



GLOBAL OBJECTIVES FOR
SUSTAINABLE DEVELOPMENT



ISTANBUL GELİSİM UNIVERSITY

HEALTHY AND QUALITY LIFE REPORT



IGU for "Ecological, Social and Economic Sustainability"



SDG 3

HEALTHY AND QUALITY LIFE REPORT

Community Service Coordination Office





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About the Report

The contribution of Istanbul Gelisim University to the healthy and quality life of its students, academic and administrative staff and the society in general is closely related to creative education opportunities and social project designs. The priority of IGU is to establish a healthy, safe and active campus that allows each member of the university to improve their performance, and to support the society by providing education opportunities that support health and quality life for the general public.

The purpose of this report is to provide a summary of social support programs offered to the local community, including academic and administrative staff and students, educational services offered to academic and administrative staff and students, and smoke-free campus practices.





Coordinator's Message

Today, one of the most important universal goals that societies aim to achieve is to have the necessary equipment to maintain sustainable health and a quality life. The World Health Organization defines health as one of the fundamental human rights and continues its efforts for the equitable provision of this indispensable right in all parts of the world.

All scientific studies underline that the sustainable health approach can only be realized within the scope of the joint interest and integrated work of all stakeholders from the international level to the local level. At this point, the distribution of roles between institutions is very important in securing a healthy and quality life at all ages and in this context, in providing economic, environmental and social sustainability.

In order to raise awareness of the right to a healthy life and access to quality health services in the eyes of the society with national and international collaborations and projects in the realization of the Sustainable Development Goals, to provide free information and equipment that may be needed to raise awareness of a healthy and quality life, Our University's Community Service Coordinator continues its activities to carry out studies aimed at responding to the needs of all stakeholders of the society. Feeling responsible for building a sustainable future, Istanbul Gelisim University is dedicated to making an important contribution to humanity.

Asist. Prof. Aslıhan Guzin SELCUK, FHEA

Community Service Office Coordinator

Sustainable Environment and Community Research and Development Centre Director





Acknowledgement

We owe a debt of gratitude to valuable academics, administrative unit managers and officers, students of our university and internal and external stakeholders, who have contributed to the content of Healthy and Quality Life Report.

Community Service Coordination Office





Istanbul Gelisim University in Numbers

The list of programs in the field of health is as follow;

GRADUATE EDUCATION INSTITUTE :

- Nutrition and Dietetics (Master's - Non-Thesis)
- Child Development (Master's – Thesis/Non-Thesis)
- Physiotherapy and Rehabilitation (Master's - Thesis / Non-Thesis)
- Movement and Training Sciences (Master's – Thesis/Non-Thesis)
- Movement and Training Sciences (PhD Program)
- Audiology (Master's - Thesis)
- Health Management (Master's – Thesis/Non-Thesis)
- Sports Management (Master's – Thesis/Non-Thesis)
- Psychosocial Fields in Sports (Master's – Thesis/Non-Thesis)

SCHOOL OF HEALTH SCIENCES:

- Nutrition and Dietetics
- Nutrition and Dietetics (English)
- Child Development
- Child Development (English)
- Speech and Language Therapy
- Occupational therapy
- Physical therapy and rehabilitation
- Physiotherapy and Rehabilitation (English)
- Nursing
- Nursing (English)
- Audiology
- Perfusion
- Healthcare Management
- Social service

VOCATIONAL SCHOOL OF HEALTH SERVICES:

- Mouth and dental health
- Operating Room Services
- Anesthesia
- Biomedical Device Technology
- Child Development
- Dental Prosthesis Technology [] Dialysis
- Electroneurophysiology





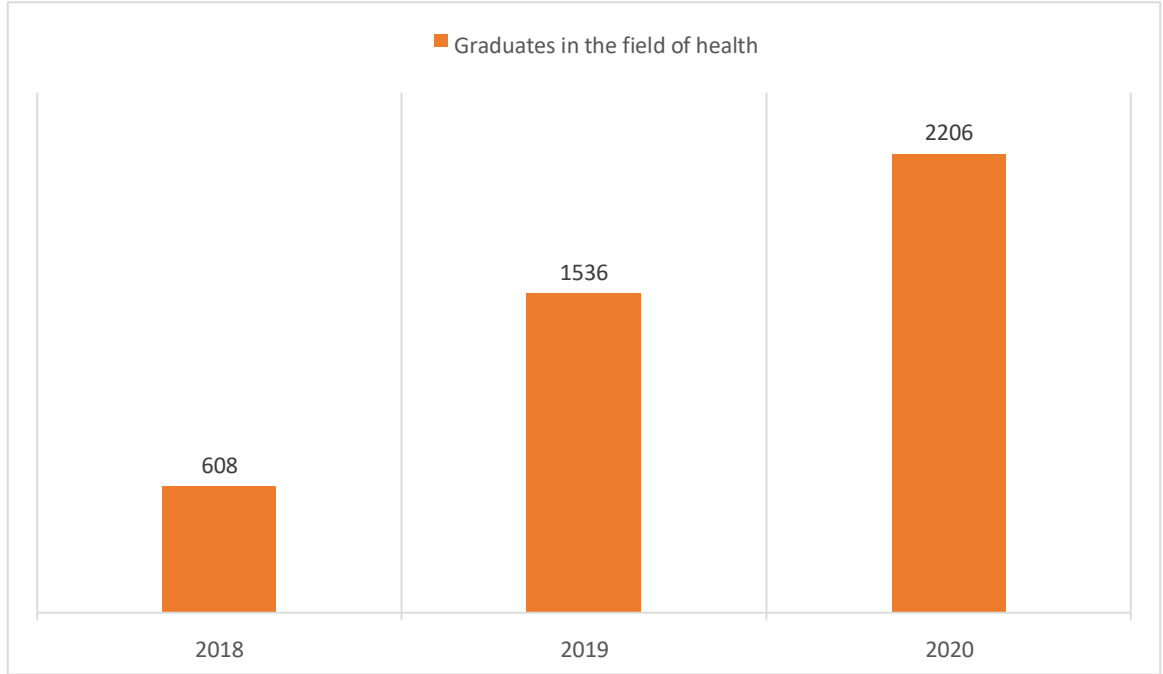
- Physiotherapy
- Food Quality Control and Analysis
- First and Emergency Aid
- Audiometry
- Opticianary
- Orthopedic Prosthesis and Orthotics
- Autopsy Assistant
- Pathology Laboratory Techniques
- Perfusion Techniques
- Podology
- Radiotherapy
- Hair Care And Beauty Services
- Management of Health Institutions
- Medical Documentation and Secretarial
- Medical Imaging Techniques
- Medical Laboratory Techniques
- Medical Promotion and Marketing

All numbers below have been obtained from the data of IGU (Istanbul Gelisim University) Registrar's Office.





Graphic 1 indicates the total number of graduates in the field of health.

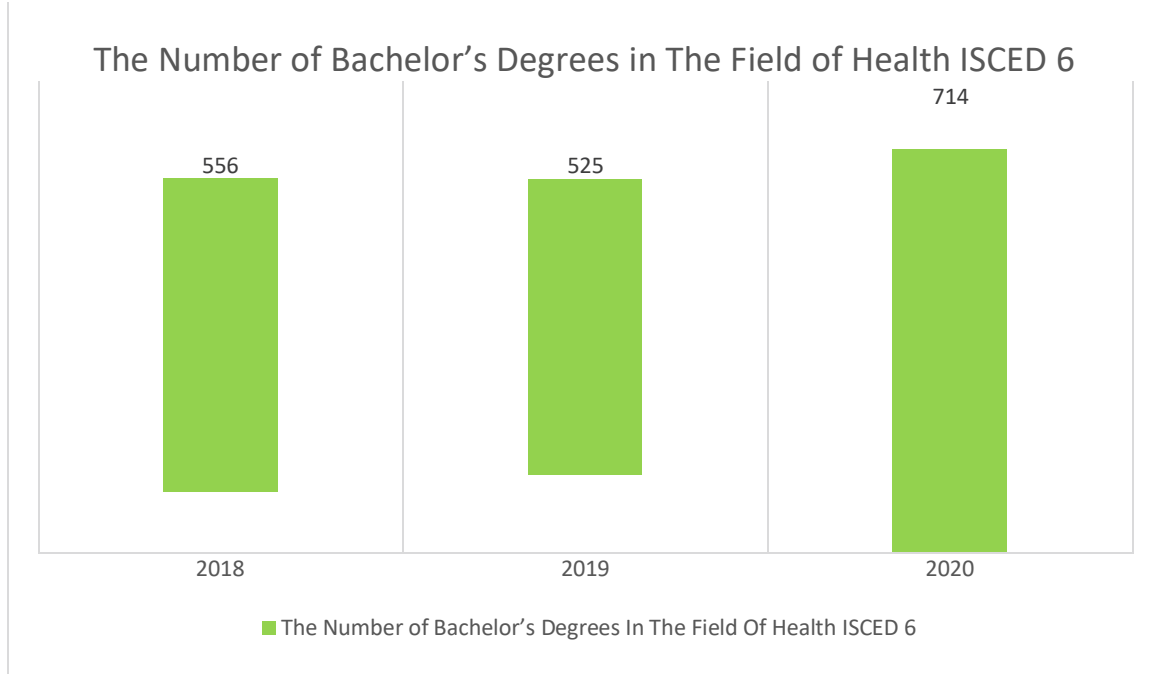


Graphic 1: Total Number of Graduates in the Field of Health





Graphic 2 indicates the number of bachelor's degrees in the field of health.

