bolum/nursing-51/haber/dunya-capinda-gonullu-hemsire-olmak>

### 30. Stand Up and Move!



The conference, titled as Stand Up and Move emphasizing the importance of moving in various numbers of fields, mainly a healthy living, was held by the Spec. Physiotherapist, Doruk TURHAN, at the Conference Hall of the Vocational School for Applied Sciences. An

applied training was given to our students and participants from local people in relation with correct standing up, sitting and stretching actions within the scope of the conference.

<https://gelisim.edu.tr/etkinlik/dogrul-ve-hareket-et>

### 31. Hello to Winter with Yoga



We carried the Yoga, recommended for a healthy and calm body, to our university with the wording of “Hello to Winter with Yoga”. The conference “Hello to Winter with Yoga” having become pleasant with the Yoga applications was organized at our university on November 26, 2019 by Gülşah



KONAKOĞLU and Damla FİDANCI, who were specialists in their fields of profession. Colourful scenes were experienced at the Yoga training that received significant reception of the people at the district of Avcılar.

<https://gelisim.edu.tr/etkinlik/yoga-ile-kisa-merhaba>

### 32. Exercise Flows: Yoga Flow - Animal Flow



The exercise flows where the body weights and animal flows taking place among the trend exercises, Animal Flow and Yoga Flow, in recent periods through certain techniques were told about by Can Tuncer, who was the sports coach, in an applied manner at our university. Mr. Tuncer, who gave important information about two flows being new trends in this respect at the activity that has been held upon intensive participation of those, interested in the subject matter, in general in Istanbul, gave answers to the questions coming from the attendants.

<https://gelisim.edu.tr/etkinlik/egzersiz-akislari-yoga-flow---animal-flow>

### 33. The 1<sup>st</sup> "Ergotherapy Career" Days of the Istanbul Gelisim University



Various clues and important information were given to our students, who study Ergotherapy and other participants, who have their education in Istanbul with relation to their professions at the 1<sup>st</sup> Ergotherapy Career Day, organized by the Ergotherapy Department of our University and with the attendance of the Ergotherapist Enes TUĞRUL.

<https://gelisim.edu.tr/etkinlik/i-istanbul-gelisim-universitesi-ergoterapi-kariyer-gunleri>





### 34. Employment Opportunities and Sports Management at Public Arena



The conference where the Employment Opportunities and Sports Management at Public Arena were discussed, was held on November 27, 2019 at the Gelisim Tower Auditorium upon attendance of Selim ÇELEBİ, who is the Director for the Youth and Sports Activities of the Municipality of Başakşehir and President of the Union of Başakşehir's Clubs. The future projection with relation to the field got substantial attention at the seminar that was intensively participated by those working and studying in the field of sports management.

<https://gelisim.edu.tr/etkinlik/kamusal-alanda-spor-yonetimi-ve-istihdam-olanaklari>

### 35. Profession of Child Development from Past to Current Period and Ethics



The activity, titled as the “Profession of the Child Development from Past to Current Period and Ethics” and organized by the Department of Child Development of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU), was realized by the attendance of the Director of the Vocational School of Health Sciences, Academic Member Dr. Abdullah Yüksel Barut, Prof. Dr. M. Meziyet Arı and Prof. Dr. N. Sema Erkan. The activity, for which the students of the child development department were invited in Istanbul wide, got significant attention.

<https://sbyo.gelisim.edu.tr/bolum/cocuk-gelisimi-49/haber/dunden-bugune-cocuk-gelisimi-meslegi-ve-etik-etkinligi-gerceklesti>



### 36. Talk Show Regarding the Social Responsibility Projects for the Disabled





The talk show regarding the social responsibility projects for the Disabled people, organized by the Department for Exercise and Sports Sciences in the Disabled of the Vocational School for Physical Education and Sports of the Istanbul Gelisim University (IGU), was realized at the Classroom no. 420 of the Block H within the scope of the department activity. Important information was shared with relation to the social responsibility projects at the activity, attended by the representatives of the related non-governmental organization(s).

