

The oldest method of treatment is taught under university assurance

One of the oldest known treatment methods is 'manual therapy', a pain-relieving method by hand touching injured or painful tissue. This method of treatment based on the old origin is now being taught under university assurance.

In this context, of the first trainings organized by the Asst. Prof. Gülşah Kınalı at Istanbul Gelisim University (IGU) Continuing Education Center, is completed. Dr. Kınalı stating that manuel therapy with the increase of interest in natural therapies has come to the agenda again, said: "It started getting the attention it deserved".

"THERAPY AIMS TO ESTABLISH STRUCTURAL BALANCE IN THE BODY"

Stating that manual therapy, which is a method of non-medication, considers the body as a whole and aims to find the root cause and correct it, faculty member of IGU School of Health Sciences Department of Physiotherapy and Rehabilitation Asst. Prof. Gülşah Kınalı, added: "Therapy, aims to establish a good structural balance in the body." The specialist applies therapy using a variety of techniques according to the patient's needs. Joint mobilizations, cranial applications on the head and spinal fluid, various soft tissue mobilization, muscle stretching, reflex techniques and on the fields of tensile, stretching and mobilization warnings are given to the internal organs reflected areas".

"HELPS CORRECT THE JOINTS DISORDERS"

Emphasizing that the therapy could include people of all ages and sectors, Dr. Kınalı said: "Therapy affects the circulation of body fluids, regulates the lymphatic system, helps to eliminate the stress on the muscles or correct the disorders in the joints. Workouts can be added to the therapy program and information about the healthy lifestyle could be given. These programs assure the continuation of health and prevent the recurrence of the disease. Approaches are also like preventive treatment. It reduces the stress on the tissues and enables the body to detect the 'self-recovery' mechanism.

"TRAININGS WILL CONTINUE"

Dr. Kınalı expressing that they completed the first training in the center, added: "We will continue to organize holistic manipulation and mobilization courses with a maximum quota of 20 students. The method has positive results for the social health system in this context, since it is treated in the origin of the problem with manual therapy. Expenditure on treatment is greatly reduced".

Turkish will be the language of economics and politics

IGU-TYUAM Director Asst. Prof. Şahin Gök, who stated that Turkish is moving rapidly towards becoming the language of trade and politics, said: "We place importance to popularize our culture and language to international students. We do not perform just a simple language teaching. We are working towards survival of Turkey".

In line with the history of overseas expansion and promotion of Turkey, the power of the cultural domain, to teach the Turkish language and Turkish culture plays an important role to enhance the effect.

Working in this direction, Istanbul Gelisim University also teaches Turkish to international students at the Turkish and Foreign Language Application and Research Center (IGU-TYUAM)

In addition to scientific activities, cultural activities are organized in the center and the aim is to teach the Turkish language in daily life. The studies are not limited to Istanbul, and if there is a need, Turkish education is offered in Hatay and Kilis, as well.

TYUAM Director who expressed difficulties in teaching Turkish to foreigners Asst. Prof. Şahin Gök explained: "It is a language in which foreigners have serious difficulties in learning because Turkish Language is a trailing language. The strangers have difficulty in understanding them. As in other languages, we cannot define it in separate words. They're having a hard time. For this we need to develop new techniques. And if it's a grammar-oriented education, they're in a serious mess. We have to teach it by applying it as deductive and by making it again. Only this way, easy and clear learning can be realized"

UNDERSTANDING-ORIENTED TEACHING TECHNIQUE IS USED INSTEAD OF DETAILS

Giving information about the work done in the center Dr. Gök added: "We apply the teaching method by making repetitions and animations without going into details in our center, together with sample sentences. This method is more effective than others. When we take the pen and formulate it one by one, after a while they drown in the details and lose the whole. That means teaching through meaning. That way they make learning easier over time".

Expressing that their students are mostly from Central Asia, Africa and Middle East countries Dr. Gök, stated that cultural differences in language learning make some difficulties.

"TURKISH LANGUAGE IS ON THE WAY TO BE THE LANGUAGE OF ECONOMY AND POLITICS"

Underlining that Turkish is among the world's languages, Dr. Gök added: "After a step, the Turkish language is rapidly moving towards becoming the language of economy, trade and politics. Even it's become in many areas. We need to act accordingly. Our aim is to act by seeing the future and to be prepared according to it. We need to work on it. That's why we give importance to international students to love our culture and language. We do not teach

a simple language here. We're working on the survival of Turkey altogether. We try to handle from this perspective”.

“Visiting academicians are aware of the rapid development of higher education”

Istanbul Gelişim University Faculty of Economics, Administrative and Social Sciences, welcomed Dr. Annamaria Csiszer, Head of Department of Communication and Media Sciences of Hungarian Dunaújváros University as a visiting lecturer within the scope of Erasmus Teaching Staff Mobility.

Erasmus Coordinator Alisa Usubova stated that there are many academic and administrative staff who came to Istanbul Gelişim University from various European countries in terms of Erasmus mobility, said: “Exchange of experiences, information exchange, research and scientific production activities, strengthening of bilateral relations between universities, recognition of education system of different countries, establishment of networks with higher education institutions of various countries are among the most important benefits of Erasmus Mobility”

Stating that she had the opportunity to meet with many students from different countries and universities and teach them under the Teaching Staff Mobility Dr. Annamaria Csiszer added: “I met my colleagues at IGU. They told me about the Media and Communication Department at the University and in Turkey. This way, I had the opportunity to compare this part of my university. Although there are obviously some differences, there are many similarities. I also knew that departments of the university were accredited from Europe”.

Referring to developments in the world of media worldwide Dr. Csiszer said: “So far I think there are too many changes in the area and there will be more changes. In the course I attended in IGU, It was talked about developing technology and robotics. Thanks to technological developments, we believe that we will proceed in this way and these developments will change the world”.

IGU Media Coordinator Saygı Ünlü talking about the successful steps that have been taken towards becoming a world university, added: “In the field of higher education as a university in Turkey and we have made notable moves in the world. The university's 53 programs are accredited by AQAS, Europe's leading accreditation agency. This means that the university's education is based on European and world standards. Visiting academicians coming under Erasmus Teaching Staff Mobility are also aware of the rapid development in Turkey and in our university. In order to be among the few universities in the world and to make our quality sustainable, we act with the idea of continuous development”.