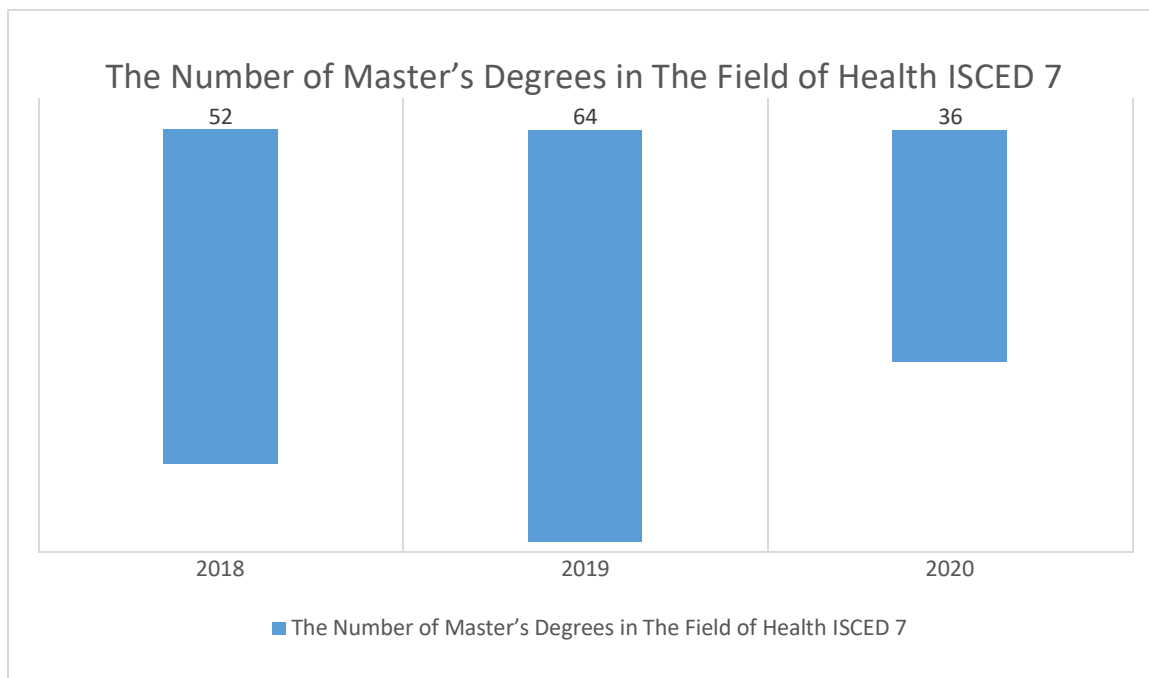


Graphic 2: The Number of Bachelor's Degrees in The Field of Health ISCED 6





Graphic 3 indicates the number of master's degrees in the field of health.



Grafik 3: The Number of Master's Degrees in The Field of Health ISCED 7





Social Support Programs

With the vision of sustainable development goals, IGU offers many social support programs in which employees and students are actively involved in order to support public health and quality life. **In 2019, IGU organized 65 free programs for the society in the field of health. Details of these programs are given below.**

1. Sports workshop came to the end.

<https://gelisim.edu.tr/haber/spor-calistayi-sona-erdi>

The demands and wishes of young people interested in sports were discussed at the "Sports Workshop in Academic and Real Sector Cooperation" organized in cooperation with Basaksehir Municipality and Istanbul Gelisim University (IGU). The Chairman of the Board of Trustees Abdulkadir Gayretli drew attention to the importance of sports workshops held in order to determine the needs of the youth and the sector.

In the workshop, which was attended by many academicians and students of physical education vocational school, the demands and wishes of young people interested in various sports were discussed and solutions were sought. In the workshop, which started with a moment of silence for the martyrs and the National Anthem, the Mayor of Basaksehir Yasin Kartoglu and IGU Rector Prof. Dr. Burhan Aykac made a speech.

“SPORTS BEGINS AT 4 YEARS IN BASAKSEHIR”

Basaksehir Mayor Yasin Kartoglu, who participated in the workshop, stated that they took Fatih Sultan Mehmet as an example in urbanism, and added: “The way to devote the city is to make people happy. We also need to make determinations to understand what people are happy with. Workshops are one of the ways to identify it. I believe that these workshops will determine what young people want and produce good results with future investments. We are a municipality that cares about sports. In Basaksehir, children are taken to measurement from the age of 4. Guidelines are made about the sport they are interested in. We organize Turkey's largest youth sports event. In Youth Games, 25 thousand young people participate in tournaments in different branches.”

After the workshop, Kartoglu studied the technology projects of the university with Abdulkadir Gayretli. Kartoglu, who had the opportunity to try the electric car Babayigit realized by the university, expressed his appreciation for the university's projects.

MASTERS WERE AWARDED WITH PLAQUES

Special guests attending the workshop were presented a plaque for their participation. Leading sports journalists Halit Kivanc and Atilla Gokce, sports announcer Orhan Ayhan, retired SAT commando Namik Ekin, coach İlyas Tufekci and the world champion of FINA World Master Swimming Championship National Swimmer Ahmet Nakkas were awarded. Orhan Ayhan received the plaque of Halit Kivanc, who could not attend the workshop, and the plaque of İlyas Tufekci was received by his daughter İlkin Tufekci received. In the workshop, a certificate of appreciation was given to Ayse Begum Onbası, the world champion in aerobic gymnastics.





gelisim.edu.tr/haber/spor-calistayi-sona-erdi

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Sports workshop came to the end

The demands and wishes of young people interested in sports were discussed at the "Sports Workshop in Academic and Real Sector Cooperation" organized in cooperation with Başakşehir Municipality and Istanbul Gelisim University (IGU). The Chairman of the Board of Trustees Abdülkadir Gayretli drew attention to the importance of sports workshops held in order to determine the needs of the youth and the sector.



2. Paralympic Athletes Met with Students.

<http://www.ulusales.com/spor/paralimpik-sporcular-ogrenciler-ile-bulusacak-h575184.html>

The 1st National Paralympic Athletes Symposium organized by Istanbul Gelisim University (IGU) Health Sciences School students was held on 20 March.

There is an increase in the number of Paralympic national athletes in international championships. Stating that they aim to increase the awareness of the disabled individuals in sports and to inspire the society, IGU students will also organize the 1st National Paralympic Athletes Symposium. Paralympic athletes competing in 17 different branches will attend the symposium and meet with the students.





The list of athletes who will participate in the symposium organized by university students, who said that the symposium will change not only the physical disability, but also their perspective against the obstacles in life, was announced as follows:

Rabia Akyurek - Wheelchair Basketball National Team Athlete

Meryem Tan- Wheelchair Basketball Club, National Team

Muammer Can Demirci- Autist National Swimmer

Emine Avcu- Physically Handicapped National Swimmer

Dilan Ongulu- Physically Handicapped Swimmer

Serdar Demir- Physically Handicapped National Swimmer

Cenk Kecoglu- Mongoloic National Swimmer

Rıdvan Aksoy- Wheelchair Basketball Athlete

Alperen Alper - Turkey's First Paradresage Athlete

Serhat Eronal - Wheelchair User Youtuber





gelisim.edu.tr/haber/paralimpik-sporcular-ogrenciler-ile-bulusacak

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Paralympic athletes will meet with students

The 1st National Paralympic Athletes Symposium, organized by Istanbul Gelisim University (IGU) School of Health Sciences students, will be held on 20 March.

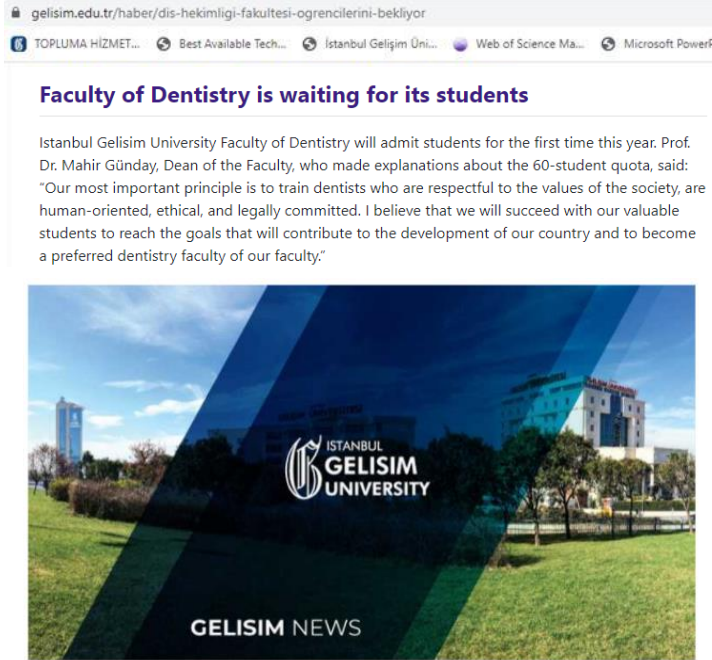


3. Istanbul Gelisim University Faculty of Dentistry Admits Students for the First Time in 2020.

<https://gelisim.edu.tr/haber/dis-hekimligi-fakultesi-ogrencilerini-bekliyor>

Istanbul Gelisim University Faculty of Dentistry will admit students for the first time this year. Prof. Dr. Mahir Gunday, Dean of the Faculty, who made explanations about the 60-student quota, said: “Our most important principle is to train dentists who are respectful to the values of the society, are human-oriented, ethical, and legally committed. I believe that we will succeed with our valuable students to reach the goals that will contribute to the development of our country and to become a preferred dentistry faculty of our faculty.”





3. A Research Was Conducted on How Technology Affects Family Lives During the Coronavirus Process and Families were Trained.

<https://gelisim.edu.tr/haber/koronavirus-surecinde-teknoloji-hayatlarimizi-nasil-etkiledi>

Research was conducted on how technology affects family lives during the coronavirus process. In the research conducted with in-depth interviews with families, it was concluded that people are physically imprisoned in homes but go out through social media and this situation will negatively affect psychology in the future.

With the coronavirus epidemic, perhaps the technological transformation that will take place in 10 years has been experienced rapidly within 6 months. Two sisters Asst. Prof. Dr. Ozge Gursoy Atar and Asst. Prof. Dr. Sebnem Gursoy Ulusoy carried out a study about how technology affects family life. The research was carried out through in-depth interviews with married families and families with children. Giving information about the research, Asst. Prof. Dr. Atar said: "In in-depth interviews, we saw that families were negatively affected by the technological process and benefited from technology in areas such as education and shopping". Asst. Prof. Dr. Ulusoy added: "Due to the advancement of technology, people have closed their homes in a way that blends with technology. The convenience provided by this technological transformation has turned us into home-dependent, real-life independent people without realizing it."

