



MONTHLY EVENTS AND NEWS BULLETIN



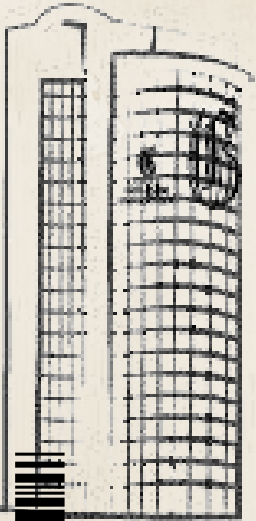
Faculty of
Health Sciences



100

THE 100TH ANNIVERSARY OF THE REPUBLIC OF TÜRKİYE

APRIL 2024 | ISSUE 40 | VOLUME 4



İSTANBUL GELİŞİM ÜNİVERSİTESİ





Faculty of
Health Sciences

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

Mustafa Kemal ATATÜRK

04-17

WE HAVE NOT
FORGOTTEN



6 FEBRUARY 2023

APRIL

04
2024



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Health Sciences

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April 2: World Autism Awareness Day



April 7: World Health Day



April 9: Day of Arafah



April 10-11-12: Eid al-Fitr



April 16: Biologists' Day



April 23: National Sovereignty and Children's Day



April 24 - 30: Vaccination Week



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Reward to students from Rector Prof. Dr. Bahri SAHIN at the 60th Library Week!

Various events were held at Istanbul Gelisim University (IGU) within the scope of Library Week, which is celebrated every year in the last week of March. The 10 students who borrowed the most publications from the IGU Library in 2023 were given awards by Rector Prof. Dr. Bahri SAHİN. Students showed great interest in the event, which was held with the participation of Rector Prof. Dr. Bahri SAHİN, who emphasized the importance of reading at every opportunity and encouraged young people to read.



"Get in the habit of reading"

10 students were rewarded at the ceremony. Chatting with the students, Rector Prof. Dr. Bahri SAHİN shared his professional experiences. He touched upon the importance of reading in his speech. He encouraged students to read, stating, "Keep reading, this is so essential for academic success." After the group photo shoot, the Head of IGU Library and Documentation Department A. Şenol ARMAĞAN invited the students to the library and chatted with them. A conversation was held about our students' interests, various authors and books.

Armağan invited students to an online conference scheduled for March 27th at 9:00 pm after the award ceremony. He mentioned that IGU Faculty Member Prof. Dr. İsmet Galip YOLCUOĞLU will participate in the event with a presentation titled "What to Read, How to Read?" as part of the event titled "Two Conferences in the 60th Library Week." He also informed that Prof. Dr. Şenol DURGUN will address the audience with a speech titled "History Readings in the Formation of Political Consciousness."





CANCER AND NUTRITION

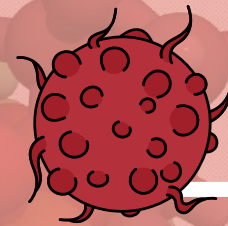


Faculty of
Health Sciences

In order to increase the level of awareness about cancer in our country, 1-7 April has been declared as National Cancer Week. Istanbul Gelisim University Faculty of Health Sciences Department of Nutrition and Dietetics Research Assistant Hasan Fatih AKGÖZ made statements about the relationship between cancer and nutrition.

Cancer cases are increasing globally every year. The World Health Organization has announced that around 10 million deaths occurred due to cancer in 2020. The Turkish Cancer Research and Fight Association, established in Ankara in 1947, proposed in 1956 that April 1-7 should be recognized as Cancer Week, and this proposal was accepted. Activities are organized annually during the days covering April 1-7 to raise awareness about cancer, a disease whose importance is growing day by day in society.

Cancer disease arises from the uncontrolled division, growth, and multiplication of cells in the body. This disorder can occur in any part of the body. There are nearly 100 types of cancer known to occur in the body. The most common cancers include lung cancer, breast cancer, brain tumors, stomach cancer, kidney cancer, liver cancer, pancreatic cancer, colon cancer, esophageal cancer, cervical cancers, skin cancer, and prostate cancer.



Causes and Symptoms of Cancer

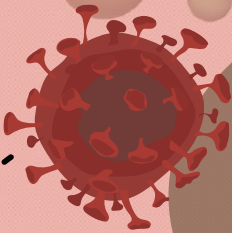
Cancer arises from both genetic and certain environmental factors. Environmental factors include smoking, excessive alcohol consumption, exposure to radiation, stress, high levels of bacterial/viral infections, exposure to chemicals, poor diet, being overweight, and obesity. Some foods increase the risk of cancer. These foods include fried foods, excessively salted foods, smoked foods, meats and meat products cooked at high temperatures, processed fermented meat products and fast-food items.

Cancer Symptoms; unexplained excessive weight loss in a short time, loss of appetite, high fever, nausea and vomiting, chronic weakness, severe pain, masses in some parts of the body, blood in faeces and urine.



If the treatment process for cancerous cells is not started on time, cancer can spread to all cells of the body. This situation greatly reduces the probability of successful treatment. Early diagnosis is very important in treatment. The treatability of cancer has increased with early diagnosis. In our country, family health services, community health centres and healthy life centres provide free screening services to the society. Today, the Mediterranean diet is recommended to prevent cancer. This diet includes cereals, vegetables and fruits, dried legumes, milk and dairy products, meat and seafood, and oils.

Cancer and Nutrition Recommendations



- Adequate and balanced nutrition should be taken. Plenty of water should be consumed to remove drugs and toxins from the body.
- An average of 5 portions of vegetables or fruit should be consumed daily.
- Complex grains should be consumed instead of refined grains and sugar.
- A diet rich in pulp should be consumed. Probiotic foods should be included.

- Milk and dairy products should be consumed. Red meat consumption should be limited and foods such as fish, chicken and legumes should be preferred.
- When cooking meals, excess oil should not be used, liquid oils should be used and healthy cooking methods (boiling, grilling, baking in the oven) should be preferred.
- Foods rich in vitamins and minerals should be consumed.



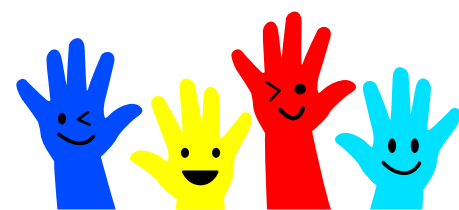
April 2 is World Autism Awareness Day

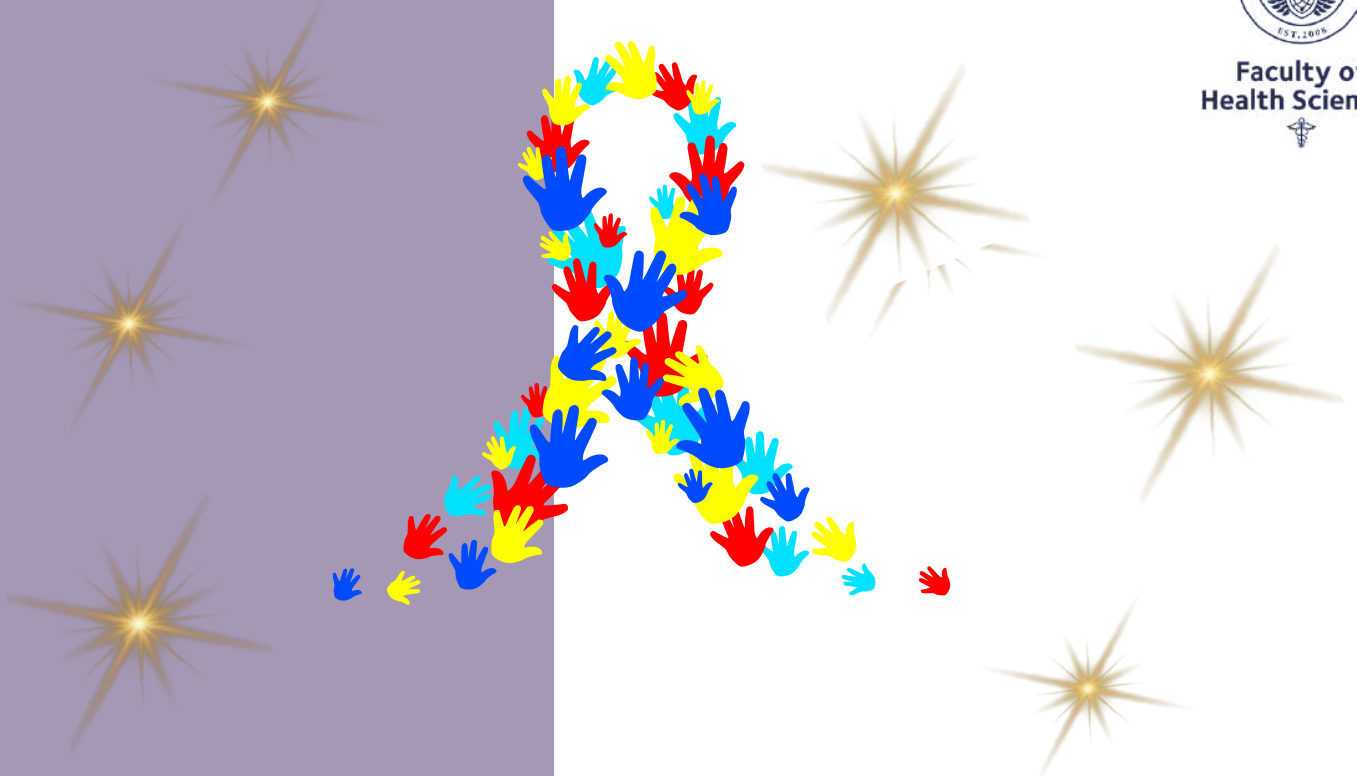


Research Assist. Rabia Ceren ATEŞ,
IGU Faculty of Health Sciences,
Department of Child Development

World Autism Awareness Day is an important special day designated by United Nations member states on April 2 of each year to raise awareness of autism spectrum disorder.