<https://besyo.gelisim.edu.tr/bolum/engellilerde-egzersiz-ve-spor-bilimleri-204/haber/engellilere-yonelik-sosyal-soylesi-programi-gerceklestirildi>

### 37. The Day of the Persons with Disabilities



The academic members and students of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU) attended in a concert, organized by the Municipality of Zeytinburnu within the scope of the Day of the Persons with Disabilities. Notwithstanding that the participation in the concert was significantly high, the audiences experienced moments, filled with emotion during the concert. The pleasant time, experienced by the students with local people, continued with the works of awareness.

<https://sbyo.gelisim.edu.tr/haber/3-aralik-dunya-engelliler-gunu-1>

[engelliler-gunu-1](https://sbyo.gelisim.edu.tr/haber/3-aralik-dunya-engelliler-gunu-1)

### 38. Swimming Festival for Individuals with Disabilities



A Swimming Festival was organized on December 03, 2019 through the collaboration of the Provincial Directorate of Istanbul for Youth Services, Department of the Health, Culture and Sports of the Istanbul Gelisim University (IGU), Directorate for Institutional Communication of the IGU and Association for Sports and Training Sciences in the Individuals with Disabilities (EBSSED) for the occasion of the International Day for the Disabled. Ahmet Serdar Demir, who



participated in the swimming festival and suffered from paraplegia for 8 years a result of his pike (jump) into shallow water, indicated that he started swimming after a physiotherapy that has been continued for a period of 7 years by emphasizing the wording “I shall win in water what I lost in water”.

<https://gelisim.edu.tr/haber/dunya-engelliler-gunu-yuzme-senligi-duzenlendi>

### 39. Placard Exhibition for International Day for the Disabled



“A Placard Exhibition was organized on the Occasion of the 3<sup>rd</sup> of December for International Day for the Disabled” at the Sheikh Edebali University of Bilecik Province with the support of the students of the Graphic Design Department of the Faculty of Arts (GSF) of the Istanbul Gelisim University (IGU). The exhibition that was shown significant interest by the people of Bilecik received great

reception.

<https://gsf.gelisim.edu.tr/bolum/grafik-tasarimi-12/haber/3-aralik-dunya-engelliler-gunu-afis-sergisi>

### 40. Approaches to Industrial Audiology



An activity bearing the topic of “Approaches to Industrial Audiology” was organized by the Department of Audiology of the Vocational School of Health Sciences (SBYO) of the Istanbul Gelisim University (IGU) for the occasion of the 3<sup>rd</sup> of December International Day for the Individuals with Disabilities. The academic member, Dr. İnci Adalı, participated in the activity as a spokesperson. Valuable information has been shared at the activity, participated by those of people working in that field.

<https://sbyo.gelisim.edu.tr/bolum/dil-ve-konusma-terapisi-216/haber/%E2%80%9CEndüstriyel-odyolojiye-yaklasimlar%E2%80%9D-etkinligini-gerceklestirdi>



#### 41. Hearing Losses and Those of Matters That Have To Be Known Against the Throat Cancer

A seminar bearing the topic of “Hearing Losses and Those of Matters That Have To Be Known Against the Throat Cancer” was held by the Health Institution Operating Program of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU). The reasons causing the hearing loss, effect of hearing loss externally, symptoms of throat cancer, risk factors and applied methods of treatment were discussed at the seminar where the professionals in the field were invited in.



<https://gelisim.edu.tr/haber/%E2%80%9Cis%CC%A7itme-kayıplari-ve-gırtlak-kanserine-karsi-bilinmesi-gerekenler%E2%80%9D-semineri-duzenlendi>

#### 42. Physiological Bases of the Strength and Power Trainings



A seminar bearing the title of the “Physiological Bases of the Strength and Power Trainings” was held at the Gelisim Tower Auditorium on December 04, 2019 at 11:30 hours upon participation of the Academic Member Dr. Mert Eray Önen. At this seminar, for which especially the fitness trainers were invited, Mr. Mert Eray Önen shared various numbers of information at this seminar with relation to the physiological bases of trainings and then, answered the questions, asked by the participants.