"OURSELF IN THE HOUSES, OUR AVATAR IS MOVING OUTSIDE"





Speaking about his findings about the interviews, Asst. Prof. Dr. Ozge Gursoy Atar said, "In the in-depth interviews, we saw that families were negatively affected by the technological process and benefited from technology in areas such as education and shopping. It was revealed that communicating with each other through online communication channels with the elders of the family lacked some points on children. We have seen that domestic communication has been further interrupted face-to-face during the coronavirus process. Like in an Avatar movie, we sit in the house ourselves, but we send our avatar out via social media. We have found that people are physically imprisoned in homes, but they go out through social media, and this may negatively affect their psychology."

SEEN AS A DIGITAL CARER: PARENTAL RELATIONS HAVE BEEN DISSOLVED

Atar pointed out that it is of great importance to strengthen communication with the activities of families with each other at home by limiting virtual communication a little more and said: "We see that social media and digital media tools are used intensely by children in this period. Parents started working from home. The mother cannot take care of the child; Therefore, social media and digital games started to be used a lot. Families started to see them as caregivers. This is why communication is limited. We should keep them away from digital, social media, with more family games. Families should also limit themselves because we have observed that parents are too depressed as a result of their escape, turning to social media and parents' relationships deteriorating."

WE ARE AFFECTED BOTH POSITIVE AND NEGATIVE

Asst. Prof. Dr. Sebnem Gursoy Ulusoy, from the School of Applied Sciences of Istanbul Gelisim University, who stated that they saw people confined to their homes in a way that blended with technology, said: "This process was reflected positively in many ways for the continuation of our work and the education of children. People were not unemployed, children were able to continue receiving education from home. The convenience provided by this technological transformation has turned us into home-dependent, real-life independent people without realizing it. The research came out at this point. While this process continued our daily routines, it also caused us to be a mother for 7-24 mothers and to continue our own business."

ARE LARGER FAMILIES AT THE DEFEAT STAGE?

Pointing out that there is change and transformation in family communication with the epidemic, Ulusoy said, "Large families are very important in our society structure. Those big families are now falling apart. The process of getting together in large families which consists of grandmothers and grandfathers has evolved into virtual maternity together with corona era and technology. In this period, we cannot foresee how children who are in the young age group and those who have spent 1-2 years in this way will be affected by this, whether they will overcome this and what kind of mass will come in social terms. We can foresee that this unpredictable mass will experience limitations in family communication. This was a preliminary study, studies on this are continuing.

EVENTS SHOULD BE ORGANIZED WITH TECHNOLOGY

Referring to the fact that technology causes people to confuse their business and private lives, Ulusoy completed her words as follows:





“Families need to spare time for each other spiritually. Also for nuclear family; It is important to stay away from social media and spend productive hours with children at the same time of their work on the internet. 90 percent of grandmothers and grandfathers use technology. Especially, they can communicate face to face with their grandchildren on certain days and be included in their time. We must direct the digital environment in a way that sustains our own intra-family communication. It will be much more beneficial for families to organize activities that can continue to be together using digital technology. Especially in the father-child triangle, open space activities and puzzles where the mother and father will actively spare time for the child can be solved. Printed activities, book reading activities, can be produced at home using digital technology. I believe that this process will be overcome and we will return to normal. It is inevitable that this will have a social impact, especially on children aged 2-10.”

gelisim.edu.tr/haber/koronavirus-surecinde-teknoloji-hayatlarimizi-nasil-etkiledi
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How did technology affect our lives during the coronavirus process?

Research was conducted on how technology affects family lives during the coronavirus process. In the research conducted with in-depth interviews with families, it was concluded that people are physically imprisoned in homes but go out through social media and this situation will negatively affect psychology in the future.



5. Athletes And Celebrities Run Together For Clean Water.

<https://gelisim.edu.tr/haber/%E2%80%9Ctemiz-su-icin-birlikte-kostular%E2%80%9D>

<https://www.ih.com.tr/haber-temiz-su-icin-birlikte-kostular-880546/>

Athletes and famous names accompanied the short runs by Amputee national football player and paralympic athlete Burak Abacıoğlu. In each run, awareness talks were held on a purpose of Sustainable Development.

Amputee national football player and paralympic athlete Burak Abacıoğlu, who performed short runs of 17 minutes and 17 seconds in different symbolic locations of Istanbul to draw attention to the Global Goals for Sustainable Development consisting of 17 items came together with the academician Asst Prof. Dr. Nevruz Berna Tatlısu, who took part in the project for "Clean Water and Sanitation", one of the Sustainable Development Goals.





“LACK OF WATER ON A GLOBAL SCALE CAN BE EXPERIENCED”

Asst. Prof. Dr. Nevruz Berna Tatlısu from Istanbul Gelisim University said: “If the sustainable development goals are not taken into account, there will be a global water scarcity and access to clean water will be very difficult. Safe drinking water, the extent of defecation in open spaces, water quality, waste water management, increasing efficiency in water use, increasing water and sanitation support to underdeveloped and developing countries, and raising awareness of local people should be supported.

Speaking about the run, amputee national football player and paralympic athlete Burak Abacıoğlu said:

“We ran 17 minutes and 17 seconds with dear Nevruz Berna Tatlısu and dear Elif İldem, IMM SC national athlete, clinical psychologist who qualified to participate in the 2021 Tokyo Olympics, on the Golden Horn Beach. I would like to thank dear Nevruz Berna Tatlısu and Dear Elif İldem for their support to my awareness project.”





6. Turkish Engineers Developed a Microchip Working with Sound Waves, which will enable the rapid diagnosis of many diseases, especially blood poisoning (Sepsis) and cancer.

<https://gelisim.edu.tr/haber/turk-muhendisleri-gelistirdi-kan-sonucunu-5-dakikadaogreneceksiniz>

<https://www.ahaber.com.tr/yasam/2020/11/18/turk-muhendisleri-gelistirdi-kan-sonucunu5-dakikada-ogreneceksiniz>

<https://www.sondakika.com/saglik/haber-turk-muhendisleri-gelistirdi-kan-sonucunu-513742958/>

Turkish engineers have developed a sound wave microchip that will enable rapid diagnosis of many diseases, especially blood poisoning (sepsis) and cancer. One of the members of the team conducting the study, Electrical and Electronics Engineer Asst. Prof. Dr. Alper Sişman said: "The blood collection method requires plenty of devices, and you have to wait at least 2 hours to get results, we will reduce this time to 5 minutes."

Engineers at Marmara University and Istanbul Gelisim University have moved to the experimental phase of the acoustic-based microchip project to be used in RNA isolation, which they have been working on for 2 years. Thanks to the microchip, many diseases, especially blood poisoning (sepsis) and cancer, can be diagnosed quickly.

MICROCHIP WORKS WITH SOUND WAVES

Explaining the details and objectives of the project, Electrical and Electronics Engineer Asst. Prof. Dr. Alper Sisman from Marmara University Faculty of Engineering said that they produced microchips that work using sound waves.

Asst. Prof. Dr. Sisman added: "The microchip first selects the drop of blood placed on it by generating micro vibrations and then breaks it up. It separates and evaluates the fragmented cells and reveals the RNA molecule. Our primary goal of leukocytes, known as white blood cells, is that after separating this blood group, which protects the body against infections, with microchips, we explode the cell membrane and perform the process to evaluate the genetic information inside it without damaging it."

2 HOURS OF OPERATION WILL BE REDUCED TO 5 MINUTES

Explaining that it accelerates the diagnosis of diseases such as cancer and sepsis and provides the chance for early intervention, Asst. Prof. Dr. Sisman said: "Thanks to the microchip, we get results from the blood or any body fluid sample we take in a very short time. The blood collection method currently used in hospitals, clinics and laboratories requires plenty of devices, and you have to wait at least 1-2 hours to get results, we will reduce this time to 5 minutes. This chip can also be used in fatal diseases with problematic diagnosis. For example, it can reveal cancer or sepsis, known colloquially as blood poisoning, in a very short time. We will ensure that the patient is intervened early with the microchip."

THE SAME RESULT WILL BE GIVEN WITH A DROP OF BLOOD





Sisman added: "Today, 10-20 milliliters of blood must be taken from people in order for the devices to work. Taking blood samples is a troublesome process, especially for children. With the device we have produced, we will be able to obtain the same result by taking 20 microliters, or a drop of blood, from the finger. We have completed the laboratory tests; the results are very positive. Our parser and cell shredder system works well."

"NO CHEMICAL IS NECESSARY"

Stating that they aim to produce a working prototype within 1.5 years, Sisman said: "Our priority is to ensure the use of microchips in clinics, hospitals and laboratories after mass production. Thanks to this device, many chemicals brought from abroad to break down cells will not be needed, and will contribute greatly to our country's economy. Chemicals can damage the valuable material that comes out after breaking down the cell and reduce our efficiency. Since we use sound waves with the microchip, we will get faster, more efficient and effective results without damaging the target molecule."

WORLDWIDE WORKS CONTINUE

Stating that studies in this field are continuing worldwide, Asst. Prof. Dr. Alper Sisman said: "In some applications, microchips similar to ours are also used, but there is no microchip used worldwide in the area we will use. That's why we take initiatives for intellectual property rights."

EXPERIMENT DONE

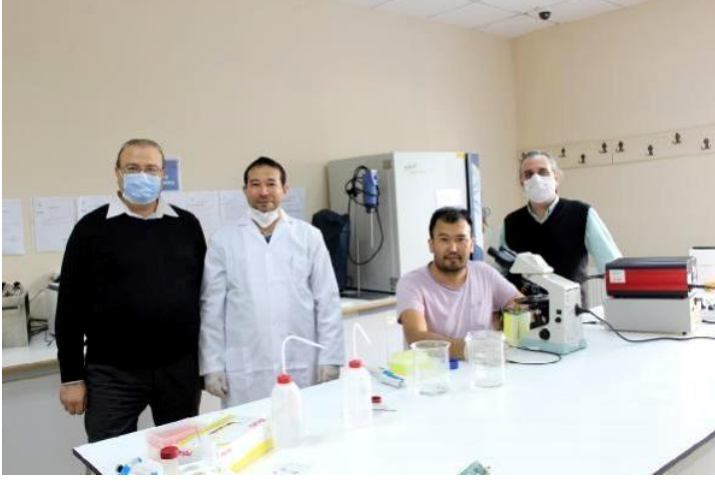
Biotechnologist Abbas Ali Hussein from Istanbul Gelisim University, who is the head of the team conducting the study, said, "We are planning to produce acoustic-based microchip to be used in RNA isolation. We work with experts from different fields such as chemistry, electricity, electronics and biology. We do our experiments with yeast and blood cells from animals. With the experiment we will do today, we will look at the efficiency of the microchip in breaking the cells with sound waves."