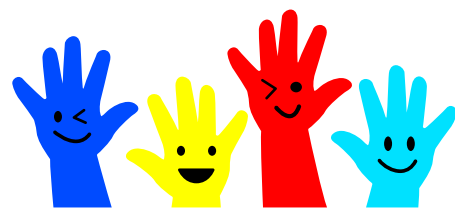
Autism spectrum disorder (ASD) is a neurodevelopmental disorder characterized by social and communication limitations and repetitive, restricted behaviors. While the prevalence of autism was 1 in 150 in the world in the early 2000s, today it is seen in 1 in 36 children. Genetic factors play a significant role in autism spectrum disorder. Parental history of psychiatric disorders and parental age have been associated with an increased risk for autism spectrum disorder. Exposure to psychotropic drugs during pregnancy, especially in the first trimester, has also been recognized as a risk factor for ASD. The diagnostic criteria for autism in DSM-5 (Diagnostic and Statistical Manual of Mental Disorders) are social communication and interaction and repetitive behavior. Children with autism spectrum disorder have varying degrees of difficulty in social emotional areas such as eye contact, appropriate mimic reactions to social and emotional situations, reciprocity in relationships, joint attention, seeing parents as a secure attachment base, empathy, and sharing positive emotions such as happiness. Reversed use of pronouns and echolalia are common. Non-verbal communication is very limited; they may have difficulties in skills such as pointing, appropriate use of gestures and facial expressions, and greetings. Stereotyped repetitive movements and limited interests are characteristic of the basic clinical presentation of autism. Persistent adherence to routines, resistance to change and intense anxiety and restlessness in the face of change are often prominent features. In recent years, it has been emphasized that a child with autism spectrum disorder should be planned both intensive behavioral therapies for themselves and educational programs for their families. In order to provide effective support services to the family, it is thought that it is important to determine the characteristics such as the psychological status and structure of the family, and to determine the relationships and mediating variables between these two variables. Assessing the psychological status of parents, understanding their concerns, revealing the problems in the structure and functioning of the family, and planning educational programs for parents for the continuity of children's education are important for the quality of life of children with autism spectrum disorder and their families.





The differences experienced by individuals with autism spectrum disorder should not limit the value of the individual in life and the potential for self-realization. Every year on April 2, various institutions and organizations in our country aim to promote research on autism, increase awareness, early diagnosis and treatment with their projects. It should not be forgotten that every individual is unique and special. By enriching the social perspective and increasing the acceptance of each individual, they should be more socially and economically included in life. Autism is a developmental difference, not a deficiency. It is in the hands of all of us to ensure that individuals with autism are supported in social life by increasing our awareness.

Happy World Autism Awareness Day.





IGU earned two new degrees from TUBITAK thanks to the research projects it supported.

Istanbul Gelisim University (IGU) continues to progress rapidly with its vision of "Research University". IGU students gained two new degrees with their applications to TUBITAK.

In the scope of the 2209-A University Students Research Projects Support Program conducted by the Presidency of the Scientific and Technological Research Council of Türkiye (TUBITAK), Istanbul Gelişim University, which ranked 5th in the number of applications among foundation universities, placed 8th in the ranking of project application acceptance results among foundation universities.



TÜBİTAK



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Istanbul Gelişim University New Graduate Development Program

The "New Graduate Development Program," prepared by the Human Resources Department of IGU, is a part of our Talent Management Programs. With this program, you will be met with a developmental action to reinforce your educational experiences at the first stage of your career. The program is designed to provide industry knowledge and training necessary for you to become a future leader if you are a promising candidate like yourself.

[Click here to access the Istanbul Gelişim University New Graduate Development Program Handbook.](#)



Istanbul Gelişim
Universitesi
Yeni Mezun
Gelişim Programı

İnsan Kaynakları Daire
Şifreli Giriş

İstanbul Gelişim
Universitesi

İstanbul Gelişim
Universitesi

İGU
Yeni Mezun Gelişim
Programı ile tanışın

"İstanbul Gelişim
Universitesinde
çalışmış olma
ayrıcılığını yani sıra
iddialı projelere
katkıda bulunarak
yapılan eğitim
öğrenim ile bilgi
birikimini
artırabileceksin"

Destekleyici
Argümanlar

DEĞERLENDİRME
SÜRECİ

40 dk. bir amaçla yönetilen
kaynak değerlendirme ve
yeterlilik değerlendirme
süreçleri için hazırlanmış
bir dizi video serisi.



VAKA
ÇALIŞMASI

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VIDEO
ÇALIŞMASI VE
FINALLEME
SÜRECİ

Video çalışmaları öğrencilerin
bilgi birikimlerini ve yeteneklerini
değerlendirmek için hazırlanmış
bir dizi video serisi.



THE SUCCESS OF IGU, WHICH PLACES GREAT IMPORTANCE ON SUSTAINABILITY STUDIES, WAS CROWNED ON "MARCH 30TH WORLD ZERO WASTE DAY."

The Branch Manager Responsible for the Zero Waste Project at the Ministry of Environment, Urbanization, and Climate Change, Mustafa Lütfü İLKBAHAR, along with Environmental Engineer Sevcan ALTIN and Water Sciences Engineer Gamze TEMEL YIKILMAZ, visited IGU Rector Prof. Dr. Bahri ŞAHİN at his office.



IGU, which places importance on sustainability studies in every field, including environmental sustainability, had earned the Basic Level Waste Certificate as a result of its meticulous efforts. On March 30th, World Zero Waste Day, Istanbul Gelişim University stood out with its sustainability efforts.

Mustafa Lütfü İLKBAHAR, Sevcan ALTIN, and Gamze TEMEL YIKILMAZ, who are responsible for the Zero Waste Management Project at the Ministry of Environment, Urbanization, and Climate Change, personally presented the Basic Level Zero Waste Certificate, which was earned thanks to the meticulously managed 'Zero Waste Management' at IGU, to Rector Prof. Dr. Bahri ŞAHİN. The protocol was attended by Vice Rector Prof. Dr. Arda ÖZTÜRKCAN, Deputy Secretary General Dr. Esra SAYIN, and Quality Coordinator Prof. Dr. Hasan Hakan BOZKURT.

[Click for the link of the news](#)

IT IS SEEN IN ONE OUT OF EVERY 2 PEOPLE IN TURKIYE: POSSIBLE TO REDUCE IT WITH CRANBERRY FRUIT!

"Fatty liver disease", one of the most common health problems of today, is seen in one out of every four people in the world. Stating that this rate is higher in Türkiye and seen in one out of every 2 people, Nutrition and Dietetics Specialist Asst. Prof. Merve BAYRAM: "As a result of our 8-week study with cranberry fruit, we found that the consumption of cranberry fruit reduced body weight, body fat ratio and waist circumference".

While fatty liver disease associated with metabolic dysfunction is seen in one out of every 4 people in the world, it is seen in one out of every 2 people in Türkiye with a very high rate. Stating that there is no cure for fatty liver disease, Istanbul Gelisim University (IGU) Faculty of Health Sciences, Department of Nutrition and Dietetics Lecturer Nutrition and Dietetics Specialist Merve Bayram stated, "The only treatment method is to change the lifestyle by increasing diet and physical activity. As a result of our 8-week study with cranberry fruit, which has a high antioxidant capacity, we found that consumption of cranberry fruit reduced body weight, body fat ratio and waist circumference."

"Cranberry fruit is a very rich antioxidant in terms of its compounds"

In recent years, interest in phytonutrients has increased considerably. Cranberry fruit, which is used in medicine for the prevention and treatment of various diseases, is widely used in colds, flu and urinary tract inflammations, diarrhea, constipation, gastrointestinal disorders, cough, bronchitis and diabetes. Stating that cranberry fruit is very rich in anthocyanins that give the fruit its red color, Nutrition and Dietetics Specialist Asst. Prof. Dr. Merve Bayram also added the following: "Anthocyanins are the compounds with the highest antioxidant capacity found in nature. Cranberries contain anthocyanins as well as many other compounds that increase their antioxidant content. Fatty liver disease is a disease that usually involves obesity. In our study, which we set out for this purpose, we evaluated the effect of cranberry fruit with or without dietary treatment in people with fatty liver disease."

"We have seen that it reduces body weight, body fat ratio and waist"

Stating that they divided the patients into 4 groups while conducting the study, Bayram said, "The first group provided the daily fruit requirement with 30 grams of lyophilized (powdered) dried cranberry fruits together with disease-specific diet therapy. The second group received disease-specific dietary-only treatment and consumed no fruits and vegetables of red, purple, and blue color. The third group continued their own diet and received 30 grams of lyophilized dried cranberry fruit each day. The fourth group continued their own diet and did not consume any red, purple and blue fruits and vegetables, including cranberries. Our fifth group included healthy individuals who were not diagnosed with fatty liver disease. Our study lasted 8 weeks. Body analysis, waist circumference, hip and neck measurements of all groups were performed at the beginning of the study and at the end of the 8th week. We found that cranberry fruit consumption reduced body weight, body fat ratio and waist, whether in addition to diet or not. The decline in these results was much greater with diet. The more interesting result was that there was a very serious decrease in the group consuming cranberries in addition to dietary treatment when looking at the decrease in the rate of liver fat with ultrasound."

[Click here for the news.](#)

23 APRIL

**NATIONAL SOVEREIGNTY AND
CHILDREN'S DAY**





Faculty of
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100

**NEWS FROM THE
FACULTY OF HEALTH
SCIENCES**

ACADEMIC STUDIES



Faculty of
Health Sciences



The oral presentation titled "The Role of Leadership Effectiveness and Turnover Intention in the Impact of Psychological Performance on Organizational Performance" prepared by Asst. Prof. Aslı KAYA, a faculty member of our School of Health Management, and Lecturer Cemile ŞEKER from Near East University was presented an oral presentation at the "2nd International Rumeli Society and Educational Sciences Congress."