<https://besyo.gelisim.edu.tr/duyuru/kuvvet-ve-guc-antrenmanlarinin-fizyolojik-temelleri-semineri>

#### 43. Approach to Child Through Plays



The Teaching Assistant Selin Kalabaş realized an activity, organized by the Department of the Child Development of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU) and titled as “Approach to the Child Through Plays”. The Teaching Assistant Selin Kalabaş gave





information on the topics such as what is a play in an activity? History of the Play, importance of the play, benefits of the play, mirroring methods and so on. The mothers, interested in the activity, had the opportunities to ask their questions at the activity that has been subject to great interest by the people of Avcılar district.

<https://sbyo.gelisim.edu.tr/bolum/cocuk-gelisimi-49/haber/cocuk-gelisimi-ve-saglikta-farkindalik-kulubu-oyun-yardimiyla-cocuga-yaklasim-etkinligini-gerceklestirildi>

#### 44. Talks on Technology in Health



The matter bearing the topic of the technology in health was discussed in detail at an activity, organized by the Department of Health Management of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU). The founder of the Green Science, Dr. Yusuf Yeşil, founder of ArpaNet Medya, Kadriye Sağlam and Murat Eren, a member of the board of directors of the Association for Health Informatics shared

valuable information at the activity that was shown intensive interest by the academicians, students and sector professionals so invited.

<https://sbyo.gelisim.edu.tr/en/departments/health-administration-102/news/the-event-%E2%80%9Ctalks-on-technology-in-health%E2%80%9D-was-held>

#### 45. Exhibition of Disabled Sportsmen, Titled As "Stay in Life"



The youngsters taking place in the shots of the photographer, Neşe Arı, came together at the "Stay in Life" exhibition, hosted by the Istanbul Gelisim University. The photography artist, Neşe Arı, who told that each photograph and individual at the exhibition, open for the participation of the art-lovers in Istanbul, had a different story, said: " I followed the arrival of a sportsman into current periods from scratch. This was so important for me."



<https://www.dha.com.tr/istanbul/hayata-kalpleriyle-sarildilar-rakiplerini-geride-biraktilar/haber-1741329>

#### 46. Applied Hygiene Training with Swab



The Applied Hygiene Training with Swab was exhibited wholly that to what extent the hygiene rules were important. The application, conducted with the participation of the local people, was realized on December 05, 2019 at our university upon participation of the Teaching Assistant Ezgi ŞENOL and Teaching Assistant Kübra SAĞLAM emphasizing that the hygiene so vitally important in face of various numbers of harmful microorganisms, seen more clearly with the said application.

<https://gelisim.edu.tr/etkinlik/swab-ile-uygulamali-hijyen-egitimi>

#### 47. The 3<sup>rd</sup> Day of December, International Day of Awareness for the Individuals with Disabilities



The Vocational School for Physical Education and Sports organized various activities on the 3<sup>rd</sup> Day of December, International Day of Awareness for the Individuals with Disabilities. The visits, paid by the students of the department of Exercise and Sports Sciences for

dha.com.tr/istanbul/hayata-kalpleriyle-sarildilar-rakiplerini-geride-biraktilar/haber-1741329

DHA  
DEMİROREN HABER AJANSI

Yurt İstanbul Politika Spor Ekonomi Dünya Eğitim

Istanbul

### Hayata kalpleriyle sarıldılar; rakiplerini geride bıraktılar

Gökçe KARAKÖSE, Özgür KUMANOVALI / İSTANBUL, (DHA)

07.12.2019 11:45







individuals with disabilities, who need special requirements taking sports training at the Integrated Physical Activity Centre (BUFAM), located at Pendik town/Dolayoba, realized within the scope of “the 3<sup>rd</sup> Day of December, International Day of Awareness for the Individuals with Disabilities”, provided active participation in their trainings.