NEED FINANCIAL SUPPORT

Emphasizing that all analyzes to be performed with RNA in genetic or clinical laboratories will be performed with microchips, faster, with less sample volume and with less cost, Hussein said: "Thanks to the device, analyzes will be made in the field without the need for a laboratory at the bedside. The results we have now made us happy, we are doing well. We will apply to TÜBİTAK with our project, we need financial support."

The production phase of the microchip has been completed, and the experimental work continues. It is aimed to start mass production and launch after 1.5 years.





7. Istanbul Gelisim University gave Education Scholarship to National Athletes.

<https://gelisim.edu.tr/haber/istanbul-gelisim-universitesinden-22-milli-sporcuya-egitimbursu>

According to the historical agreement signed by the Ministry of Youth and Sports with 52 foundation universities, elite athletes who have achieved success at the international level can receive full scholarship education at foundation universities within the framework of the 'Hundred Percent Sportsman Scholarship Agreement'. Istanbul Gelisim University has announced that it provides 100% education scholarships to national athletes.

In accordance with the memorandum of understanding signed between the Ministry of Youth and Sports and 52 foundation universities, national athletes certified to be successful in the following sports fields in the last four years are awarded 100 percent tuition fee reduction by the relevant foundation university if they are placed in the said foundation universities according to the YKS result.

HUNDRED PERCENT SCHOLARSHIP FOR NATIONAL ATHLETES

In the statement made by Istanbul Gelisim University (IGU), it was announced that national athletes who applied to the School of Physical Education and Sports Special Ability Exams were provided with 100% educational scholarship.

Stating that they signed a "Hundred Percent Athletes Scholarship Agreement" with the Ministry of Youth and Sports to support Turkish sports, Chairman of the IGU Board of Trustees Abdulkadir Gayretli said: "National athletes are the most important representatives of our country. As a university, we support our athletes in their education, but also in sports activities."

"FOOTBALL, SWIMMING, TEKVANDO, BADMINTON, TENNIS, KARATE, FENCING, ATHLETICS AND WRESTLING"

Stressing that 100% training scholarships are provided to national athletes, Gayretli gave information about the sports branches and said: "We have national athletes in football, swimming, taekwondo, badminton, tennis, karate, fencing, athletics and wrestling. I wish success to all of them both in their education and sports life."





gelisim.edu.tr/haber/istanbul-gelisim-universitesinden-22-milli-sporcuya-egitim-bursu

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Education scholarship for national athletes from Istanbul Gelisim University

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8. 'Psychosocial Support Services Symposium' (PSIDESS 2020) was completed.

<https://gelisim.edu.tr/haber/%E2%80%9Cpsikolojik-travma-vakalarinin-en-azainmesigerekiyor%E2%80%9D>

“Psychosocial Support Services Symposium” was organized in order to ensure fast, effective and efficient coordination of psychological counselors before and after the trauma, crisis. Istanbul Gelisim University Chairman of the Board of the Trustees Abdulkadir Gayretli stated that the psychological trauma cases should be minimized, and said: “It is very important to increase the number of trauma teams.”

The 'Psychosocial Support Services Symposium' (PSIDESS 2020), which was organized in cooperation with Avclar Guidance Research Center, Bahcelievler Guidance Research Center and Istanbul Gelisim University (IGU), has been completed. 10 conferences and 8 workshops were held in the symposium, where more than 800 psychological counselors participated and 18 speakers took part. In addition to Bahcelievler District Director of National Education Emin Cıkrıkçı, Avclar District Director of National Education Dr. Barış Yıldız, psychological counselors working in Istanbul and students of Psychological Counseling and Guidance attended the symposium organized in order to ensure fast, effective and efficient coordination of psychological counselors before and after the trauma/crisis.





“TRAUMA CASES SHOULD BE MINIMIZED”

Speaking about the symposium, which aims to increase the level of knowledge of all participants with information and workshops shared by expert speakers in many different subjects such as trauma, types of trauma, and different approaches to traumatic events, Istanbul Gelisim University Chairman of the Board of the Trustees Abdulkadir Gayretli said: “Psycho-social work requires expertise. We have seen the results of the workshops and trainings carried out with such symposia after the earthquake in Elazig. Psychological trauma cases needed to be minimized. Therefore, it is very important to increase the number of trauma teams. Studies with Guidance Research Centers, Ministry of Family and Social Services and AFAD (Disaster and Emergency Management Presidency) will allow more specialists to be trained.”

“WE ALWAYS SUPPORT THEM”

Stating that psychological traumas also affect students, Gayretli said: “Children may have to take a break after the disaster. They may be unable to attend courses at schools. In this process, psychological counselors have a big duty. They are supposed to both help our young people survive these traumas, and guide our young people to get to know and understand themselves correctly. Counselors should be able to solve their problems and influence their decisions. We always support such activities, which are organized so that psychological counselors, who play a major role in improving students’ capacities, also develop themselves.”

RIGHT PREFERENCES FOR HAPPY STUDENTS

Stating that students who are healthy, know themselves and their environment well, are able to prefer the right university and department for them, Gokkusagi College General Director and Psychological Counseling and Guidance Specialist Mesut Doner said: “The more accurate university preferences make students happy and strengthen their bond with their university, and they can find jobs more easily when they graduate. Psychological counselors have a great role in the happiness of students.”





9. Special “Being a Premature Mother” Program was organized for 8 March International Women’s Day.

<https://gelisim.edu.tr/haber/turkiyede-her-yil-200-bin-bebek-premature-doguyor>

Indicating that 200 thousand premature babies born each year in Turkey İlknur Okay, President of 'El Bebek Gul Bebek Association', noted the insufficient maternity leave of mothers working in this painful process starting from the birth of the baby, and said that “maternity leave should start after birth”.

In order to raise awareness for mothers who have premature babies, the program "Being a Mother of Premature" was organized by Istanbul Gelisim University Gender Research Application Center for 8 March International Women's Day. Within the scope of the program, mothers with premature babies who are specialized in various sectors and academic fields came together and shared their success in keeping their babies alive with university students. İlknur Okay, President of El Bebek Gul Bebek Association, one of the guests and now has two premature daughters in her 20s, talked about the problems experienced by parents who have premature babies. Okay noted that 80 percent of mothers and fathers feel guilty about the premature birth of their babies, and it caused by the pressure of the social environment, according to their research as an association with 500 parents who have premature babies. “PREMATURE BABIES BORN IN TURKEY ARE NOT DISADVANTAGED”

Stating that there is a false perception that every baby born early in the society will die, İlknur Okay said: “About 1 million 248 thousand live births is happening in Turkey. Premature baby birth is 15.6 percent of this figure. In other words, approximately 200 thousand babies are born prematurely every year. There are levels of premature. Some of these babies stay in intensive care for a very long time. Others are discharged in a few days. From this point of view, at least 70 thousand babies undergo long-term and serious intensive care treatments. The earlier a baby is born, the more risk potential and development difficulties it faces. Mortality rates also depend on the birth time of the baby. In other words, the earlier a baby is born, the risk of death increases in parallel. Premature is the first in infant mortality under 5 years. But this does not mean that not every premature baby will live. This poses only a risk. Indeed, the physicians in Turkey, keep the baby alive with the treatment applied by nurses and in a healthy way in the race level with developed countries, the rate of discharge. Premature babies born in Turkey is never a disadvantage.”

80 PERCENT OF PARENTS FEEL GUILTY THEMSELVES

Expressing that in this process, parents should be supported, Okay said: “This process is tiring parents psychologically. Families must be very patient during this period. Apart from this, the relatives of the families who have premature babies should also be understanding in this period. Because during this period, it is always asked, "How is the baby, do you have milk?" We don't ask mom and dad how they are. However, they feel very helpless in this process. In fact, as an association in 2018, we conducted a research with 500 parents who had premature children. 80 percent of parents said they felt guilty about early birth. For this reason, it is necessary not to pressure families and support them socially.





“MATERNITY LEAVE SHOULD START AFTER BIRTH”

Stating that the maternity leave is insufficient, Okay added that they had a request to make a regulation on this issue at the state level and added the following statements:

“The permissions that could not be used before the birth started to be used after birth with an initiative we made in 2011 as an association. However, this is not enough, since the postpartum leave is 8 weeks. Even if the mother has no leave before birth, the days of leave are very short and sometimes the baby is not even discharged. This situation forces mothers to make a choice about their child and job. As an association, our request is that the mother's leave to begin after the baby is discharged. Because this period is a very critical period and not all problems are over when the baby is discharged. As a matter of fact, some treatments of the baby have just begun. This is a situation that forces working mothers and fathers. In fact, many parents are unemployed in this process and economic problems are added to all these problems.”

THE BIGGEST DIFFICULCY OF MOTHERS: NOT TO CONTACT THE BABY

Indicating that they had travelled all around Turkey within the scope of psycho-educational program “How are you, Mummy?”, and had met with mothers Okay listed the problems experienced by mothers who have premature babies as follows:

“We try to come together with mothers in provinces with high birth rates. We listen to their troubles. Mothers express their biggest problem as being unable to contact their babies while they are in intensive care. Unfortunately, there is a deficiency in our country in this regard. However, the baby needs a mother in neurodevelopmental aspects. When you take the baby out of the incubator and give it to the mother's lap, even the breathing of the baby improves, its growth accelerates, the development of nervous and mind increases. While these advantages exist, we cannot evaluate it very well for some reason. In this process, it is very important to feed babies with breast milk, but there are problems in the milk of the mother who is away from her baby. In addition, they have the pressure of the close environment on them. It should be known that; these babies need time. The earlier they are born, the more time it takes them to catch their peers. They can catch their peers around the age of two. For this reason, encouraging families should be encouraged during this period.”