The poetry book titled "USÂRE" by Ümmügülsüm MARAL, a second-year student of the School of Health Management, was prepared and published by Telmih Publishing House under the leadership of Asst. Prof. Aslı KAYA. We congratulate our student on this wonderful achievement on behalf of the Health Management Department and wish her continued success.



ACADEMIC STUDIES



Faculty of
Health Sciences



The oral presentation titled “THE RELATIONSHIP BETWEEN SUSTAINABLE AND HEALTHY NUTRITION BEHAVIOURS AND FOOD CHOICE IN UNIVERSITY STUDENTS WHO DO AND DO NOT TAKE NUTRITION COURSE: A SECTIONAL STUDY”, prepared by our faculty members Asst. Prof. Hatice Merve BAYRAM and Prof. Dr. Arda ÖZTÜRKAN, from the Department of Nutrition and Dietetics, was presented as an oral presentation at the 4th International Healthy Nutrition Congress-1st Istanbul Medeniyet University-International Nutrition and Dietetics Congress.

Five of the student projects accepted within the scope of the "University Student Research Projects Support Program" of the Department of Nutrition and Dietetics, 2209-A, were presented as oral presentations at the "7th International Health Sciences and Life Congress".

Asst. Prof. Hatice Merve BAYRAM's oral presentations titled "Investigation of the effect of perceived stress, anxiety, and anxiety on nutrition after an earthquake: An example of earthquake area" and "Effect of digital nudges on online food selection" have been published.

Asst. Prof. Hande Nur ONUR ÖZTÜRK's oral presentations titled "Effect of diet tryptophan levels of mothers with 6-12 month-old babies on the quality of baby and maternal sleep" have been published.

Res. Assist. Gizem UZLU DOLANBAY's oral presentations titled "Evaluation of negative calorie misconception and body satisfaction in university students" have been published.

Res. Assist. Tuğba TÜRKCAN's oral presentations titled "Investigation of the relationship between depression, anxiety, stress levels, food choices, and eating behaviors of first-year university students" have been published.

The article titled "Examination of the Interest Shown to Popular Diet Terms in Turkey: An Infodemiology Study" by Asst. Prof. H. Merve BAYRAM and Prof. Dr. Arda ÖZTÜRKAN, faculty members of the Department of Nutrition and Dietetics, has been published in the Bandırma Onyedi Eylül University Journal of Health Sciences and Research.

ERGOTERAPİDE YENİLİKÇİ YAKLAŞIMLAR: "BİLGİ, İNOVASYON VE TOPLUMSAL ETKİ"



IGU OCCUPATIONAL THERAPY AT THE CONGRESS IN MEDIPOL UNIVERSITY

ERGOTERAPİDE YENİLİKÇİ YAKLAŞIMLAR:
"BİLGİ, İNOVASYON VE TOPLUMSAL ETKİ"



The Congress on Innovative Approaches in Occupational Therapy was held at Istanbul Medipol University, Faculty of Health Sciences, Department of Occupational Therapy on April 19-20, 2024. Asst. Prof. Çağıl ERTÜRK participated as session chair.

In addition to enhancing our collective knowledge, awareness, and competence in the field of occupational therapy, we participated as an IGU Occupational Therapy family in the congress, where our occupational therapy students further strengthened their professional and personal relationships.

At the congress with the main theme of "Knowledge, Innovation, and Social Impact," where scientific and technological advancements are discussed regarding assessment and treatment in occupational therapy, as well as current approaches, Research Assistants Hülya YAMAN and Beyza Aşlı BİLSEL presented their oral presentations.

Innovative Approaches to Social Justice at International Congress: The Future of Social Work through Lefebvre's Concepts

Asst. Prof. Emrah TÜNCER, a faculty member, presented the paper titled "Roadmap for Urban Justice: Radical Social Work from the Perspective of Urban Right and Oeuvre" authored by Asst. Prof. Emrah TÜNCER and Asst. Prof. Yonca Güneş YÜCEL, at the 8th International Eurasian Social Sciences Congress.

In his presentation, TÜNCER extensively discussed how Lefebvre's concepts of urban right and oeuvre, which provide clarity and expansion to the perspective of justice, can be utilized in the field of social work and evaluated as a tool for societal transformation. He demonstrated how these concepts and the fundamental principles of radical social work can work together and offer opportunities to address the deepening social injustices exacerbated by multiple crises in urban areas.



8th INTERNATIONAL CONGR
EURASIAN SOCIAL SCIEN
(8. ULUSLARARASI AVRASYA SOSYAL BİLİMLER K



2. OTURUM		SALON/HALL: 1	
26 Nisan 2024 Cuma Saat: 11:20 – 12:20 / 26 April 2024 Friday Time: 11:20 – 12:20			
Oturum Başkanı/Moderator: Doç. Dr. Fatma ÜNLÜ			
Saat/Time	Yazarlar/Authors	Bildiri Başlığı/Title	
11:20-11:35	Fatma ÜNLÜ	AVRUPA BİRLİĞİNDE YÖNETİŞİM, İNOVASYON VE TEKNOLOJİ TEMELLİ BÖLGESEL REKABET EDEBİLİRLİK POLİTİKALARININ ETKİNLİĞİ	
11:35-11:50	Orçun OLTULU	KAMU POLİTİKALARINDA YAPAY ZEKÂ KULLANIMI: GÜNCEL EĞİLİMLER VE UYGULAMALAR	
11:50-12:05	Mehmet MAZAK Turgay AYDOĞAN Gülay BULGAN Ziya DİRÜK Ecir Uğur KÜÇÜKSİLLE Aygen OKSAY Burcu ASLANTAŞ ATEŞ Didar BÜYÜKER İŞLER Serpil SENAL	İKTİSADİ VE İDARİ BİLİMLER ALANINDA SIMÜLASYON TABANLI EĞİTİM	
12:05-12:20	Emrah TÜNCER Yonca Güneş YÜCEL	KENTSEL ADALET İÇİN YOL HARİTASI: KENT HAKKI VE OEUVRE PERSPEKTİFİNDEN RADİKAL SOSYAL HİZMET	

TUBITAK 2209-A AWARDEES

The support results of the applications made within the scope of the "2209-A University Students Research Projects Support Program" for the 2023/2 term, conducted by the Presidency of the Scientific and Technological Research Council of Turkey (TÜBİTAK), have been announced.

Within the program aimed at supporting associate and undergraduate students studying at universities, our faculty's academic staff and students in the Departments of Healthcare Management, Child Development (English), Speech and Language Therapy, and Orthotics and Prosthetics have shown success in receiving support with six projects.

We congratulate all our academic staff and students. We are proud of our success!



İSTANBUL
GELİŞİM
ÜNİVERSİTESİ



TÜBİTAK

Öğrenci Adı Soyadı	Akademik Danışman	Öğrencinin Bölümü	Proje Adı
Darile TUNA	Dr. Öğr. Üyesi Aak KAYA	SAGLIK YONETIMI	Türkiye'de Akademik Personelin Sağlıkta Yaşam Biçimi Davranışlarını Belirlemek üzere Yönelik Bir Araştırma
Demir Hazal CELEPI Rabia Nazkar SOZACIOGLU	Öğr. Gör. Berk Efe ALTINAL	ÇOCUK GELİŞİMİ (İNGİLİZCE)	Eğitim Kurumlarında Staj Deneyimi: Nibel Bir Yatkılaşma Çocuk Gelişimi Öğrencilerinin Perspektifi
Serrval Zeynep KÖREZ Beray TEZCAN	Öğr. Gör. Berk Efe ALTINAL	ÇOCUK GELİŞİMİ (İNGİLİZCE)	Okul Etkinliklerinde Çocuk Gelişimine Etki: Eleştirel Bir İnceleme Ve İstanbul Ve Samsun'daki Paydaşların Perspektifleri
Enes KOYUN Zarife Sultan BOZKIUŞ Hüda Nur SAVRAN Yusufl ÇUBUK	Öğr. Gör. Seda KETEN	DİL VE KONUŞMA TERAPİSİ	Özel Eğitim Ve Rehabilitasyon Merkezlerinde Görev Yapan Öğretmenler Arasında Ses Yorgunluğu Ve Ses Hızı ve Biği Düzeyinin İncelenmesi
Saban EYICI Kübrahan ÇOBAN	Arş. Gör. Ebru DURUSOY	ORTEZ VE PROTEZ	Giyilebilir Teknolojilerinin Sağlıkla İlgili Yaşam Davranışlarına Etkisi: Giyilebilir Teknoloji Sağlıkla Yapılan Üz Yönetim Ölçeği'nin Geliştirilmesi
Sahhanur CENGİZ Kübra GÜNEŞ	Arş. Gör. Semanur OKTAY	SAGLIK YONETIMI	Erdeміl Raporlama (Whistleblowing) ile İlgili Yarıda Bırakılan Araştırmalı İlgili: Hemşireler Üzerine Bir Araştırma

Başarılarımızla gurur duyuyoruz!

gelisim.edu.tr

"Methods to Coping with Screen Addiction" Event was held at the Healthy Development Platform

With the cooperation of Istanbul Gelisim University Child Development Department and Dean of Students, an event on "Methods to Coping with Screen Addiction" was held within the scope of the Healthy Development Platform.

On 26.03.2024 between 14.00 and 15.00, the students of the Faculty of Health Sciences participated in the event and the event started with the speech of the Head of the Department of Child Development, Asst. Prof. Nurten ELKİN. ELKİN briefly explained the effects of screen addiction on children's health, she left the floor to Research Assistant Rabia Ceren ATEŞ, the instructor of the event.