<https://besyo.gelisim.edu.tr/bolum/egzersiz-ve-spor-bilimleri-148/haber/besyo-3-aralik-dunya-engelliler-farkindalik-gununde-etkinlikler-duzenledi>

#### 48. Don't Say That They Cannot Do, Come in and Follow Them Up!



The activity bearing the topic of “Don't Say That They Cannot Do, Come in and Follow Them Up” which is created with incentive purpose for Sporting competitions of the individuals with disabilities, was realized on December 08, 2019 at the Turgut Ozal Stadium as a football competition in order to prove that there was not anything, described as impossible and draw attention to the sports of the disabled.

<https://gelisim.edu.tr/etkinlik/yapamaz-deme-haydi-gel-sende-izle>

#### 49. Kid's Yoga



The Yoga brings A remedy of flexibility to the body, power, breath and focusing. Çağla Duran, who is one of our researchers and says that it is very important and necessary for our kids to take advantage of this integrated system presented information on the Kid's Yoga to the yoga applying candidates, and organized a work for the creation of awareness.

<https://sbyo.gelisim.edu.tr/en/departments/child-development-english-158/announcement/yoga-for-children-workshop>



## 50. Life with HIV



The activity, titled as the “Life with HIV”, which was organized by the Department of Nursery (TUR/ENG) of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU), was held with the participation of Tekin Tutar, who is one of the founders of the “Pozitive-iz Association” and Physician Zeki Boztaş, who is a specialist in the field of Infection Diseases and Clinical Microbiology. It was aimed at the activity that has been open for all participants throughout Istanbul to describe the subject matters such as the development of the HIV/ AIDS that is a preventable disease,

its diagnosis, test methods and what is the mode of its infection and knowledge about the methods of protections and to be aware of the mistakes that are known to us as correct, and what should be done to raise the awareness with relation to the AIDS disease and to change the viewpoints and so on.

<https://sbyo.gelisim.edu.tr/bolum/nursing-51/haber/%E2%80%99Chiv-ile-yasam%E2%80%99D-etkinligi-gerceklesti>

## 51. Aesthetical Touch in Health



A seminar, titled as “Aesthetical Touch in Health” was effectuated by the Op. Dr. Oğuz Kaan ÖNDER at the Gelisim Tower Auditorium on December 12, 2019 by the Management of Health Institutions of the Vocational School of Health Sciences of our University. New trends were discussed in detail at the activity that the aesthetic professionals have shown intensive interest.

<https://shmyo.gelisim.edu.tr/haber/saglikta-estetik-dokunus--semineri>

## 52. Do you hear?



A hearing scanning test was made to the people of Avcılar district and volunteer students of us and the students were informed about their levels of hearing at our activity that draws attention to the matter of hearing, titled as “Do you hear?” Hundreds of participants



went through the hearing scanning test at the activity continuing for 2 days and they were informed in advance about their potential health problems.

<https://gelisim.edu.tr/etkinlik/duyuyor-musunuz>

### 53. Educational Assessment and Therapy Approaches in Auditory Rehabilitation



An activity, titled as “Educational Assessment and Therapy Approaches in Auditory Rehabilitation”, has been organized. Seher Yılmaz, who is a Specialist Audiologist and Speaking Therapist, appeared as a guest at an activity, which is organized by the Department of the Language and Speaking Therapy of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU). The Specialist Audiologist and Speaking Therapist, Seher Yılmaz, mentioned about the educational assessment steps in detail at the activity, participated by the specialists in that field, and mentioned about the collaboration with related family in the assessment of language and speaking.