“MOTHERS AND FATHERS SHOULD BE GIVEN PSYCHOLOGICAL SUPPORT”

Underlining that psychological support should be given to mothers and fathers in the process, Faculty Member of Istanbul Gelisim University Psychology Department Dr. Arzu Somay said: “In this process, the mother and father are sentenced to a situation where they cannot touch their baby and are restricted to communicate with him. In this process, the mother feels very bad emotionally. Because it is possible to fight guilt with the thought of not touching her baby or not feeding her enough in the womb. In this process, parents may need social support. Therefore, arrangements must be made in our hospitals. Psychological support should be given to the mother and father within these arrangements. Nurses and doctors need to guide parents in caring for the mother and baby. An environment where the mother can stay with





her baby needs to be organized. When these happen, parents can survive this process in a healthier way.

Director of the Istanbul Gelisim University Gender Research Application Center Dr. Emel Tozlu Oztay stated that they want to reach more parents with these programs and added the following statements:

“As premature baby mothers, we are specialized mothers in various sectors and academic fields. But not all mothers are as lucky as us. The number of premature babies is significantly high. This means that there are as many mothers as there are premature babies. Such organizations are highly needed for the advancement of women's employment and raising healthy babies. Premature mothers can be exposed to violence in various ways in the society. With this program, we evaluated the solution suggestions as a premature baby mothers and how they can draw a road map.”

“HOSPITAL AND DOCTOR SELECTION IS IMPORTANT”

The mother of 6-month-old premature girl expressed her feelings as follows:

“My baby was born two months early and is now 6 months old. We knew that she would be born prematurely during my pregnancy. In her 6th month doctors suddenly decided to abort. We had an intensive care period of 32 days. There was no surgery, but 32 days came to us like 32 years. My baby was only able to take breast milk for three days. Later she had discomfort from her intestines. Now she absolutely cannot take breast milk, feeds on baby food. It is a very difficult process, but those who experience this situation should not disturb their morale, they should pay attention to hospital and doctor choices.”





200 thousand premature babies born every year in Turkey

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10. Retired SAT Commando Namık Ekin Attempted A New Record.

<https://gelisim.edu.tr/haber/emekli-sat-komandosunu-namik-ekinden-yeni-rekor-denemesi>

Retired SAT Commando Namık Ekin, who has signed 18 Guinness World Records so far, is preparing for a new record attempt. Aiming to throw 3000 judoists out of the back 24 hours without going underwater and sleeping, Ekin signs the 19th Guinness World Record attempt on behalf of Istanbul Gelisim University.

Retired SAT Commando Namık Ekin, who participated in the Sports Workshop in Istanbul, stated that he is preparing a new record attempt. Ekin, who will carry out the new Guinness World Record trial at the Kadıkoy Municipality Acıbadem Swimming Pool, aims to throw 3000 judoists off the back 24 hours without ever getting out of the pool and sleeping. Ekin conducts his 19th Guinness World Record attempt on behalf of Istanbul Gelisim University (IGU), where he advises sports training.

Expressing that he will combine judo and fish manhood under water, Ekin said: "I will throw out 3000 judoists by eating under water without getting out of the water for 24 hours. All the judoists will come to me for help. The record attempt will start when I enter the water on March 16 at 11:00 and end on March 17 at 11:00."

"WE PREFERRED A HEATED POOL"





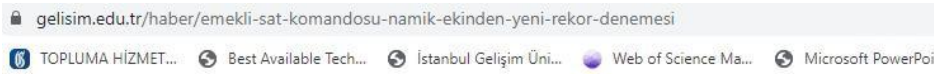
Stating that he will try to break the record in a heated pool, Ekin said: "I will break the record in the heated pool of Kadıkoy Municipality in Acıbadem. Because the biggest danger for me is shaking. After a certain hour you lose heat, chills and bruising begin. Performance is deteriorating, you cannot think well and you cannot make the right decision. For this reason, we preferred a pool that can be heated."

"I'VE COMPETED IN 14 DIFFERENT BRANCHES"

Stating that he owes his health to live programmatically, Namık Ekin added: "I am 78 years old. I have been doing sports since I was 8 years old. I competed in 14 different branches and I still compete. I eat well. I follow the science of sports. I have written 17 books on these topics. 7 were printed. We donated all of their income to the disabled."

"WE WILL TRY A NEW RECORD"

In the workshop, where the chairman of IGU Board of Trustees, Abdulkadir Gayretli also made statements on that they have always supported Namık Ekin, Gayretli added: "In the past years, Ekin has lifted 301 tons and 115 kilograms in total, 3.5 hours before the expiration period, without ever getting under water and sleeping. He conducted 18th Guinness World Record on behalf of IGU, exceeding the target of 273 tons, 5 hours and 15 minutes prior to the 24-hour expiry. Now we will try a new record together."



Retired SAT Commando Namık Ekin's new record attempt

Retired SAT Commando Namık Ekin, who has signed 18 Guinness World Records so far, is preparing for a new record attempt. Aiming to throw 3000 judoists out of the back 24 hours without going underwater and sleeping, Ekin signs the 19th Guinness World Record attempt on behalf of Istanbul Gelisim University.





11. Certificate for International Yoga Expert has been submitted to 15 persons

<https://gelisim.edu.tr/haber/15-kisiye-international-yoga-expert-sertifikasi>

The American Yoga Association's rapidly expanding yoga expertise program "International Yoga Expert Certificate (IYEC)" was held in Istanbul between February 10-17 in cooperation with Istanbul Gelisim University. 15 persons participating in the program received the "International Yoga Expert" certificate, which is the first and only internationally valid.

The American Yoga Association specialized in yoga, brings those who want to become a yoga expert to the level of providing yoga at an international level after 8 days and 16 hours of intensive training.

The spread of yoga training, which lasts up to 1500 hours and where wages of up to 20.000 TRY are widespread, irritated many yoga lovers. The American Yoga Association, one of the most competent organizations in yoga, took action and prepared a highly effective and intensive yoga expertise program and presented it to the world of yoga under the name of "International Yoga Expert Certificate (IYEC)" in 2018 at a very economical fee.

IYEC, which started the practice in many countries outside of the USA, started to spread rapidly with the positive effects of the program by yoga lovers in a short time. IYEC program brought by Yoga National Federation (ULUYOF) to Turkey were included in the training program approved by Director of Istanbul Gelisim University Lifelong Education Center Asst. Prof. Dr. Fatih Fuat Tuncer and External Training Specialist Mustafa Yuçel.

Officials stated that the second of the program, in which 15 people received the International Yoga Specialist Certificate on February 17, will be available in Istanbul on May 11-18, 2020; and continued to receive the registrations.





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12. A Study Was Conducted Evaluating Street Foods in terms of Health.

<https://gelisim.edu.tr/haber/istanbuldaki-arastirmada-urkuten-sonuc>

Research conducted in Istanbul revealed that foods such as kokorec, rice, chicken doner, boza and cold sandwiches sold on the street pose danger. Bacteria that cause typhoid, such as salmonella, were detected in the samples taken as a result of the research conducted for 1 year.

Street flavors that reflect the food culture of every country and region, are colorful and accessible at all times and are a part of low cost food culture; It is preferred for many reasons such as the fast and practical preparation phase. The research conducted in Istanbul revealed the microbiological risks that may arise from the consumption of street delicacies. Pathogenic bacteria such as "Staphylococcus Aureus" were detected in 65 percent of the foods tested, "E.coli" in 25 percent, and "Salmonella" in 10 percent. While salmonella was encountered in products such as boza and cold sandwiches, it was found that there were "Staphylococcus Aureus" and "E.coli" bacteria in chicken rice and mixed toast.

BEWARE OF BOZA AND COLD SANDWICH!

Explaining the results of the research, Asst. Prof. Dr. Murat Dogan from Istanbul Gelisim University said: "We found Salmonella in 10 percent. Salmonella is also a bacterium that causes typhoid. Since it is a very risky bacterium, it can cause big problems in humans when infected."





Emphasizing that 10 percent of the samples had Salmonella bacteria, Dogan stated that this bacteria was seen especially in boza and cold sandwiches.

THE RISK OF FOOD POISONING IN 65 PERCENT OF FOOD

Dogan said: "We have made a first in Turkey research related to the evaluation in terms of food safety of street food. In the 65 percent of the samples we receive from Street Food 'Staphylococcus aureus' was detected. This microorganism especially causes food poisoning."

E-COOLI BACTERIA HAS BEEN IN 1 OF EVERY 4 FOOD

Stating that there is 'E.coli' bacteria in 1 out of every 4 foods in the samples investigated, Dogan said: "This is a factor that threatens public health and is caused by feces. There is a big problem in terms of food safety in street food. This situation should be taken under control as soon as possible." Among the foods that contain bacteria of E.Coli; Chicken doner, chicken rice, Albanian liver, cold sandwich and mixed toast.

SCORES OF THE SELLERS AND THE ENVIRONMENT ARE TOO LOW

Expressing that street food is at the forefront in developed countries and especially in Japan, Vice Dean of Istanbul Gelisim University Faculty of Fine Arts Asst. Prof. Dr. Murat Dogan added: "These are standardized in terms of hygienic design and food safety. Turkey also needs to be done similar studies. Officially, street food needs to be analyzed and a solution found. When we also measured the hygiene levels of those who prepared these foods, they got 34 points out of 100. This shows that their level of knowledge is insufficient. Environments are also problematic in terms of food safety, and from this, 30 points out of 100 were reached. It was seen from hand samples taken from vendors that 9 out of 10 people had a problem. Let's not take street flavors out of our lives, but street food needs to be under control as soon as possible and designed in good ways. Street food is an important element of gastronomy and food culture."

WEARING GLOVES IS NOT A SOLUTION

Expressing that sellers should wash their hands frequently rather than wearing gloves, Dogan said: "They can wear gloves and then prepare food and give money afterwards with that glove. Wearing gloves does not mean that it is hygienic. It is necessary to have an environment where they can wash and disinfect their hands. It is not happening in the current conditions, but it must be done as soon as possible."