ATEŞ discussed the impacts of media on child development, highlighting that excessive exposure to inappropriate content from an early age can lead to developmental issues, musculoskeletal problems, language development difficulties, obesity, insufficient sleep, and physical inactivity. She emphasized two key factors to consider in children's technology use: "Content and Duration." Using technology with age-appropriate content and duration enriches a child's life. It is recommended that children under 3 years old should not spend time in front of screens, and screen time for children aged 3-5 should not exceed one hour. Prolonged exposure to violence in the media can lead to desensitization to violence, acceptance of violence, and imitation of violent behavior in children. Research has shown that technology use does not support children's language development; instead, interactive engagement with children is crucial for supporting language development. After the informative speech, workshop activities were conducted. The event concluded with student evaluations collected at the end of the workshop.



"Understanding or Being Understood?" Event was held at the Healthy Development Platform

With the cooperation of Istanbul Gelisim University Child Development Department and Dean of Students, an event titled "Understand or be understood" was held within the scope of Healthy Development Platform.

The event, which was held on 16.04.2024 between 14.00 and 16.00, was led by Istanbul Gelisim University Anti-Addiction Coordinator and Head of Child Development Department Asst. Prof. Nurten ELKİN. Students of the Faculty of Health Sciences participated in the event; The event was organized by Lecturer Clinical Psychologist Selin KALABAŞ. In the event, it was mentioned that understanding and being understood are in gradient with each other, but that there are cognitive errors that affect both and that these errors lead to prejudices and negatively affect our behavior.



ISTANBUL
GELİŞİM
ÜNİVERSİTESİ

Her Salı

ATÖLYELERLE
GELİŞİM

"Anlamak mı Anlaşılmak mı?" Atölyesi



Salı
16 Nisan , 2024
14:00-16:00



Gelisim Tower
Öğrenci Merkezi 17.kat



Dr. Öğr. Üyesi
Nurten ELKİN

Öğr. Gör. Selin
KALABAŞ

Before the workshop practices, KALABAŞ mentioned that cognitive errors are erroneous thought patterns that are common in a person's thought processes, leading to misinterpretation of facts or negative thoughts. Moreover, she mentioned that these distortions can cause people to perceive events, themselves or other people in a wrong way and that they usually become more prominent in cases of low mental health.

There were two different practices in the workshop: The first one was about recognizing cognitive errors and the second one was about how people's interpretations of events affect emotions and behavior. Awareness work was done on common cognitive errors such as generalization, personalization, labeling, mind reading, etc. At the end of the workshop, questions were answered and the workshop was concluded with suggestions.

[Click here for the news.](#)

A Panel Themed "My Health, My Rights, Global Crisis" was Held Specially for Health Week



Faculty of
Health Sciences

A panel titled "My Health, My Rights, Global Crisis" was held at the Mehmet Akif Ersoy Meeting Hall between 14.00 and 16.00 on April 22, 2024.

In the event planned specifically for Health Week, based on the World Health Organization (WHO) Slogan "My Health is My Right", Assoc. Prof. Dr. Fuat TUNCER served as Moderator; Addiction Fighting Coordinator, Faculty of Health Sciences Faculty Member Asst. Prof. Nurten ELKİN, Expert Clinical Psychologist Sümeyra BENDER and Sociologist and zero waste expert Esmâ Nur DEDE took part.

The event started with the opening speech by the Rector of Istanbul Gelişim University, Prof. Dr. Bahri ŞAHİN. Our Rector talked about the importance of health and the devoted work of healthcare professionals.



Then, the Moderator gave the floor to Asst. Prof. Nurten ELKİN. In her speech, ELKİN said; Stating that health is an innate human right and that every individual has the right to receive health care under equal and fair conditions, regardless of any social class, she talked about the World Health Organization's strategy and activities regarding Primary Health Care from past to present. In Primary Health Services; she emphasized the importance of social equality, self-responsibility, the dimension of health care and international solidarity and explained the common philosophy of preventive health services and basic health services. Finally, she emphasized that improving environmental factors, as in the zero waste project, is effective in protecting and improving individual and community health.

Expert Clinical Psychologist Sümeyra BENDER took the floor in her speech; she talked about the importance of mental health within the concept of health, the traumas individuals experience during natural disasters and wars, and post-traumatic syndrome.

The panel ended after zero waste expert Esmâ Nur DEDE talked about the zero waste project implemented at our university in her speech.

[Click here for the news](#)

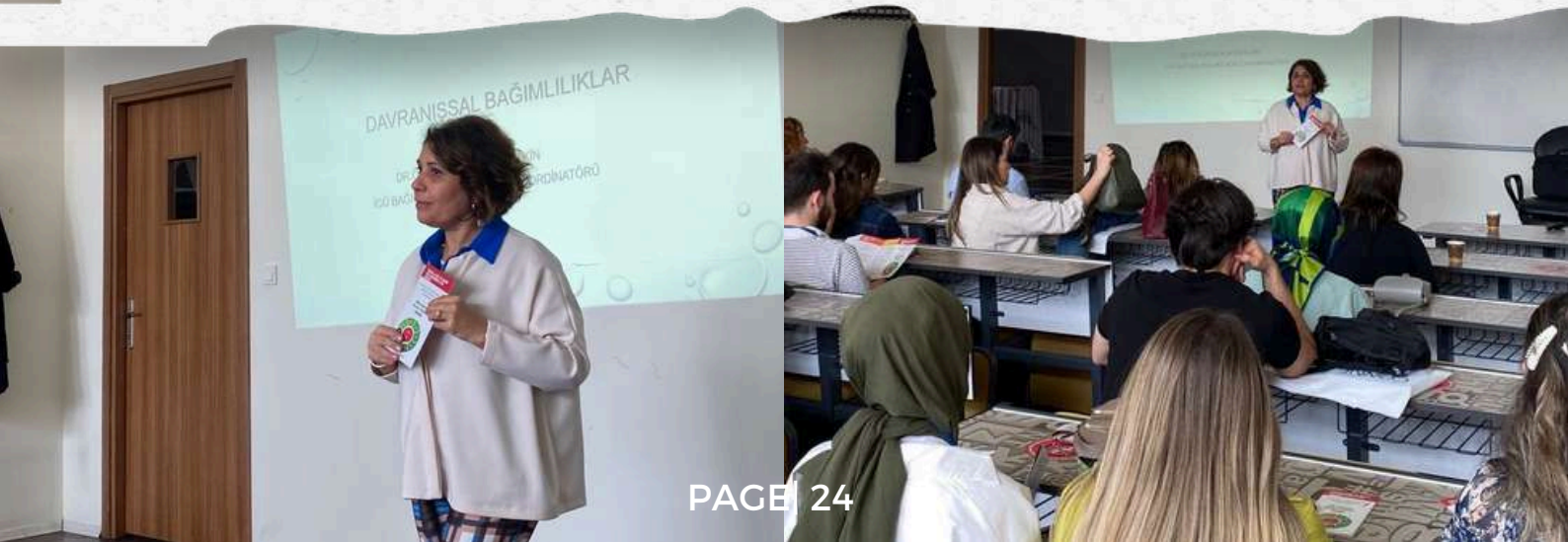
A WORKSHOP ON *Behavioral Addictions* WAS HELD AT THE 2ND PSYCHOLOGICAL COUNSELING AND GUIDANCE DAYS

On 25.04.2024, a workshop on Behavioral Addictions was held by Nurten ELKİN, Coordinator of Fighting Addiction and Head of Child Development Department of the Faculty of Health Sciences, for psychological counseling and guidance experts working under the Ministry of National Education, within the scope of "Psychological Counseling and Guidance Days".

After introducing the ELKİN workshop by talking about the definition of addictions and addiction examples, she explained the scope of the workshop. After introducing the definition of behavioral addiction, she asked the experts whether they had encountered examples of behavioral addiction in the groups they worked with and underlined that behavioral addictions are a frequently seen problem today.

Talking about the nature of addictions and the cycle of addiction, ELKİN explained behavioral addictions such as smartphone addiction, gambling addiction, food addiction, game and exercise addiction by giving examples from scientific studies. She stated that the factors that cause addiction can be very diverse and that preventive health services play a very critical role in preventing addictions, and that specialists who work one-on-one with children have a great responsibility.

Finally, the questions of the workshop participants were answered and the workshop was concluded by distributing brochures explaining the addiction cycle to the participants.



II. PDR DAYS-NUTRITION AND DIETETICS DEPARTMENT



In collaboration with Istanbul Gelisim University and Büyükçekmece District National Education Directorate, Asst. Prof. H. Merve BAYRAM, the Head of the Nutrition and Dietetics Department at the Faculty of Health Sciences, conducted a workshop titled "Eating Disorders" during the II. PDR Days. BAYRAM initiated the workshop by providing a comprehensive perspective on eating disorders, focusing on their definition and classification to help participants develop a fundamental understanding. Additionally, she elaborated on the origins of eating disorders and the influencing factors in detail, particularly emphasizing the impact of social media and peer pressure, thus increasing participants' awareness of these behaviors.



During the workshop, BAYRAM encouraged participants to share their personal experiences and observations within the age groups they work with, fostering a rich environment for discussion through the exchange of knowledge and experiences.



Lastly, BAYRAM discussed contemporary approaches to eating disorders, including virtual reality applications, to ensure participants were informed about the potential of these technologies. The workshop concluded interactively with the answering of participants' questions.

Creative Drama Workshop was Held at the II. Psychological Counseling and Guidance Days

At the II. Psychological Counseling and Guidance Days, prepared in cooperation with Istanbul Gelişim University and Büyükçekmece District Directorate of National Education, faculty member of the Child Development Department of the Faculty of Health Sciences. Lec. Buse KERİGAN held a "Creative Drama Workshop".

