

The cooperations between IGU and IQRA National University

Istanbul Gelisim University (IGU) and Pakistan IQRA National University agreed on various cooperations such as bilateral agreements, exchange programs for academicians and students, postgraduate programs, joint scientific projects.

Vice Chairman of IQRA National University Prof. Dr. Farzand Ali Jan met with IGU Rector Prof. Dr. Aykaç and IGU Director of the Graduate School of Social Sciences Prof. Dr. İzzet Gümüş at Istanbul Gelisim University for cooperations.

Prof. Dr. İzzet Gümüş spoke about the future cooperations stating the importance of internationalization and said: “Our bilateral relations between Turkey and Pakistan is indeed in a good level but these cooperation protocols are quite important in order to further strengthen this relation in the field of education. This amity between the two countries need to be transferred to future generations.”

Rector Prof. Dr. Aykaç stated that they attach great importance to being international and international cooperations as Istanbul Gelisim University.

A new model developed for supply chain management

Indicating that supply chain management of perishable products has become increasingly important, Asst. Prof. Dr. Mehdi SAFAEI has developed a new model that offers suggestions to supply chains. Safaei aims to minimize total costs and minimize warehouses that cannot maintain product quality. Safaei's work was published in the journal of “Trends in Food Science & Technology” and attracted great attention.

Asst. Prof. Dr. Mehdi Safaei from Istanbul Gelisim University has developed a model that offers suggestions to supply chains. Safaei, aiming to optimize the perishable food supply chain and to provide a new perspective to supply chain management with its model prepared considering all aspects such as location, time, inventory control and routing, said: “With the software to be developed, users will be able to access all the outputs of the model prepared by simply entering the data and minimize the costs.”

Emphasizing the importance of supply chain management of perishable products Asst. Prof. Dr. Mehdi Safaei from Istanbul Gelisim University (IGU) added: “meat products, vegetables and fruits, flowers, photography, films, computer parts, cell phones, fashionable clothing and seasonal goods, as well as medicines, blood and human organs are all perishable products. Therefore, the supply chain management of these products is important.”

“TURKEY'S PHARMACEUTICAL MARKET IS THE 16TH LARGEST IN THE WORLD”

Emphasizing that Turkey is a significant producer of fruits, vegetables nuts, wheat, and milk Safaei added: “Total edible food loss and waste, was calculated as 26.04 million tons/year. Turkey is a large country with more than 79 million inhabitants. Agricultural production and the food industry play important roles in the economy. In addition to the food industry, Turkey has potential in the pharmaceutical industry as well, which could have a very significant impact on the world market economy. Many recent international drug companies have announced that they are planning to invest in Turkey. Turkey's pharmaceutical market is the 16th largest pharmaceutical market in the world. According to reports, the share of the pharmaceutical sector in Turkey is 8 billion, which will grow to 23 billion in 2023 and its exports will reach more than 8 billion. It will enhance the positive outlook for Turkey's pharmaceutical sector as well as strategic partnerships, mergers and acquisitions of domestic and foreign investment in Turkey.”

“IT WILL MINIMIZE THE COSTS”

Safaei indicating that model developed by him is capable of optimizing the inventory of perishable goods along the supply chain, continued as follows: “Turkey also plays an important role in the supply chain of perishable goods, such as food and pharmaceuticals, with its 80 million consumer population and geographical location. These drug and food supply chains are providing services both nationally and internationally. Optimize inventory management of these types of supply chains reduces the cost of the chain as a result of reducing the rate of corruption in products”.

Low risk of injury for well-fed football players

Stating that athletes' nutritional habits and their performance are parallel, Quality Life Specialist Haluk Saçaklı said: "A well-fed athlete has a low risk of illness and injury".

Quality Life Specialist Assist. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University made a statement about athletes' nutritional habits. Saçaklı emphasized that the athlete needs to drink enough water as well as to get enough energy and nutrients suggested a diet rich in carbohydrates.

FOOTBALL PLAYERS NEED 5500 CALORIES

Saçaklı emphasized the importance of consuming sufficient amounts of protein, vitamins and minerals and continued: "It is necessary to avoid the form of nutrition that contains energy to make fat. Footballers need about 5,500 calories per day, including training or competition. 1 thousand 500 calories are consumed in the competition for 90 minutes. If a player with 70 kilos has about 10 percent fat and that the whole fat is used as an energy source, it can be said that this energy source corresponds to 63,000 calories of potential energy."

"THEY NEED TO RECEIVE CONSULTANCY"

Assist. Prof. Dr. Haluk Saçaklı pointed out that every athlete needs to receive consultancy service on diet and said: "During the first 30 minutes after training, 100 grams of carbohydrate consumption maximizes muscle glycogen synthesis. 0.4 grams of carbohydrate/kg should be consumed every 15 minutes. In addition, the consumption of 100 grams of carbohydrates and 5-9 grams of protein is effective in increasing the synthesis rate of glycogen."

Dr. Saçaklı stated that taking sufficient carbohydrate, muscle glycogen stores do not reach saturation and continued: "Consequently, not only their performance decreases but also the risk of injury increases. In studies, 2 g/kg calories carbohydrate is consumed immediately after competition or training, 2 hours after exercises delayed carbohydrate consumption of muscle glycogen synthesis decreases by 66 percent to 5 mmol/kg while muscle glycogen synthesis is 15 mm/kg. This increases the risk of injury to athletes."