THE STUDY LASTED FOR 1 YEAR, WITH 3 STAGES

Berna Aydın, a graduate of Istanbul Gelisim University, Department of Gastronomy, who carried out a year-long research, said: "Street flavors are an ancient food and beverage culture. We conducted a research consisting of 3 stages in terms of food safety of street flavors. We examined the microbiological quality of street flavors in a laboratory environment, then conducted a questionnaire to measure the food safety knowledge of street vendors, and finally, we collected and analyzed hand swap samples from street vendors. We presented this research after a year-long study. Before starting this research, we wanted to do this issue that has not been addressed before and that a traditional eating and drinking culture such as street





food should be studied more comprehensively, this very important issue for human health, such as food safety, in order to contribute to both people and the literature."

SELLERS ARE CONFIDENT

Tradesmen say the results of the research are not correct.

Bayram Taskiran, a doner kebab master for about 15 years, said: "We buy our meat from the cleanest places. We season it well, let it rest and cook. It needs to be cooked on a fire of at least 300-350 degrees. We pay great attention to our hand hygiene for health. When we pay attention to where we store the mask and gloves at the same time, there is absolutely no problem."

The owner of the buffet, where it is sold food from rice to chicken doner, from hot dogs to toast, Abdulkadir Yılmaz said: "Before the coronavirus, we were paying attention to our hygiene. We pay attention to hygiene, mask, gloves and meticulousness. People always prefer quality and cheapness."

Halil Ece, the shop owner who sells kokorec, said: "Our counter is open and we serve in front of our customers by following the rules. We do not sell something that we do not eat to the customer. We must always give the best to win customers."

One of the tradesmen who made money by selling rice pilav said: "I gave importance to hygiene before the coronavirus started. We are careful not to work without our mask and gloves. Whenever a customer comes, we disinfect the tables with a washcloth. The food business is unlike any other and always demands attention. I keep the rice, I prepare during the day on the counter until 5-6 in the evening. I give the rest to those who need it, there is nobody just feed the street animals

PEOPLE TAKE FOOD FROM WHERE THEY KNOW

Saying that he does not believe that some food on the street is hygienic, Ali Demir said: "Since some of them are made at home and provide a living for people, it is possible to find the taste of home. I can understand that they are made at home and I prefer them. I prefer rice, meatballs whatever is sold outside."

Nesimi Yılmaz, who now live in France and visit Turkey said: "I live abroad and we miss tasting some flavors while coming here. However, the measures taken during the cleaning or while making it leave us hesitant, so we abstain. We have to give importance to quality. I believe quality brings cleanliness. I like meatballs and so-called saliva meatballs, though we are hesitant but we still eat."

Saying that she usually likes kokorec and meat doner in street flavors, Ebru Yamak said: "I also stay away from chicken doner because I believe the outside is unhealthy."

Expressing that she prefers to consume doner, Sevgi Oner said: "I stay away from kokorec and mussels. I prefer doner from places I trust, not everywhere. These days, I don't even want to take it anymore."





gelisim.edu.tr/haber/istanbuldaki-arastirmada-urkuten-sonuc
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The Startling Result Of The Study in İstanbul

Research conducted in İstanbul revealed that foods such as kokoreç, rice, chicken doner, boza and cold sandwiches sold on the street pose danger. Bacteria that cause typhoid, such as salmonella, were detected in the samples taken as a result of the research conducted for 1 year.



13. As part of the 46th anniversary events of the 13th Cyprus Peace Operation, Turkish and Turkish Republic of Northern Cyprus (TRNC) national swimmers swam from Mersin to Cyprus.

<https://gelisim.edu.tr/haber/%E2%80%9Camacimiz-kibrisi-uluslararası-spor-arenasindaduyurmak%E2%80%9D>

Within the scope of the 46th anniversary of the Cyprus Peace Operation, the Turkish and Turkish Republic of Northern Cyprus (TRNC) national swimmers swam from Mersin to Cyprus. The swimmers, including former state minister Kursad Tuzmen and Asst. Prof. Dr. Kubilay Cimen from Istanbul Gelisim University, arrived in Cyprus at noon today.

Turkish and the TRNC national swimmers, on the 46th anniversary Cyprus Peace Operation began to swim from Turkey to Cyprus under the slogan "Taking flag to the Cyprus". In the event, which also draws attention to the exposure of Cyprus as an international nation, as 'two states one nation', the swimmer team of 6 people arrived in Cyprus today at noon. Swimmers, including Kursat Tuzmen, one of the former state ministers, went ashore after swimming 90 kilometers. In addition to Tuzmen, in the event world master champion Ahmet Nakkas, national swimmer Tarkan Tuzmen, the first athlete who made a double in the English Channel, Faruk İlguay, the first TRNC sportsman Osman Akkus and Istanbul Gelisim University Faculty Member Kubilay Cimen also took part. Mayor of the Anamur Hidayet Kılınc and many citizens supported the athletes leaving the Anamur pier. Accompanied by drums and flutes, the athletes were accompanied by a boat and 2 ships of the Coast Guard Command.





gelisim.edu.tr/haber/" amacimiz-kibrisi-uluslararası-spor-arenasında-duyurmak"

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Our goal is to announce Cyprus in the international sports arena

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13. International Yoga Specialization Training was given.

Yoga Expertise training, it was aimed for 73 participants to have a one-hour yoga practice and to have the expertise to convey basic information about yoga.

14.

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8 DAYS 16 HOURS
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15. A winter break academy has been organized for high school students' university preferences

<https://www.gelisim.edu.tr/haber/surdurulebilir-egitim-icin-is-birligi>

As the Higher Education Institutions Exam (YKS) approaches, students make researches for university and department preferences. Istanbul Gelisim University (IGU) welcomes high school students on its campus with various practical courses on January 20-24 in the process of goal setting. 11th and 12th grade high school students can participate in the program called IGU 2020 High Schools Winter Break Academy.

Stating that students are not quite good in differentiating between which departments they want and the departments they should direct themselves, IGU Chairman of the Board of the Trustees Abdulkadir Gayretli said: "It is necessary to turn dreams into goals. It is important to take action for this. Students should set goals that they can achieve with the skills they have. As IGU, we attach importance to helping students in setting their goals and to be with them and support them when planning their careers."

Emphasizing that parents should not ignore their child's goals, Gayretli said: "Families should not direct their children to the goals they couldn't reach earlier in their own lives, and should not try to impose their dreams on children. Children must determine their own future. Children should be given the right to choose and be allowed to manage their lives."





IGU Chairman of the Board of the Trustees Abdulkadir Gayretli stated: "We have prepared a program that will help students determine their careers. 11th and 12th grade high school students can attend the applied lessons of the departments so that they have an idea in their minds about the professions and have fun."

The application and registration of the academy of which participation is free, can be made on the university's website.

The courses that students can experience in IGU 2020 High Schools Winter Break Academy program are as follows:

- Career Determination
- General Gymnastics
- Aircraft Engineering
- Nutrition Education and Counseling
- First Aid Applications
- Therapeutic Movements in Physiotherapy and Rehabilitation
- Aircraft Maintenance Applications
- Gastronomy
- Robotic Programming Training
- Psychology Department
- Radio, Television and Cinema
- Graphic design
- Photography Education

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16. The event, which was held with the presentation of Unal Erdem Elli as part of the World Mental Health Day, attracted great attention. The aim of the online event was accessible psychological health in the community. Priorities were specified for a healthy life as an individual.

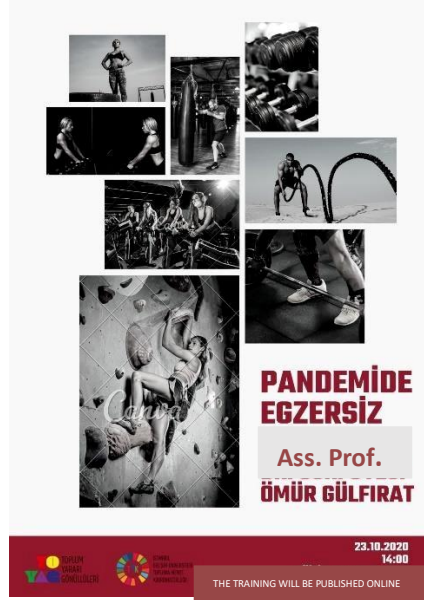


17. For the World Mental Health Day, Gelisim University Dr. Ass. prof. Esra Savas spoke. The program, which aims to raise healthy individuals in the society, attracted great attention from mothers.

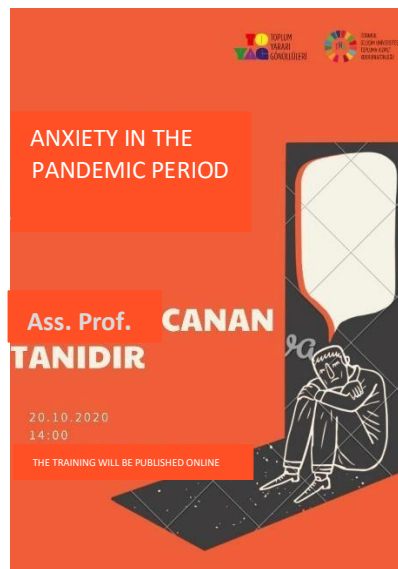




18. For a healthy society, in order to minimize the habit of laziness that entered everyone's life with the pandemic period, Dr. Ass. Prof. Omur Gulfirat gave training.



19. For the anxiety that entered our lives with the pandemic period, Assoc. Dr. In the training given by Canan Tanidir, the methods of controlling anxiety were discussed.





20. Defense Arts Training was given by Teaching Assistant Ozgur Dogan. The aim of this training is to teach the art of defense, albeit at a basic level. To raise individuals who know how to defend themselves in society.



21. Assistant Professor Ayse Huri Ozkarabulut spoke at the Cancer Prevention seminar held within the scope of Health Talks. Awareness was created in the event on cancer, which is an important issue for public health.

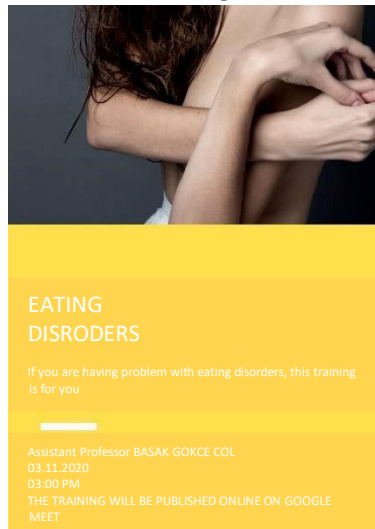




22. On December 24, 2020, Assistant Professor Abdullah Yuksel Barut organized the "Tips for Preventing Colds and Flu" event. Our event, which took place over Zoom, was completed in a much more colorful way thanks to the questions of our participants.