KERİGAN, who came together with teachers working as Guidance and Psychological Counselors in schools affiliated with the Directorate of National Education, started her workshop by starting from the definition of creative drama. After a brief definition of creative drama, she said that the workshop to be held today consisted of 3 stages and started with introduction and warm-up games to get acquainted with the group. Within the scope of introduction games; The games "Who Are You", "Five Fingers", "Toilet Roll" and "Human Bingo" were played. After the group's process of meeting and communicating with each other was completed through games, information was given about the second step of creative drama, the animation part. At this stage, in order to increase the group's attention span and support communication skills; Games named "Consciousness Corridor", "Back to Back" and "Mixed Salad" were played. After information is given in the evaluation part, which is the last step of creative drama; "What Do You Feel?" The game was played and both the day and the creative drama process were evaluated.

After giving information about creative drama, the session was concluded with information about Psychodrama, which is used in the field of guidance and psychological counseling, and game examples.



AÇILIŞ KONUŞMALARI	
Prof. Dr. Şerife Gonca Zeren Çocukların Psikolojik Gelişimi MERSİT AÇIK EĞİTİM KONGRESİ BAŞKANI	Dr. Öğr. Üyesi Volkan Demir Klinik ve Akademik Araştırma Uzmanı MERSİT AÇIK EĞİTİM KONGRESİ BAŞKANI
ATÖPÜLE ÇALIŞMALARI	
Dr. Öğr. Üyesi Hatice Nermin Boyram Yeme Bozukluğu Uzmanı	Dr. Öğr. Üyesi Nürten Elkin Doğum ve Çocuk Sağlığı Uzmanı
Dr. Öğr. Üyesi Selcen Yetkin Performans Analizi Uzmanı	Öğr. Gör. Dr. Hasan Kütük Logoterapi Temsil Kurul Başkanı
Öğr. Gör. Buse Duran Çocukların Psikolojik Gelişimi Uzmanı	Öğr. Gör. Buse Kerigan Yaratıcı Drama Uzmanı
Öğr. Gör. Berk Efe Altınok Çocukların Psikolojik Gelişimi Uzmanı	



April 23 National Sovereignty and Children's Day was Celebrated with Enthusiasm with Children



Faculty of
Health Sciences

"April 23 National Sovereignty and Children's Day Festival" organized by Istanbul Gelişim University Faculty of Health Sciences Child Development Department and Child Development and Health Awareness Club was held at Avcılar Ambarlı Kindergarten.

Department faculty members Lecturer Buse KERİGAN, Research Assistant Rabia Ceren ATEŞ, Research Assistant Şebnem CELİK and department students attended the event. Within the scope of April 23 National Sovereignty and Children's Day, the festival was held with Ambarlı Kindergarten students, teachers and parents. Students of the Child Development department carried out activities with children such as face painting, games and movement, dance and gymnastics, Turkish language activity, art activities, painting workshops, jewelry design workshops, and adventure park in nature.

Meeting with children from different age groups, department students had the opportunity to apply the theoretical knowledge they had learned about child development. At the end of the event, stick puppets prepared by department students were given as gifts to the children. The festival was completed by collecting children's feelings and thoughts about the meaning and importance of the day.

ISTANBUL GELİŞİM ÜNİVERSİTESİ

ÇOCUK GELİŞİMİ VE SAĞLIKTA FARKINDALIK KURULU

23 NİSAN ULUSAL EGEMENLİK VE ÇOCUK BAYRAMI'NI AMBARLI ANAOKULU'NDA KUTLUYORUZ

24 Nisan, 2024
Çarşamba

10:00 - 14:00

Avcılar Ambarlı Anaokulu

gelisim.edu.tr @gelisimedu

İGÜ SSKS Sağlık Bilimleri ve Spor Bilimleri Fakültesi





From Lithuania to Türkiye within Erasmus+ Scope: International Collaboration and Yoga Workshop in Child Development

Daiva Palubinskaitė, a lecturer at the Department of Pedagogy of Klaipėda State University of Applied Sciences (KVK) in Lithuania, recently visited the Department of Child Development of the Faculty of Health Sciences as part of the Erasmus+ Staff Mobility Programme Lecturing Activity.



During Ms. Palubinskaitė's visit, members of the Child Development Department discussed similarities and differences in the fields of child development, health and education in Türkiye and Lithuania. They also shared ideas on joint projects and research that could be conducted between the schools.

In addition to her visit, Palubinskaitė conducted a workshop titled "The Contribution of Yoga Practices and Physical Activities to Physical and Mental Development" for students from both the Turkish and English programs of the Child Development department for two days. The workshop included a theoretical introduction to the importance of physical activities and yoga activities for children, as well as a practical section where examples of physical activities were demonstrated.

Palubinskaitė's visit marked a new step in the longstanding international collaboration between the Pedagogy and Early Childhood Education Departments of Klaipėda University of Applied Sciences (KVK) and the Child Development Department of IGU. In addition to this visit, two academics and two students from the Child Development Department have previously gone to Klaipėda within the Erasmus+ framework, while three students from Klaipėda University of Applied Sciences have been guests of our Child Development Department for a semester.





“The Riches of Our Language” Event was Held at Istanbul Avcılar Ambarlı Kindergarten

"The Riches of Our Language Project" carried out under the auspices of the Ministry of National Education, aims to enrich students' vocabulary through activities conducted in schools, enabling them to recognize the richness of our language, encounter words that carry cultural significance, utilize language effectively, and enhance their cognitive abilities.

In line with this objective, official preschools under the Ministry of National Education conduct monthly activities related to this project, following the programs designated by the ministry. Bedriye ÇELİK KANCA, a faculty member of the Child Development Department of our School of Health Sciences, supported this project at Istanbul Avcılar Ambarlı Preschool with her co-authored book "Ne Eksik Ne Fazla" (Neither Too Much Nor Too Little).

As part of the project, Çelik Kanca first engaged in a discussion about the book with the children at the preschool, drawing attention to disabled children, and then completed the activity by reading the book interactively with them.

[Click here for the news.](#)



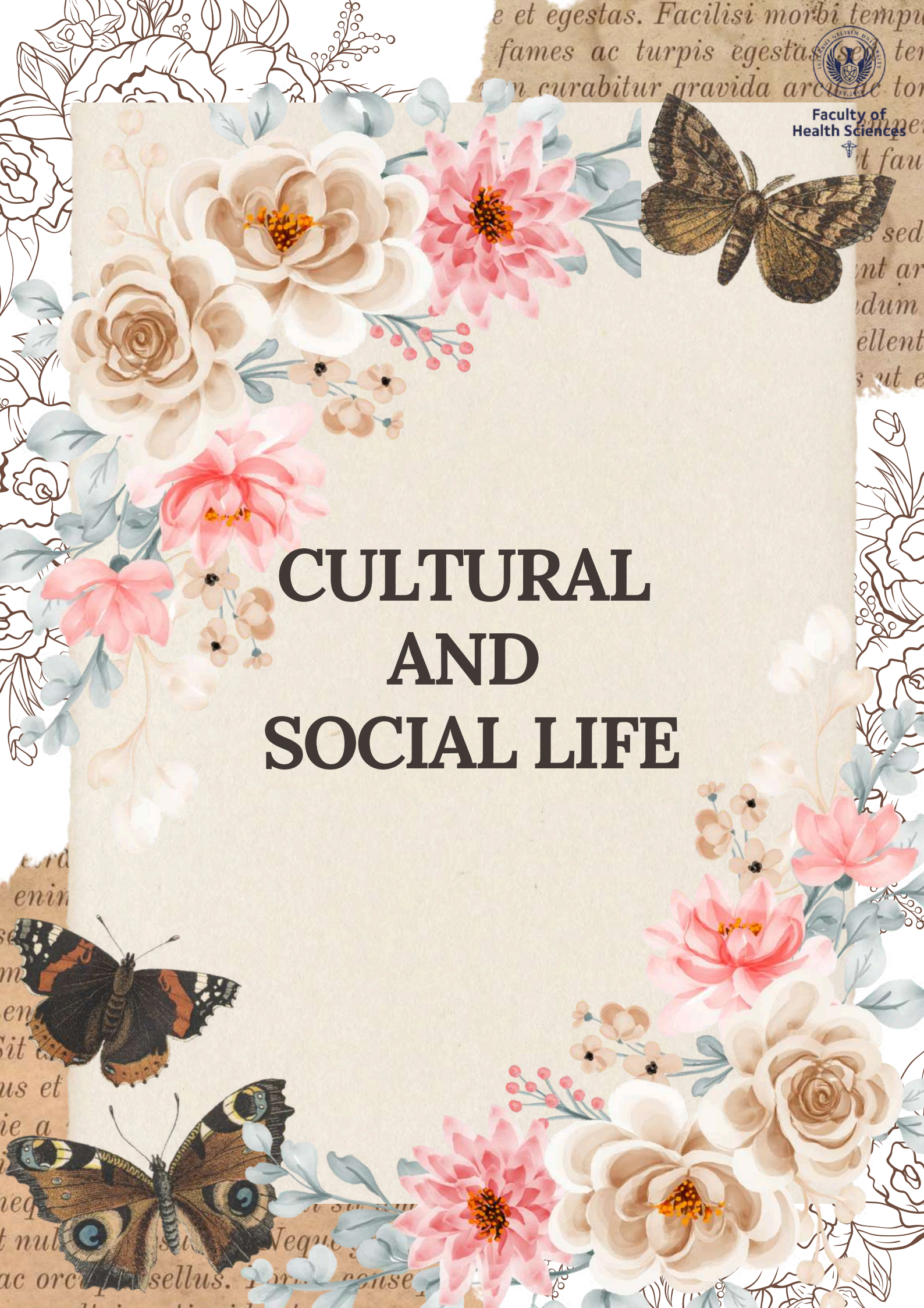
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CULTURAL AND SOCIAL LIFE