<https://gelisim.edu.tr/haber/%E2%80%98isitsel-rehabilitasyonda-egitimsel-degerlendirme-ve-terapi-yaklasimlari-etkinligi-duzenlendi>

### 54. An Integrated Look at Woman’s and Man’s Health



The conference bearing the topic of An Integrated Look at the Woman’s and Man’s Health was effectuated at the Gelisim Tower Auditorium on December 17, 2019 with the attendance of the Yasemin İRKİLATA, who is a Physiotherapist. Yasemin İRKİLATA, who emphasized that a sound state of health of the society, as a consequence, female and male individuals determines the prosperous future of a country, gave important information about health and notified the students and academic members of us at an activity that was open for the participation of the local people

<https://gelisim.edu.tr/etkinlik/kadin-ve-erkek-sagligina-butuncul-bakis>





### 55. Posture Alignment and Technique at Yoga and Advanced Training Methods



A conference, titled as Posture Alignment and Technique at Yoga and Advanced Training Methods, was held on December 17, 2019 upon participation of the Exercise Specialist, Eyüp BALLI and it was shown interest by the professionals working in the field and also participated by the students studying at that field in Istanbul.

<https://gelisim.edu.tr/etkinlik/yoga-ve-ileri-antrenman-metodlarinda-postur-hizalama-ve-teknik>

### 56. Autism from Childhood to Adulthood



The Associate Prof. Canan Tandır, who is one of our academic members, and gave information on the topics such as what is Autism Spectrum Disorder? How it affects the behaviours in the person within the development processes from the Childhood to Adulthood? and so on at an activity, organized within the direction of the request of local people in order to draw attention to Autism and briefed the local people as well as our students and academic members through the activity bearing the topic of “Autism from Childhood to Adulthood” in order to raise an awareness about the autism disease.

<https://www.psikolojiagi.com/etkinlikler/cocukluktan-yetiskinlige-otizm/>

### 57. Nutrition of Mother and Kid



A seminar, titled as “Nutrition of Mother and Kid” was effectuated at the Conference Hall of the Vocational School for Applied Sciences with the participation of the Diet. Sevilay Demirci Kan and Diet. Gülfem Yedier under the guidance of the Club of the Nutrition and Dietetics Department of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU). While the Diet. Sevilay Demirci Kan and Diet. Gülfem Yedier mentioned about their professional experiences at the activity, realized with intensive participation of the local people, they made recommendations for the

participants and told the students, who will begin to work in their professional life, what is to be done and gave information to the same about ethical matters, and told them in their



presentations about the nutrition during pregnancy period and also nutrition during breast-feeding time.

<https://sbyo.gelisim.edu.tr/bolum/beslenme-ve-diyetetik-48/haber/anne-ve-cocuk-beslenmesi-semineri>

### 58. Development of Current Device Sector and Tinnitus



A activity bearing the title of “Development of the Current Device Sector and Tinnitus” was held by the Audiology Club of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU). The specialist Audiologist, Bahtiyar Çelikgün, who attended in the activity that has been participated by the professionals in the field as a spokesperson, gave useful information about the development of the current device sector and Tinnitus.

<https://sbyo.gelisim.edu.tr/bolum/odyoloji-82/haber/igu-odyoloji-kulubu-tinnitus-ve-guncel-cihaz-sektorunun-gelisimi-etkinligini-duzenledi>

### 59. Visit, Paid Up to the Health Museum of Istanbul



The historical development of health has been caught at an activity where the Head of Department of Nursery (in Turkish), the Academic Member Canan Örüklü, Head of Department of Nursery (in English), the Academic Member Funda Karaman, Research Assistant of the Department of Nursery (in English) Ayşe Nur Yerebakan and students of the department of nursery having invited the students studying in different other universities

to the exhibition, opened at the historical building where the first Health Museum of Turkey was established in 1918.

<https://sbyo.gelisim.edu.tr/bolum/nursing-english-160/haber/istanbul-saglik-muzesine-ziyaret>





## 60. Ergotherapy with a Multidisciplinary Outlook



An Ergotherapy Symposium was organized through the collaboration of the Director of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU), Academic Member Dr. Yüksel Barut, Head of the Ergotherapy Department, Prof. Dr. Cüneyt Mirzanlı, students of the Department of Ergotherapy of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU) and Association of Ergotherapy. The objective of the symposium was to tell about the importance of ergotherapy, which is newly developed in the field of health and turned out to be an

important field, at the activity, effectuated with the participation of the students studying at this field in Istanbul, and to gather the orthopaedic, psychiatry, physiotherapy, psychology, language speaking therapy and ergotherapy specialists coming from different disciplines within the scope of a common field and to draw attention to the importance of the profession of ergotherapy.