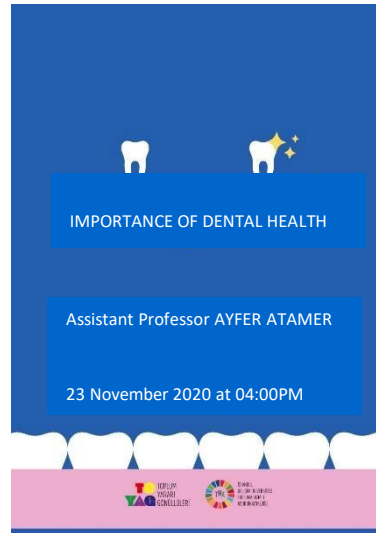


23. Speaking about eating disorders, Assistant Professor Basak Gokce Col touched upon important points. The event ended with great interest with its pleasant narration.





24. Assistant Professor Ayfer ATAMER held an important event on the Importance of Dental Health. Quite striking gains were achieved in the event, which lasted up to 3 hours.

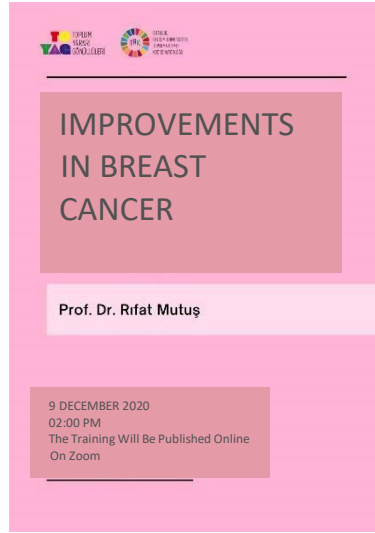


25. An impressive activity on Vegan and Vegetarian nutrition was held on 27 November 2020. The origins of the most fashionable diets and their effects on different human bodies were discussed.



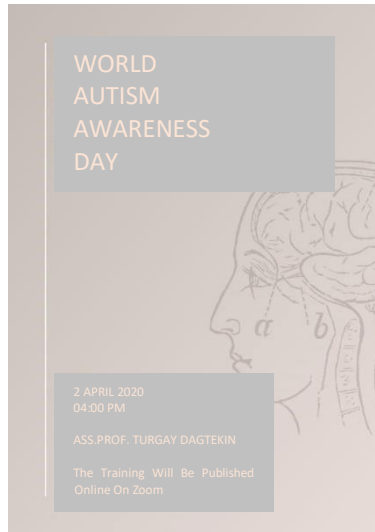


26. An informative seminar was held on December 9 with the participation of Prof Dr Rifat Mutus. In the event called Improvements in Breast Cancer, women of all ages were told about the risks and benefits.

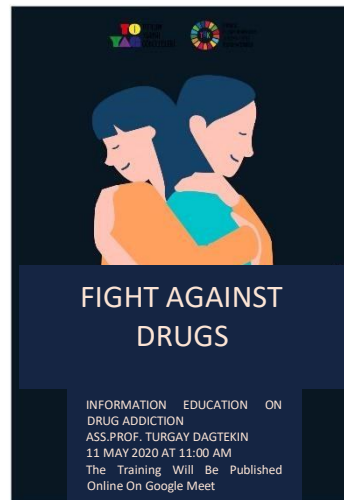


27. In the event held with the participation of Assistant Professor Turgay Dagtekin on the occasion of the World Autism Awareness Day, the advantages of having a place in social life for individuals with autism and how people should communicate with people with autism syndrome were discussed.



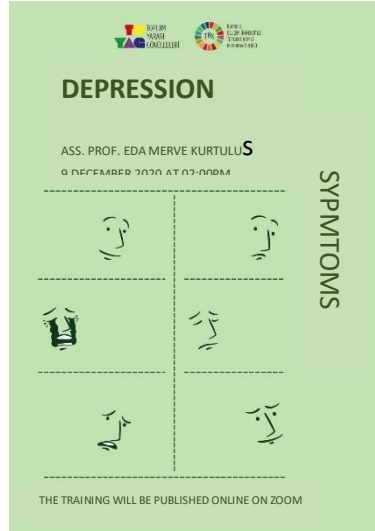


28. The Fight Against Drugs event was organized by Berk Efe Altınal on May 19th. In the event, where the harms of the body and immune system were discussed, the participants were informed.



29. Students showed great interest in our event on "Depression Symptoms" by Eda Merve Kurtulus. At our event held on December 9, striking issues were discussed.



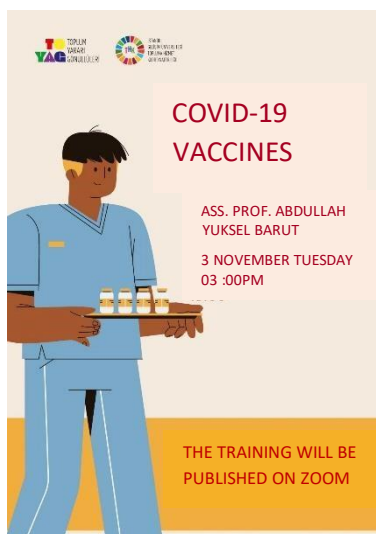


- 30.** "Healthy Aging" training was organized by Assistant Professor Unal Erdem Elli. Questions from the participants left their mark on our event, which facilitated middle-aged people to take more confident steps towards old age.



- 31.** In our event called "Covid-19 Vaccines" held on Tuesday, November 3, information was given about the vaccines produced in our country and in the world so far. It has been discussed which states are used for the benefit of the world with how much protection rates.





32. "No to tobacco" was said by Assistant Professor Gulay Tamer on February 5, 2020. Impressive statistics were shared with the participants at the event where the harms of tobacco use were mentioned.



33. Discussed the effects of air pollution on health. He continued with the information given by Assistant Professor Eda Merve Kurtulus. Current statistics from our country and the world pleased all participants.





34. In our event, which was held to prevent malaria, we discussed ways to get rid of this disease. The data of malaria disease, which is greatly affected by air temperature, in various countries were shared.



35. In our event held on January 10, domestic violence was mentioned. Standing on the theme that violence is not just physical, the speaker gladly answered the questions of the participants.





36. The event, which explains that we should not be insensitive about protecting green and how we can become more conscious about nature, was held on April 22. The event, which attracted great interest from environmental clubs, ended happily.

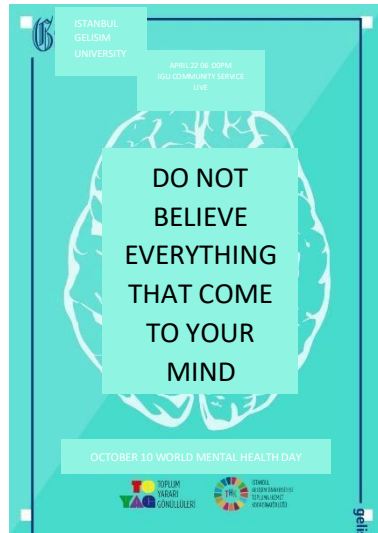


37. In our event, where etiquette and the rules of being kind to everyone were mentioned, practical scenarios were realized. Participants had the opportunity to observe lively the results of reflection on every subject..



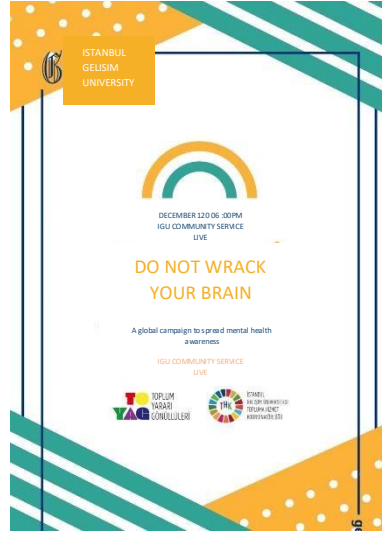


38. There was great interest in the event, which we completed on the World Mental Health Day. The event, where we benefited the society in every way, took place live on April 22, 2020. The experts, whom we listened to why we should not believe everything that comes to our mind, were sent off with thanks.



39. Our event, which is worth a global campaign to spread mental health awareness, was well received by our participants. The number of our participants reached 3-digit figures. Done for repetition.





40. In our event, where Istanbul Gelisim University Physical Education and Sports School Department was introduced, extensive information was given about Physical Education and Sports School in the country and in the world. The event, organized by Ass Prof Mehmet SOYAL and Ozgur Ozcanlı from Entrepreneurial Athletes Club, was successfully completed.



41. Our event titled IGUFITTALKS 'The Effects of COVID-19 on the Athletic Performance Process' was more enjoyable thanks to the contributions of the moderator Ozgur Ozcanlı. Information for athletes who have lost their athletic performance due to COVID-19 and want to protect it was shared.







42. Our event, which was held with the participation of moderator Selman Kiremitci and Mine Yilmazbilek from MAC Academy Group, focused on healthy living and exercise during the COVID-19 period.



43. TMDK Fair Play Council Member Semra Demirer participated in our event titled "Women Manager Interviews in the Sports Sector". Yonca Unlu, the event manager of the Department of Health, Culture and Sports, was the moderator.





44. With the participation of Ahmet Serdar Demir and two national swimmers, Fit Talks were held on May 19, Commemoration of Atatürk, Youth and Sports Day.



45. There was an intense participation in the event, which was moderated by the participation of Quality Life Specialist Ass Prof Haluk Sacaklı and the moderation of Tekmil Sezen Goksu, where we gained valuable information about the COVID-19 Process and life after. Our event, which took place on Instagram, ended with pleasure.





46. Senol GUNES participated in the new event of IGUFITTALKS. The event, which discussed the professional transformation in sports during and after the pandemic process, was coordinated by Nursena Acikgoz.