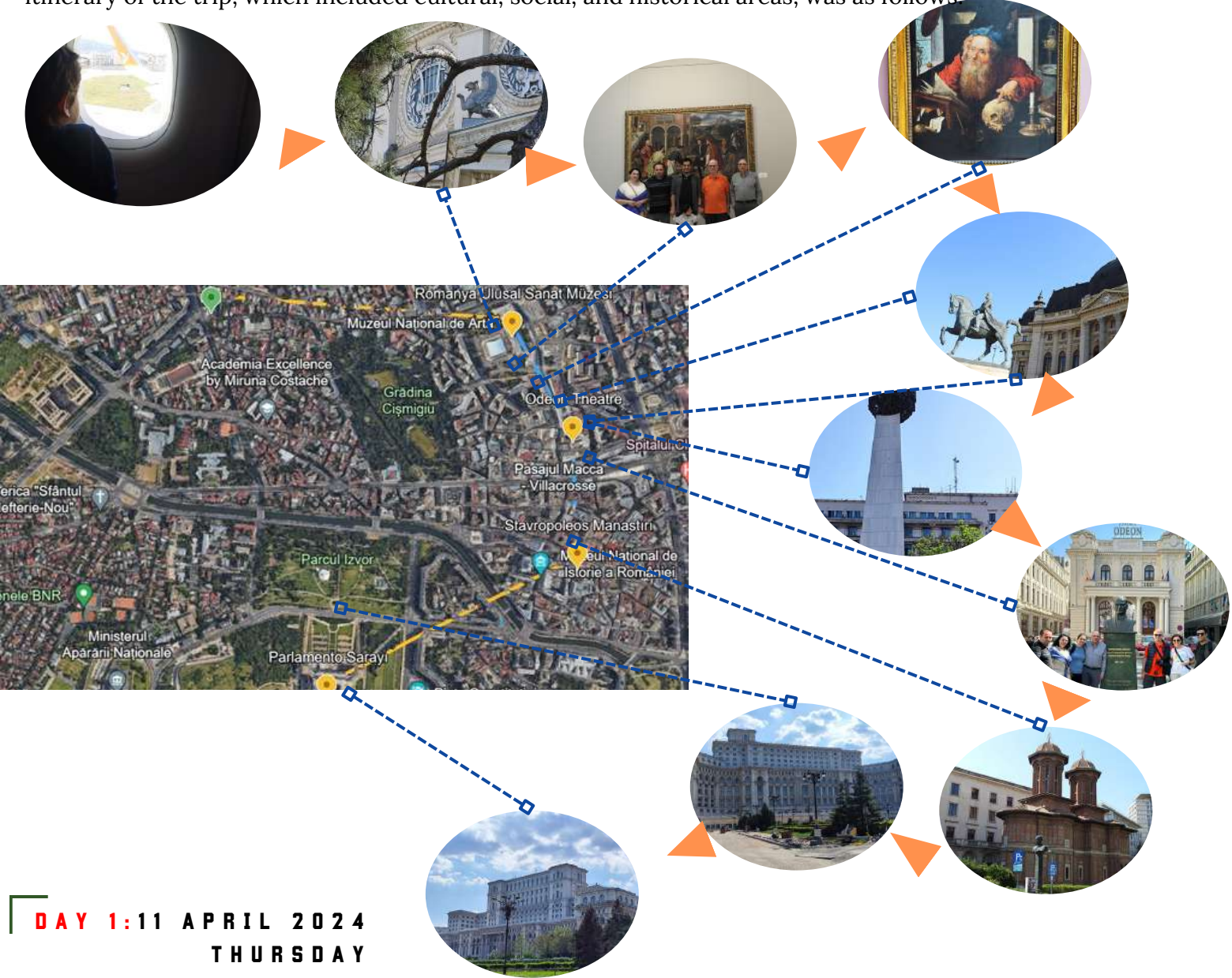
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FROM ISTANBUL TO BUCHAREST, AND FROM BUCHAREST TO BRAN CASTLE: A TRIP TO ROMANIA

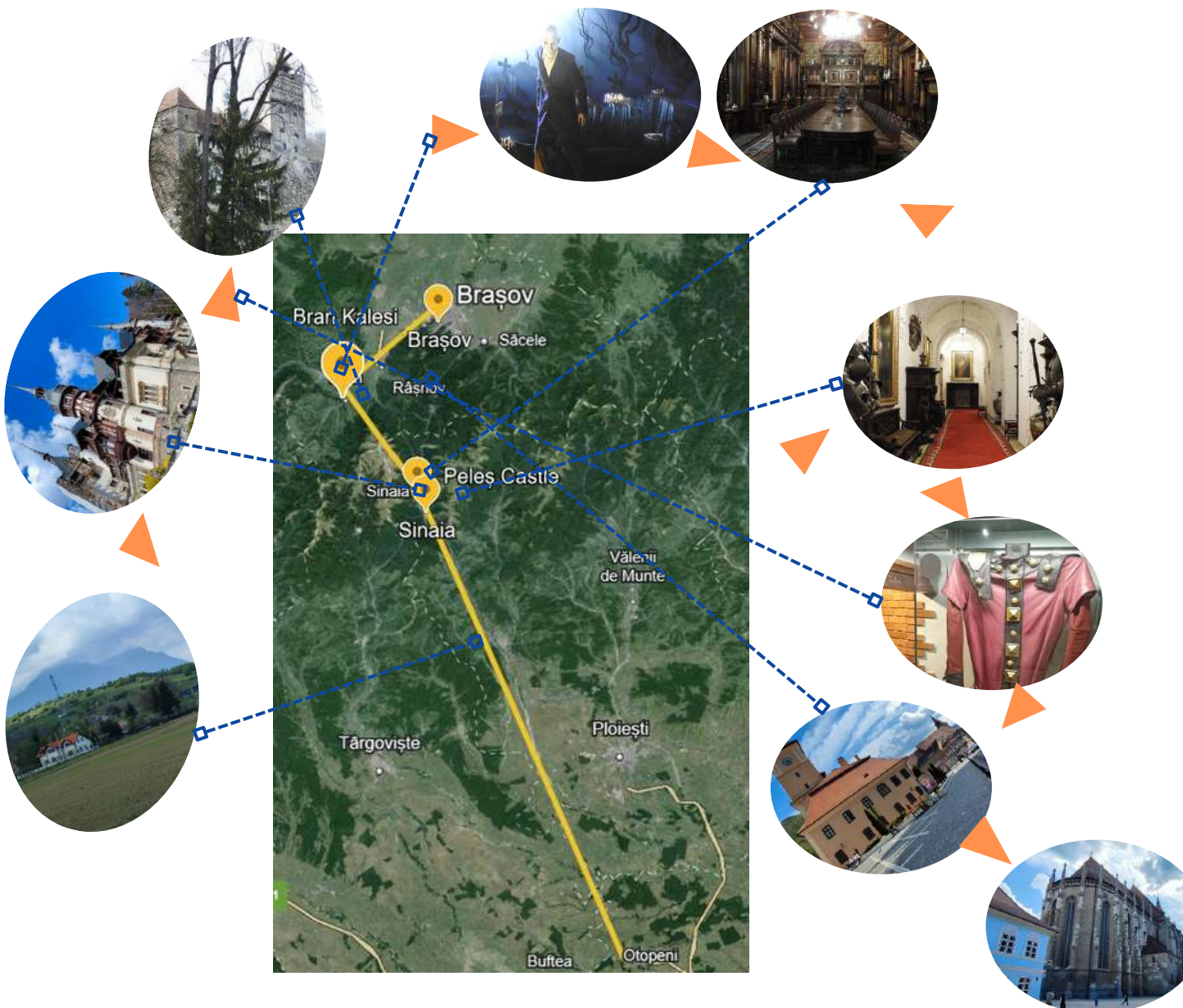
Asst. Prof. A. Yüksel BARUT

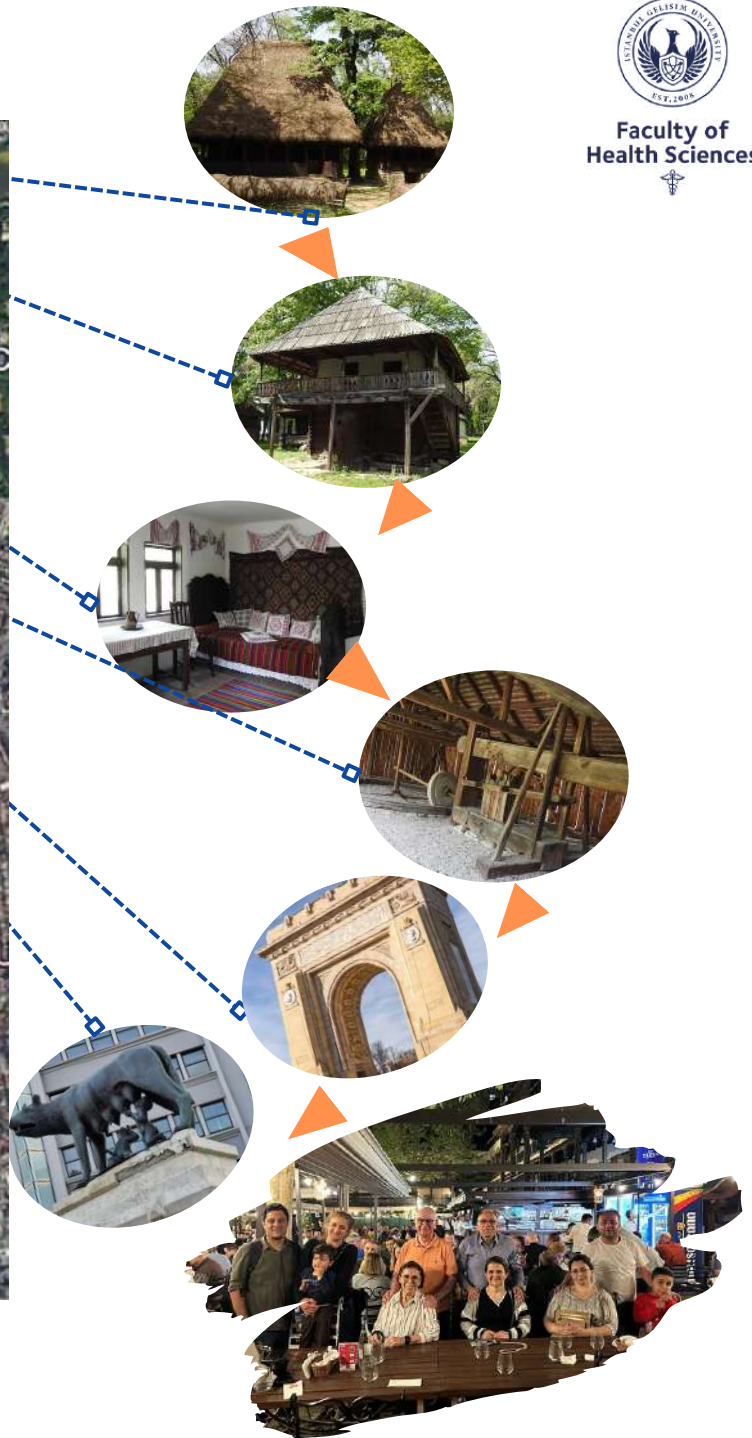
A group of academics and their families from Istanbul Gelişim University embarked on a journey to explore the cultural, social, and historical richness of Romania by visiting various cities and important historical sites. The itinerary of the trip, which included cultural, social, and historical areas, was as follows:



On April 11th, Thursday, our first stop was the National Museum of Art of Romania in Bucharest, the capital city known for its historic streets and venues bearing traces of art and culture. This museum houses numerous artworks ranging from the Renaissance period to modern art. The beauty of the artworks mesmerized us, bringing Europe's artistic heritage to life in this museum. Each painting, each sculpture, carried the traces of the past and offered visitors the enchantment of art. After exploring the artworks in the museum, we continued our journey towards the Odeon Theatre. In front of the theater building, there is a bust of Atatürk. Inscribed in Turkish and Romanian are the sentences "**The Founder of the Republic of Türkiye**" and "**Peace at Home, Peace in the World,**" symbolizing the relationship between the two countries and the greatness of Atatürk. The representation of Atatürk's death date as an infinite sign was also particularly impressive. Our next stop was the Stavropoleos Monastery. As we wandered among its stone walls, the monastery exuded a magical atmosphere with its silence. Books, prayers, and wooden carvings that defy the years reflected the spirit of the monastery. Every detail carried the traces of the past and imparted a profound sense of peace to visitors. Finally, we arrived at the Palace of the Parliament. This colossal structure made us feel like witnesses to Romania's history. Its grandeur and magnitude dazzled our eyes.

We embarked on a journey amidst the enchanting atmosphere and breathtaking landscapes of Transylvania. As we progressed towards Sinaia, we made a stop at Peleş Castle, built by Romania's first king, Carol. Situated at the foothills of the Bucegi Mountains in the Prahova Valley, this castle was a royal residence constructed by Carol, who was captivated by this region. Continuing our journey towards Bran Castle, we encountered a structure associated with the bloodthirsty vampire Count Dracula. This castle is linked to the immortal character Count Dracula created by Irish writer Bram Stoker, who is said to reside in a castle nestled atop a high hill in a valley where rivers flow through Transylvania. Bran Castle closely resembles the fictional castle described in the book. Additionally, the character of Count Dracula aligns with Vlad the Impaler (Vlad Tepes), also known as Vlad Dracul, the ruthless ruler of Wallachia, who gained notoriety for his cruelty and bloody tortures. Despite never having visited Romania, Bram Stoker's novel, published in 1897, became one of the most famous horror classics of all time. After leaving Bran Castle, we arrived in Braşov, known for its historical buildings dating back to the Middle Ages, fairytale-like architecture, and colorful houses. With notable attractions such as the Piata Sfatului (Council Square) and the Black Church, Braşov is a small and well-preserved town nestled against the Carpathian Mountains, truly deserving of a visit.





DAY 3:13 APRIL 2024
SATURDAY

On the third day, we visited the Dimitrie Gusti National Village Museum. Located within Herăstrău Park in the capital city of Bucharest, this open-air ethnographic museum spans an area of 10 hectares and features authentic village structures dating from the 17th to the 20th century, making it quite intriguing. These structures, originally from various villages, were selected to showcase Romanian rural architecture and were relocated and reconstructed within the park. The museum was established in 1936 within a period of two months as a "sociological museum" based on the interdisciplinary field research conducted by Dimitrie Gusti, the head of the Sociology department at Bucharest University, between 1925 and 1935. After exploring this vast park, we proceeded to the Arcul de Triumf. Located on the Kiseleff Road in the northern part of Bucharest, this triumphal arch was designed by Petre Antonescu and constructed between 1921 and 1922. In the evening, we dined at Hanul lui Manuc, where traditional music and dance performances were held. Originally built in 1808 as an inn, this establishment is known to belong to Emanuel Mârzaian, a wealthy and prominent Armenian entrepreneur also known by his Turkish name Manuc Bei.

In conclusion, Bucharest, also known as the "Little Paris," emerges as a fascinating city with its historical and cultural richness. Transylvania, on the other hand, is a captivating region with its natural beauty and mystical atmosphere. Situated at the foothills of the Carpathian Mountains, these lands have hosted many civilizations throughout history and have been shaped by intriguing legends.

(Photos are taken from the archive of Asst. Prof. A. Yüksel BARUT.)

STANDING TALL IN THE FACE OF OPPRESSION

Rachel Aliene Corrie

"If oppression is from us, I am not from us."
Rachel Aliene Corrie



In 1989, at a primary school graduation ceremony in the United States, a beautiful little girl speaks;

***"I'm here for other children.
I'm here because I care.***

I'm here because children everywhere are suffering and because forty thousand people die each day from hunger.

I'm here because those people are mostly children.

We have got to understand that the poor are all around us and we are ignoring them.

We have got to understand that these deaths are preventable.

We have got to understand that people in third world countries think and care and smile and cry just like us.

We have got to understand that they dream our dreams and we dream theirs.

We have got to understand that they are us. We are them.

My dream is to stop hunger by the year 2000.

My dream is to give the poor a chance.

My dream is to save the 40,000 people who die each day.

My dream can and will come true if we all look into the future and see the light that shines there.

If we ignore hunger, that light will go out.

If we all help and work together, it will grow and burn free with the potential of tomorrow."

This outstanding beauty girl, Rachel Aliene Corrie.

When she was only 23 years old, miles away from where he was born, he courageously stood in front of the bulldozer used by Israeli soldiers, so that the light he saw would not fade away. He did not step aside, did not give way, did not blink an eye...

Her intentions were so pure that March 16 was declared "**World Conscience Day**"

Rachel Corrie was born in 1979 in Washington, United States. Growing up in a middle-class family, Rachel's father was an insurance manager and her mother was a housewife who participated in volunteer activities and was interested in music. From an early age, Rachel was someone who loved to dream, was creative, and had a good use of words. But beyond all that, Rachel was conscientious. She was aware of other lives and cared.

She was a successful student, and after graduating from high school, she went to a state university and took art classes. In her own words, Rachel wanted to make the world a place where "everyone should feel safe." She took action, taking a year off from her studies and volunteering with the Washington State Conservation Corps. During the same period, she was also closely interested in what was happening in Palestine. Inspired by a friend returning from Palestine, she signed up with the International Solidarity Movement, which advocates for the Palestinian struggle against the Israeli occupation. She contacted the refugee camp in Gaza. She started corresponding with Palestinians. She had to go to Gaza and witness it herself to understand what was happening. She would take action once more

She spent four weeks in Gaza, undergoing two days of nonviolent resistance training with other activists, meeting with Palestinians, participating in their protests, and acting with other members of the international community as a human shield against the demolition of Palestinian homes. During her stay, she wrote extensively and eloquently about conditions in Palestine and the Palestinian experience, both in her diaries and in e-mails to family and friends.

In one of her e-mails she wrote;
"...I really can't believe that such cruelty can be tolerated in the world without causing all hell. It hurts me, as it has in the past, to witness how we have allowed the world to become so terrible... This has to end. I believe it is a good idea for all of us to drop everything and dedicate our lives to trying to end this."

When she was detached from life, the calendar showed March 16, 2003, and Rachel Corrie was only 23 years old. However, what made her different was not her death, but her heart, which was big enough to sacrifice her life to stand against oppression.

Rachel **"We should be inspired by anyone who can show that human beings can be kind, brave, generous, beautiful and strong, even under the most difficult circumstances."** she said. We get that inspiration from her today.





Esra Sevilay
GÜNDOĞDU

Social Work Department
Second-year Student

**Children and their
rights are what
make the holiday
meaningful and
enhance its value.**

With Mustafa Kemal Atatürk's explicit support for the Society for the Protection of Children (established during the years of the War of Independence), April 23rd began to be called "Children's Day" and "Children's Festival." According to Atatürk's mindset, children represent the future of the nation. As an expression of his confidence in the future generations and his great love for them, he dedicated April 23rd, our national holiday, to children. We proudly celebrate the joy of this holiday, which we have been experiencing for 104 years, as the first country in the world to dedicate a national holiday specifically to children and share it with all nations.

The purpose of this holiday is to commemorate the anniversary of the opening of our parliament and at the same time to underline and consider once again the rights of children. This special day has served as a ray of hope against completely wrong, incomplete, and inconsistent decisions regarding children's rights. Children are children in every country, every race, and every condition, and they should be treated with this consideration. However, one of the longstanding societal issues has been the overlooked or disregarded rights and living conditions of children. The United Nations, through the Convention on the Rights of the Child, has taken an important step in securing their rights (November 20, 1989).

