

## **Massaging the baby strengthens mother-to-baby communication**

Physiotherapist Gülşah Konakoğlu, stating that the most advanced sense of a newborn baby is the sense of touch and massaging the baby helps recognize the world, said: “The recent studies reveal that massaging baby strengthens mother-to-baby communication and regulates baby’s sleep.”

The sense of touch is known as the most advanced sense in newborn babies. The sense of touch which is important in the first month helps baby getting touch with and recognizing the environment. Pointing out that massaging the baby is one of the most effective and most natural technique to build up a connection with mother and baby in this regard, Physiotherapist Gülşah Konakoğlu, a lecturer from Istanbul Gelisim University, said that massage is beneficial to relieve the pain, discomfort and stop constant crying jag in babies.

Stating that the communication with baby and environment starts with the sense of touch when s/he is touched, is fondled and is hugged, Physiotherapist Gülşah Konakoğlu said: “Her/his psycho-social progress can be supported by this. Massaging the baby is one of the most effective and most natural technique to build up a connection with mother and baby in this regard. Taction and massage integrate the senses by maintaining the personal contact of the baby and strengthen feeling of confidence in babies. They enhance the attachment behavior as well as make breastfeeding more easy.”

### **MASSAGE AFFECTS PHYSICAL AND PHYSIOLOGICAL DEVELOPMENT**

Citing that researches argue that massage is beneficial and necessary to minimize health issues and for health protection in every period of human life, Physiotherapist Konakoğlu said: “Massage is an application that positively affects the physical and psychological development of the baby. It is also a relaxation technique. Massage provides an advantage for the baby to cope with the difficulties it will face in the growth process in terms of gaining relaxation ability. For this reason, it should be considered as one of the most valuable gifts that can be given to her/him in the first days of her/his life.”

### **IT HELPS RELIEVE THE PAIN**

Stating that the massage allows the pain to be localized in a narrow space stimulating the touch receptors in the skin, Physiotherapist Konakoğlu said: “Colic which can occur in the first months of life in infants, causing pain, restlessness and crying seizures; while creating discomfort in infants, parents, discomfort and constant crying jag also makes symptoms of stress, depression and feelings such as excessive inability and helplessness in parents. The results of a study conducted in our country showed that massage helps reduce intensity of attacks in the babies who suffer from colic. Again a study in our country revealed that massaged babies had higher body weight and height than the babies who have not been massaged, and that massage application could have the potential to increase growth in babies.”

15 MINUTES, THREE TIMES A WEEK

Giving information about the studies in Touch Research Institutes: TRI Physiotherapist Konakoğlu said: “They showed that premature babies, who were massaged three times a week for fifteen minutes, gained weight by 47 percent faster than non-massaged babies. Recent studies have shown that baby massaging strengthens mother-to-baby communication, increases serotonin levels, reduces stress hormone levels, regulates baby's sleep, enables weight gain, and improves motor development and coordination.”

### **Urinary incontinence is not insoluble for a child anymore**

Remarking that anxiety has an important effect on the problem of urinary incontinence in children, Physiotherapist Lecturer İlknur Atkin said: “Nowadays, incontinence is no longer insoluble thanks to the recent possibilities. Toilet training given by physiotherapists have the chance to get rid of the problem of incontinence in children.”

Urinary incontinence, also known as bedwetting in the society, is very common, especially in children. Moreover, daywetting can also occur in some children. Stating that this problem, which starts in childhood, may cause greater problems if untreated, Physiotherapist Lecturer İlknur Atkin said: “Prospective psychological problems can create a disruptive process for both the child and the family.”

URINARY INCONTINENCE AFFECTS THE CHILDREN’S SOCIAL LIFE

Citing that the habit of holding urine in children can cause great problems such as incontinence before going to the toilet and frequently experienced urinary tract infections, Physiotherapist Atkin said: “In addition to urinary incontinence, fecal incontinence occurs in some children, as well. Parents may feel stress, especially these times when the academic year has begun. This may be a bit more challenging for children who start the school for the first and especially for children who suffer from incontinence urine, since they are not accustomed to the school. Introvert children may leak urine because they hold their urine for the whole course and cannot go to the toilet in the right time or they cannot get permission to go to the toilet. Or it may occur in children who have further problems and cannot control their urine. Because of the high rate of anxiety in children who leak urine, it causes psychological problems such as not wanting to be friends because of the smell and not being able to give themselves full in the classes.”

#### SOLUTION: TOILET TRAINING

Suggesting that if a child still experience bedwetting although s/he has started the school, s/he should consult a doctor first, Physiotherapist Atkin said: “In healthy children, we expect to have urine control in daytime for the age of 2-4 years and in the nighttime for the age of 3-5 years. At the end of the tests and the examination performed by the physician, the underlying cause of the urinary incontinence problem can be found. Urinary incontinence is no longer insoluble, thanks to the recent possibilities. Especially with physical therapy and rehabilitation, we have a chance to get rid of the urinary incontinence problem in children. In this area, which develops as a pelvic floor physiotherapist, physiotherapists provide bladder and bowel training to children. In this training, the child is given a specific exercise program to strengthen the subgroup muscles. It is a great advantage for the parents to accompany this process and be with their children. If the exercise program is turned into homework, the result occurs faster and more accurate.”

Adding that children have healthy bladder and bowel is important for future quality of life, Physiotherapist Atkin continued: “In children who hold their urine for a very long time and postpone going to the toilet, the function of the pelvic floor muscles may impair in the

future. Parents should pay attention to this situation and take precautions immediately. In this way, the child can feel more comfortable and secure in her/his social life.”