<https://sbyo.gelisim.edu.tr/bolum/ergoterapi-186/haber/multisipliner-bakisla-ergoterapi-sempozyumu>

## 61. Past, Present and Future of Paramedics



The Teaching Assistant Emel Çakar, who is the Head of the First and Emergency Aid Program of the Vocational School of Health Sciences of the Istanbul Gelisim University (IGU), briefed about the “Past, Present and Future of Paramedics”. Mrs. Emel Çakar, who briefed about the state of paramedics that occupy important places at the health sector in the past and current time, also answered the questions, asked by the students with relation to the sector at issue.

<https://shmyo.gelisim.edu.tr/bolum/ilk-ve-acil-yardim-42/haber/paramedik-dunu-bugunu-yarini>



## 62. Be Smart Don't Start!

An activity with the title of “Be Smart, Don’t Start!” was organized at the garden of the Vocational School of Health Sciences of our University in order to create awareness against the addictive substances such as cigarette, alcohol and narcotics. The participants in that activity, supported by youngsters among the local people, were briefed about the addiction with various examples and applications and it has been tried to create awareness.

<https://gelisim.edu.tr/etkinlik/be-smart-dont-start>

## 63. Training for the Use of BeBis (Nutrition Information System) Program for Students of the Department of Nutrition and Dietetics



The Nutrition Information System, BeBiS, is a software, used by the health and nutrition professionals. (Mr.) Turgay Papakçı, who gives the training of the BeBis program, organized by the Nutrition and Dietetics department for sector professionals and in public notified the students with a presentation about how to use the BeBis and answered the questions coming from the students in the continuation of the activity and put an end to the training.

<https://sbyo.gelisim.edu.tr/bolum/beslenme-ve-diyetetik-48/haber/bebis-programinin-kullanimi-ve-tanitimi>

## 64. Ergotherapy Approaches in Upper Extremity Rehabilitation



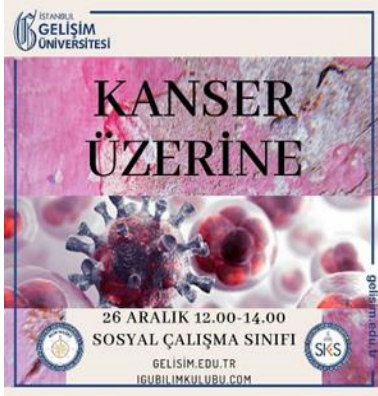
The conference, titled as the Ergotherapy Approaches in the Upper Extremity Rehabilitation” was organized at the conference hall of the Faculty of Fine Arts on December 25, 2019 upon attendance of the Ergotherapist Aslı KOÇAK. She indicated at the activity that was held with the participation of the professional serving duty in the field that the community involvement activities of physically handicapped persons



subject to the upper extremity problems (disorders) affect the activities of daily living such as personal care, personal hygiene, nutrition, dressing and so on, as well as spare time activities and social and professional activities and exchanged information and opinions with the students and participants on the ergotherapy approach solutions of these problems.

<https://gelisim.edu.tr/etkinlik/ust-extremite-rehabilasyonunda-ergoterapi-yaklasimlari>

## 65. About Cancer



The activity bearing the title of “About Cancer”, organized by the students of the Science Club of the Istanbul Gelisim University was effectuated in our university on December 26, 2019 as a Social Work Class. At the activity that was open to all individuals, who want to get information and knowledge about cancer, from any section of the society, a work was formed up with a brainstorm About Cancer.

<https://gelisim.edu.tr/etkinlik/kanser-uzerine>

## Training Services

The Training Support Coordination Department of the Istanbul Gelisim University provide various trainings to its students, academic and administrative personnel.