Among the most prevalent violations of children's rights worldwide are child neglect, physical, sexual, emotional exploitation, violence, and torture, forced marriage or begging, honor killings in the name of tradition or honor, pushing into crime, and child labor. These are just a few examples of various violations of rights. These events around the world often garner significant public attention through the media, and we can see that state forces intervene in these situations. However, there are also countless children whose voices are yet to be heard, children who grow up and endure traumas without being able to speak out, children who are abandoned to die when their voices are finally heard, and adults who fail to take children seriously and ignore them.

The fundamental principle in children's rights is the protection of their privacy. The principle of confidentiality is crucial. Children must be protected in terms of education, health, living conditions, and from sexual or psychological exploitation. The social work profession, through its established units and enacted laws, especially focuses on safeguarding children's rights. As social work students, we will always stand against violations of children's rights and strive to address every human rights violation.

We hope for a world where all children live in a more equal and free environment. Wishing that this holiday becomes the happiest day for all children, including the child within us. Happy Children's Day to all!

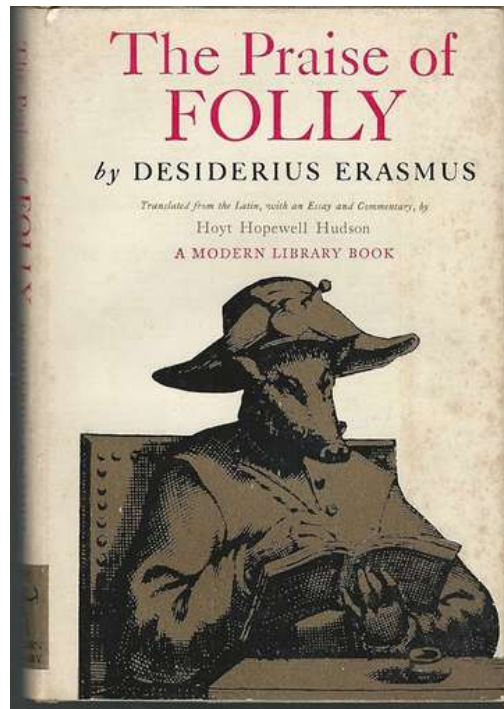
Developmental Readings

The Praise of Folly

Lect. Kerem AYDEMİR

A dirty and disgusting birth, a laboured and painful education, a childhood exposed to the dangers of everything around, a youth subjected to many examinations and studies, an old age full of many unbearable disabilities, finally, a sad and bitter necessity: Death.

This sentence in Desiderius Erasmus' "Ode to Madness" has gained a place in the world of philosophy as an expression of bitter acceptance rather than a simple vital spectrum. However, it is also expressed by Erasmus that this acceptance makes people happy and that this is the real madness.



DEVELOPMENT READINGS

Criticising the 16th century European philosophical and theological world with paradoxes embellished with the art of rhetoric, Erasmus wrote this work in as little as 7 days, and it is still up to date and still continues its criticism. Addressing the intricate nature and paradoxical relationship between Madness (Stultitiae) and Wisdom (Minerva), Erasmus entered into a deep social criticism by defining the wisdom of the period as madness. The basis of this criticism is that the seven great sins of Christianity, such as laziness, gluttony, lust, deep sleep, lunacy, forgetfulness, and self-indulgence, are normalised in society, that they are the basis of everyday life and even wisdom, but that the real wisdom—paradoxically, holy madness—is the effort to search for the truth by going beyond them. These cursed and grave sins direct and govern societies. Consequently, madness, in other word stultitiae, dominates humanity. On the other hand, the rhetoric of stultitiae, which has penetrated every particle of society, through women, also shows references to the gender perception of the period. Another point of reference is myths and historical names. In this way, Erasmus adds new dimensions to the labyrinth he presents to the reader in his work.

This work, full of labyrinths, paradoxes, mind games and rhetoric, leads the reader into a deep search endeavour. Moreover, this is also Erasmus' aim. In other words, society and Christianity will return to their essence by making the reader lose themselves in these labyrinths.



This masterpiece, which offers theological, philosophical, and social criticism with an artistic attitude, has the power to criticise not only the most complicated times of the Renaissance period but also today's post-modern social structure in a distorted way. But Erasmus, who chooses a rather stormy path for this, actually unmasks the actor on the stage.

If, while the actors are playing their roles, someone comes and rips off their masks and shows the audience their natural faces, doesn't that spoil the scene? Doesn't it deserve to be thrown out of the theatre like a madman?



YOU ARE LIKE A DAISY

Asst. Prof. Aslı KAYA

Every song has a story. The story of the tango "Papatya Gibisin" circulates through our language every spring, and it has become a symbol of many loves during the daisy season. Now let's read the story of this song.

According to Erdener Koyutürk's statements:

"I am revealing the story behind the 'Papatya Gibisin' for the first time. My father, Necdet Koyutürk, wrote it for the sister of his lieutenant friend while he was in the military."

I can say this now because my mother has passed away. Moreover, it is a piece that was written in just one week. Everyone has been asking who this daisy is referring to, both my father and me. Here, I am revealing it for the first time. My father, Necdet Koyutürk, wrote it for the sister of his lieutenant friend whom he had fallen in love with.



OUR GUEST OF THIS MONTH

Lect. Hina ZAHOOR



It is said that the French writer Marcel Proust chatted with the characters he created and asked them some questions.

It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered them himself when he was 20.

Using these questions prepared by him, we ask these questions to an experienced faculty member for each issue.

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

In our society, the first rule would be "Embrace the Symphony of Souls and Preserve the Evergreen".

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

I'd love to be known as the inventor of a groundbreaking technology called "Empathic Sustainability Platform" (ESP).

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

If given the opportunity, I would choose to witness the last sermon of Prophet Muhammad (SAW). This pivotal moment in history provides invaluable insights into the Prophet's teachings and actions regarding the fundamental rights and dignity of all individuals, regardless of gender or status.

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

As I continue my journey in exploring the depths of emotional intelligence, my next work may delve even deeper into the intricacies of this vital skill. For those interested, my previous works include 'Emotional Intelligence, Strategic Emotional Intelligence and Leadership: A Guide Book', and 'Sustainable Health Care Leadership and Environmental Sustainability.'

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

Mahira Khan

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

Dedicated, optimistic, empathetic, adaptable, and nature loving.

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

I aspire to possess the talent of foresight to safeguard the well-being of humanity and nature, ensuring a harmonious and sustainable future.

8-Who is your hero?

My hero is Muhammad (SAW), whose life and teachings inspire me to embody values of compassion, justice, and wisdom in all aspects of my life.

9-Who is your favorite author?

Daniel Goleman

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

Progression



DEPARTMENTANTS RECOMMEND:



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PERFUSION

THEATRE: 39 AND A HALF STEPS



How complicated can a journey become with milestone markers placed in reverse order?

We highly recommend watching this fast-paced play based on a true story experienced by the fresh writer John Buchan in the Republic-excited Turkey. Our main character has settled in the Pera Palas Hotel to prepare for the adventure novel he wants to write and is observing. The adventures he is thrown into and the people he communicates with intersect his path with a murder case he is involved in during a festive night at the Feshane. This event turns him into a suspect pursued by gendarmes, spies, and journalists, and the growing chaos becomes so overwhelming that John changes his appearance, boards the Anatolian Express departing from Haydarpaşa, and sets off towards Akşehir to clear his name. After crossing paths with a character who is a key figure in the murder and learning disjointed information from him, he is directed to other collaborations. One of these people is a Turkish woman. Moreover, she is someone we know well: Halide Edip ADIVAR. What is needed to solve this murder case, which turns into a series of events that could change the fate of Turkey, turns into a terrifying adventure from Istanbul to Anatolia that promises the adventure he is looking for.



SONG: GUNS N' ROSES - THIS I LOVE

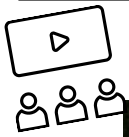
"This I Love" is a song by the American rock band Guns N' Roses, featured on their 2008 album "Chinese Democracy." The song was written by the band's lead vocalist, Axl Rose, and prominently features his vocals. "This I Love" is an emotional ballad, showcasing a different style compared to the band's other songs. The lyrics tell the story of Axl's separation from his great love, Stephanie Seymour, in the 1990s. The song expresses the sentiment that their love will never die and that he will never forget her. The pain, separation, and longing in the ballad are emphasized by the lyrical lyrics. Being one of the softest and most lyrical Guns N' Roses songs, "This I Love" promises listeners the agony of a love story they have not experienced themselves.





MINI-SERIES: CHERNOBYL

Chernobyl explores the explosion at the Chernobyl nuclear power plant in Ukraine in 1986 and its aftermath. It delves into the chain of negligence behind the disaster and questions ethical values. The tragic accident was caused not just by a nuclear test, but by the ideological ambitions on which the test was based, the sacrificing of individuals with a Machiavellian perspective conflicting with that ideology, the heavy cost of designs made without the care and consideration that science requires, and the toll of the disaster. Furthermore, when the Soviet Union assigned the investigation of the incident to leading nuclear physicists in the country, including Valery Legasov, along with Soviet Deputy Chairman Boris Shcherbina, scientists who rolled up their sleeves to manage the disaster found themselves caught in a vise between the KGB breathing down their necks and their responsibilities to the public, whom they did not want to panic. Moreover, many of them had to pay for this with their lives... Based on real stories and quotes, this series offers many insights into clean energy and the climate crisis. We strongly recommend watching this striking production, consisting of 5 episodes, with the hope that such disasters will never happen again in our country and around the world.



RES. ASSIST. SIMGE SUDE GERCEKER





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ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

The Alumni Tracking System (METSİS) was created in order to monitor the employment and postgraduate education status of our graduates and to generate statistical data.

Istanbul Gelisim University launched METSİS in order to strengthen its relations with alumni and contribute to the employment of graduates. Members of METSİS can sign up for free after graduating. Our graduates can become a member of METSİS free of charge. Our graduates who are members of METSİS can update their personal profiles and follow our job postings.

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3. To apply for the positions, you can establish an account from the "new candidate" box.
4. You can view job posts after making an account on the top page and apply for positions that interest you.



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