47. The "Immune System and Exercise" speech, which was held with the participation of Biomedical Engineer Goktug Sanli, was held on May 22, 2020, live on Instagram, under the moderation of Ozgur Ozcanli.





48. Famous coach Yılmaz Vural joined our live broadcast on May 23, 2020. The interest in our event, where everything about football and life was discussed, was quite high.



49. Participation in our event named 'Everything About Sports with Mehmet Cetin' held on May 24 with Master Trainer Mehmet Cetin was as intense as ever. Our event, which was broadcast live on Instagram, ended with pleasure after the participant questions were answered.





- 50.** With the participation of Experienced Coach Bulent Korkmaz, our event, where everything about football and life was discussed, was held on Instagram live on May 25, 2020. Participation in the event moderated by Tekmil Sezen Goksu was intense.



- 51.** Our event named 'Hip Forgetfulness: Exercise Strategies', with the participation of Prof Dr Muhammed Emin Kafkas, was held live on Google Meet on December 22, 2020.





52. Sports Marketing Specialist, Trainer and Consultant Burak Gurkan attended our event where the pandemic and digitalization in sports were discussed. The event organized by the Entrepreneurial Athletes Club took place over Google Meet.



53. Assoc Dr. Alper Ascı, who was with us with his speech titled Current Approaches in Training Loading held on Tuesday, December 29, organized a productive event. The event, which the participants followed closely, ended with questions.





54. IGU School of Sports Sciences Volunteered in the Let's Do It project on World Cleanup Day. Celebrating World Cleanup Day in September every year, Let's Do It! movement is working to raise awareness about environmental pollution and garbage collection. Along with the World Cleanup Day, which takes place simultaneously around the world, various activities are organized to overcome garbage blindness and raise awareness. Let's Do It! project carried out solid waste collection movement by reaching more than 116,000 volunteers at 154 cleaning points in 81 provinces on September 21, 2019, within the scope of World Cleanup Day events in Turkey. With this national event, it took an important step in the fight against garbage blindness and created mass awareness. IGU School of Physical Education and Sports Deputy Director Assistant Professor Tekmil Sezen Goksu and Head of Recreation Department Dr. Instructor Sevinc Serin Yaman voluntarily participated in this awareness event held at Avcilar Beach.

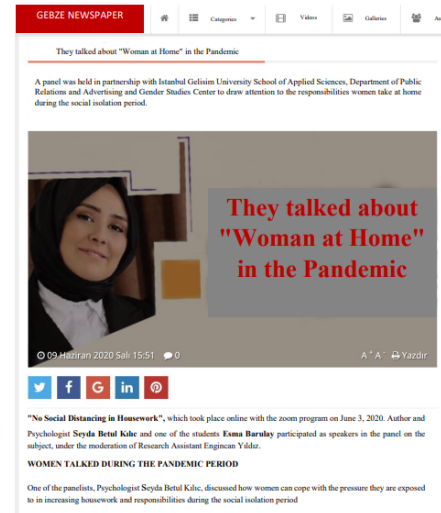


55. At our event held on Google Meet on Wednesday, December 16, 2020, Prof. Dr. Turgay BİCER gave a speech on Mental Endurance in Difficult Processes. Our event, which emphasized how important it is for us to exceed the comfort zone, ended with thanks.



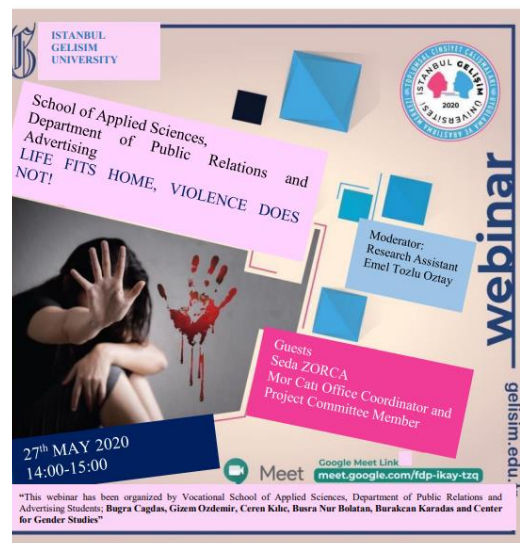


58. Author Psychologist Seyda Betul Kılıc and one of the students Esmâ Barulay attended the panel, which was held on 3 June 2020 via Zoom, under the direction of Research Assistant Engincan Yıldız.



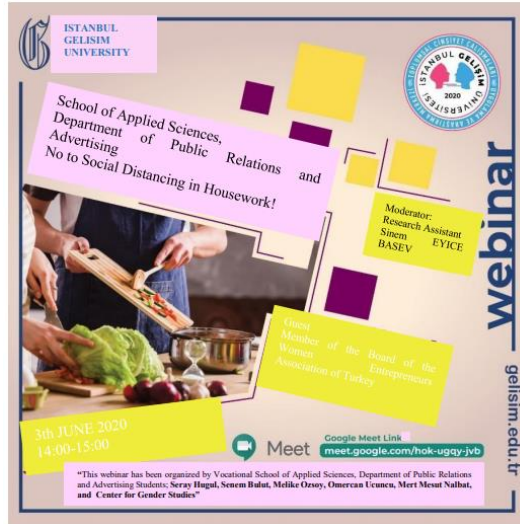
59. Lawyer Simgé Uyaniker and Mor Roof Office Coordinator and Project Committee Member Seda Zorca attended the 59th event as speakers. Uyaniker said, "Constructing such a project in order to raise awareness in this period is a matter of appreciation, I congratulate your project creator students Burakcan Karadas, Busra Nur Bolatan, Ceren Kılıc, Bugra Cagdas and Gizem Ozdemir and Assistant Professor Emel Tozlu Oztay."

<https://www.aksam.com.tr/guncel/izolasyonda-siddeteve-sigmaz-dediler/haber-1082675>





60. Aysegul Ozsan, Member of the Board of the Women Entrepreneurs Association of Turkey, attended the webinar titled "There is counseling at home in social isolation". Participation in the event, which took place on 3 June 2020 via Meet, was high.



61. On June 5, 2020, an event called 'We Have Responsibility at Home' was held. The event, which was attended by Feveran Communications Founding Partner Tulin Ceneli Donmez and CITi PR Founding Agency President Derya Aslan, was held over Google Meet. The event, in which the participants were informed, ended with pleasure.





62. In partnership with Istanbul Gelisim University, School of Applied Sciences, Department of Public Relations and Advertising and Gender Studies Center, attention was drawn to the working mother during the social isolation period. The online event was held on June 2, between 15.00 and 16.00, with the title of "Strong Women Working Mothers". It was seen that there was a great interest in the organized event. Photographer Alsu Ozturk attended the Webinar of the project as a speaker. Speaker Photographer Alsu Ozturk said, "It is aimed to create social awareness about the value that working mothers will create for themselves and their families by continuing their business life during the Social Isolation period." said.

<https://dostbeykoz.com/-guclu-kadinlar-emekci-anneler-etkinligi-yapildi>



63. With the partnership of Istanbul Gelisim University, School of Applied Sciences, Department of Public Relations and Advertising and Gender Studies Center, the awareness project "Your Beauty is Your Choice" was launched online to draw attention to the forced perception of beauty created on women during the social isolation period.

Sibel Savacı, the founder of UCES Production and Public Relations Agency, attended the Webinar of the project as a speaker. While underlining that different trends and

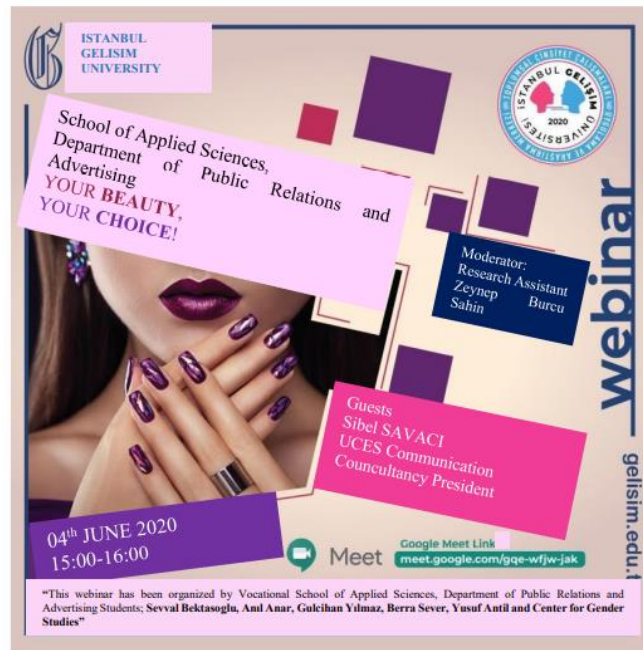




understandings of beauty are constantly emerging, Savacı informed the students about how to isolate oneself from this situation.

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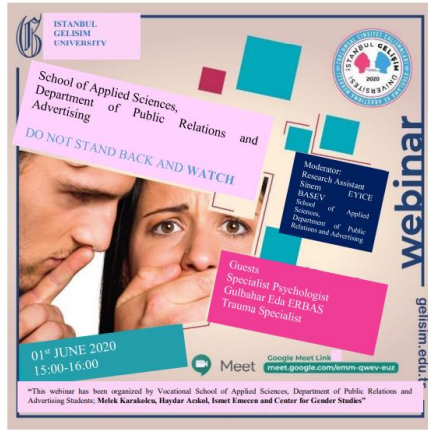
<https://gelisim.edu.tr/haber/sosyal-izolasyon-doneminde-senin-guzelligin-senin-tercihin-dediler>



64. An online awareness project called "Staying a Spectator" was launched in collaboration with Istanbul Gelisim University (IGU), Faculty of Applied Sciences (UBF), Department of Public Relations and Advertising and Gender Studies Center to draw attention to violence against women on TV during the social isolation period. Psychological Trauma Specialist Gulbahar Eda Erbas participated in the Webinar of the project as a speaker.

<https://ubyo.gelisim.edu.tr/bolum/halkla-iliskiler-ve-reklamcilik-103/haber/sosyal-izolasyon-doneminde-‘-seyirci-kalma->







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