### 1. Sexual Health and Reproductive Healthcare Service for Student(s)

The sexual health and reproductive healthcare service is the most important means for the protection, development and maintenance of the sexual health of individuals. In this direction, various sexual health and reproductive healthcare services are organized for the students of the IGU Training Support Coordination Department and various sections of public on free of charge basis at certain periods within the year. In addition to the services so organized, it is possible to have access into a free of charge information booklet on sexual health and reproductive healthcare at the website.





<https://edk.gelisim.edu.tr/sayfa/ureme-ve-cinsel-saglik-egitimi>

## 2. Mental Healthcare Support program for Student(s)

The mental healthcare support program has been designed as a result of current problems and elements of oppression of individuals due to their requirement for support. In this direction, various mental healthcare support services on certain topics are organized for the students of the IGU Training Support Coordination Department on free of charge basis at certain periods within the year.

Service Topics are determined as;

- Anxiety of Exam and
- Anger Management.

In addition to the services so organized, it is possible to have access into a free of charge information booklet on mental healthcare at the website.

<https://edk.gelisim.edu.tr/sayfa/ogrenciye-yonelik-zihinsel-saglik-destek-programi>

## 3. Mental Healthcare Support Program for Personnel

The mental healthcare support program for personnel is designed as a result of the requirement of individuals remaining under the effects of various elements of oppression in various areas especially at a working environment. In this direction, various free of charge mental healthcare services are organized for the academic and administrative personnel of the IGU Training Support Coordination Department at certain periods within the year.

Service/Training Topics are determined as follows;

- Healthy Dietetics
- Exercise Training Reducing the Effects of Stress in Daily Life
- Awareness Training with relation to Harmful Addictions such as Alcohol, Smoking and Narcotics
- Training for Non-Violence Communication
- Time-Management Training







- Training for Risk-Based Thinking Techniques
- Meditation Training
- Training for Psychological Quality of Environment.

In addition to the trainings/services so organized, it is possible to have access into a free of charge information booklet on mental healthcare at the website.

<https://edk.gelisim.edu.tr/sayfa/akademik-ve-idari-personele-yonelik-zihinsel-saglik-destek-program>

### Smoke-Free Campus Application

The use of commercial tobacco products such as cigarette, electronic cigarette, hubble bubble and so on, and in the meantime, use of alcohol and other addictive substance affect the health adversely and causes various illnesses such as cardiovascular diseases, asthma, bronchitis, cancer and so on. As a result of these causes, a health and hygienic university environment becomes important for students, academicians and all personnel.

The IGU offers consultancy for those, who have nicotine addiction within the scope of a Smoke-Free, Alcohol-Free, Narcotics-Free, Healthy and Hygienic Campus Policy and support



the access into the medicines for the smoking cessation and does not provide any services and programs aiming to protect from the second hand tobacco smoke. Within the scope of smoke-free campus works, the areas for the use of tobacco products have been determined with yellow lines at the external areas of the University and it is not allowed any use of tobacco products beyond these lines.







Information placards takes place in various places indicating that smoking is not allowed



within the campus areas of the University.



At the same time, our departments keep sharing enlightening texts with the students pertaining to cigarette, its harms and effects through our website/internet site and creating awareness in this respect.

- **Smoking and Respiration Physiotherapy**

The Teaching Assistant, Büşra Terim, of the Department of the Physiotherapy and Rehabilitation of the Istanbul Gelisim University made revelations on cigarette (smoking) that is one of the most dangerous substances of our current period and its effects.

<https://sbyo.gelisim.edu.tr/bolum/fizyoterapi-ve-rehabilasyon-50/haber/sigara-ve-solunum-fizyoterapisi>

- **Smoking During Pregnancy**

The Department of Nursery of the Istanbul Gelisim University (IGU) have made explanations on smoking during the pregnancy and its effects.

<https://sbyo.gelisim.edu.tr/bolum/nursing-51/haber/sigara-ve-gebelik-1>





# THE GLOBAL GOALS

For Sustainable Development



IGU for “Ecological, Social and Economic Sustainability”

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