### **IGU updated the accreditation record**

Istanbul Gelisim University (IGU) Industrial Engineering Department, Mechatronics Engineering Department and Computer Engineering Department from Faculty of Engineering and Architecture have been accredited in accordance with the accreditation studies of the non-governmental organization "Accreditation Board for Engineering and Technology" (ABET) in the USA.

IGU has risen the number of the programs which are accredited by international accreditation organizations to 57, together with the accreditation of the 3 engineering department in UGU which applied for the international organization ABET to show its education quality.

IGU, which has the title of the higher education institution with the most accredited programs in Turkey, has broken a hard record again by crowning this success.

### **Rocket and SİHA by students became finalist in Teknofest**

Students from Istanbul Gelisim University participated in two different categories of the competition in Teknofest organized for the second time this year. While the rocket became the 49th in the Low Altitude Competition, SİHA was in the last 8 finalists.

Aerospace and Technology Festival (Teknofest), organized last year for the first time and bringing together thousands of people who keen on the technology, continues to have the visitor over this year, as well. Istanbul Gelisim University (IGU), took place as a participant in the fair conducted in the Ataturk Airport in September, 17 - 22, the attracted the attention with its flying car. Students attended the fair with a rocket, flying car and Armed Unmanned Aerial Vehicle (SİHA) and informed the visitors about the machines.

### **THEY MADE A ROCKET IN 9 MONTHS**

Devrim Karahan, a senior in the Department of Mechatronics Engineering at Istanbul Gelisim University, said: “We joined here as the Gelisim Rocket Team. We prepared the rocket with a

team of 6 people in approximately 9 months. We became the 49th among 570 teams in Teknofest Low Altitude Competition. In this category, we were asked to make a rocket which can reach to 1500 meters. It was expected that the first parachute could open at the summit, the second largest parachute could open at about 580 meters while going down and the rocket could land firmly. And we did.”

#### THEY BECAME FINALIST IN THE DRONE COMPETITION

Tilbe Korkmaz, a senior in the Department of Computer Engineering, stated that they participated in the Teknofest Armed Unmanned Aerial Vehicle (Drone) from the category of Rotary Wing and said: “We conduct various studies in the Technology Transfer Office in our university. When we saw that Teknofest organizes competitions just like the studies we work on and we decided in participating here. Our team has 11 people. Our team became the final 21 ones among about 158 teams. Then we continue to compete as one of the 8 finalists.”

#### IT DETECTS OTHER DRONES AS ENEMIES

Korkmaz, giving information about what SİHA can do, cited that: “The goal of the competition is to make a drone which is able to take off and land automatically with our 4-wing drone and to detect other drones as enemies and to take an image from it automatically for 10 seconds. We reached this aim. Here our weapon is to detect another drone as an enemy.”

#### **Our students are rewarded in GastroANTEP**

Young chiefs showed their skills II. International Gaziantep Gastronomy Festival (GastroANTEP) coordinated by Gaziantep Governorship and organized with the cooperation of the Foundation of Gaziantep’s Development (GAGEV). The teams are grouped with 3 people in the competition named “Local Chef University Students Competes” and our university’s team members were Aleyna Gümüő, Akın Kiraz and Buęra Anıl Türker with the guide of Lecturer İbrahim Levent Demirçakmak, they became the second.

In the competitions that Gökmen Sözen took place and organized within the scope of GastroANTEP, not only professionals but also amateur cooks competed with each other to rank. In “Local Chef University Students Competes” organized among universities, the jury found it difficult to decide on the best meal among different dishes. Our students rewarded with 7500 TRY in the competition where they became the second.

Thousands of visitors who came to the Festival Park attended the events around-the-clock in GastroANTEP for 4 days. The visitors go around the various fields that are built for daytime of the festival such as Street of Gaziantep Tastes, Street of Handicrafts and Ahis, institution’s and folk arts, children play area with animators and photo shoot area, and they also attended the workshop program of the chiefs Michel-starred. The nighttime of the festival continued with concerts of the favorite singers.

In the panels organized with the presentation of the specialist in the fest, drawing attention to the importance of local cuisine, it is told about the deliciousness of Gaziantep’s dishes and its impact on the people’s health. In the last day of the fest, people watched with interest the panels themed “The Future is in Tradition with Dilara Koçak”, “Dishes in the Cinema and Music with Ömür Gedik”, “Gaziantep’s Dishes and Heal with Ender Saraç”.

### **IGU Orientation Program has been accomplished**

The 2019 – 2020 Orientation Program for Turkish and International Faculty Member has been accomplished in one week at Istanbul Gelisim University (IGU). IGU Rector Prof. Dr. Burhan Aykaç made the opening speech of the program and said: “The most important part is not reaching the top; it is important to remain at the top.”

Prof. Dr. Aykaç stated that our university achieved its success as a result of scientific publications and continued: “We have more than 30 international faculty members, all of whom have international publications and are specialists in their fields. We have made new progresses in international publications. We have made agreements with faculty members from qualified universities abroad. We have made significant achievements in the field of international publications, patents and projects in Turkey.”

Stating that Istanbul Gelisim University is the third most preferred university among foundation universities, Prof. Dr. Burhan Aykaç said: "Our university is among the universities with the highest occupancy rate. I would like to emphasize that our success is a team work in this period which we passed through the quality improvement process."

Aykaç encouraged the new academicians to carry out projects in many fields such as EU projects in addition to giving lectures.

IGU Chairman of the Board of Trustee wished success to all faculty members in the new academic period in the Orientation Program for Turkish and International Faculty Members.