“THEIR PERFORMANCE INCREASES”

Emphasizing that a well-fed athlete's performance will increase, Dr. Saçaklı said: “They also have high concentration. Disease and injury rates are low. Recovery time is short when they get sick. Body weights, body fat and lean body mass are within the recommended limits.”

Head of KAFKASSAM Prof. Dr. Hasan Oktay: The world will begin to talk about the Asia-Pacific countries in the next 10 years

Head of Caucasus Strategic Research Center (KAFKASSAM) Prof. Dr. Hasan Oktay said that the world will begin to talk about this region in the next 10 years saying that Asia-Pacific countries are the rising power.

The 1st International Asia-Pacific Studies Symposium was held in cooperation with the Caucasus Strategic Research Center (KAFKASSAM) and Istanbul Gelisim University (IGU). The theme of the symposium held in Istanbul was ‘South Asia with its Political, Economic and Social Aspects’. Many native and international scientists attended the symposium.

The symposium, which was held for the first time this year, aimed to find solutions to political, economic and social problems in the region. In addition, the potential of the region was also discussed and it aimed to increase the interest in the Asia-Pacific studies at the early stage in Turkey.

IGU Head of the Department of Political Science and International Relations Prof. Dr. Şenol Durgun stated that the world's economic center of gravity shifted from West to East talking about the symposium. Prof. Dr. Durgun said: “The Asia-Pacific countries are becoming increasingly prominent throughout the world. We receive information about these countries from the studies conducted in the west. We want to work towards the region in Turkey, we have organized this symposium with these aims. The studies abroad carried out for the region are made with their own perspectives. We wanted to have direct contact with academicians from the Asia-Pacific countries and meet face to face. Specialists from 12 different countries attended the symposium. We will discuss the political, economic and cultural aspects of the countries in the region”.

PROF. DR. OKTAY: THE WORLD WILL TALK ON ASIA-PACIFIC COUNTRIES

President of KAFKASSAM, who stated that some regions of the world come to the fore from time to time Prof. Dr. Hasan Oktay said: “The Middle East is no longer up to date, the US has been working on developing a strategy for Asia-Pacific countries for the last 2 years. Yesterday it was put an end by the Russia, US and Turkey. From now on, the world will begin to talk about Asia-Pacific. Asia-Pacific countries will be brought back to the world agenda in terms of population, economy and social mobility. The next 10 years Asia-Pacific will be discussed. Because this region has a large population, economic power and mobility ready to explode. They have economic power, but they are overpopulated, socially unable to combine the two. That's why they want to export the population. Because of the war, 60 percent of the Afghan population is about to leave the country. Even India and Pakistan could not integrate the economy with an unknown population”

US STRATEGY ON THE REGION

Indicating that over 50 million people are expected to go west from the Asia-Pacific region, recently Prof Dr. Oktay added: “In this case, the world's social balance will deteriorate, so other countries want to produce solutions in the region. The future strategy of the US, especially based in China, is to keep this country in its region, to prevent the mobility of its population and to make its economy and population self-sufficient.”

100 MILLION CHINESE ARE MOVING AROUND THE WORLD

Pointing that Turkey is a very important transit point for Asia-Pacific Prof. Dr. Oktay said: “If China suffices itself, it will stop exporting population to the world. Currently, nearly 100 million Chinese are moving around the world, trying to settle. Therefore, in the coming days, it is expected a new move capable to unite the population and the economy which will foster the export and I make the economy faster. India and Pakistan are very important at this point. They want to link economically with Turkey acces the World. Turkey is an important transit point and knows all theories between east and west. We are a rare geography that knows both Asia and Europe. Turkey's experience will be very important for Asia-Pacific.”

RELATIONS BETWEEN TURKEY AND ASIA-PACIFIC COUNTRIES ARE DEVELOPING

Indicating that Turkey is closely interested in the region Director of Public Diplomacy Research and Application Center at Kırklareli University Assoc. Prof. Dr. Muharrem Ekşi said that the symposium will contribute to political, economic and trade development between Turkey and countries of the region.

TRADE VOLUME REACHED 70 BILLION DOLLARS

Assoc. Prof. Dr. Ekşi continued as follows: “The Asia-Pacific region emerged with its economic rise in global politics. This is defined as the ‘the rise of Asia’ on the international political scene. Taking into consideration the region's economic power in the context of having 30 percent of world trade, Turkey also is conducting trade diplomacy. Turkey, of course, does not improve only trade relations in Asia-Pacific but also political, cultural and social policies. Turkey increased the number of embassies to 15, in this context. The trade volume, which was 17 billion dollars in 2004, increased to 70 billion dollars in 2017.”

Lasting pain may cause muscle spasm

Stating that diffuse pains that do not last long will cause muscle spasms, Physiotherapist Çağıl Ertürk said: “There are many side effects of unconscious consumption of muscle relaxants and pain medications, and they do not provide a permanent solution. Instead, you may prefer massage therapies to the aching tissue for muscle relaxation by physiotherapists.”

Many other factors, especially vitamin D, are effective on the basis of the pains observed during the seasons. Especially in summer, vitamin D from the sun helps to reduce joint pain, while in the winter with reduced serotonin and oxytocin effect, one can feel more tired or unhappy. Physiotherapist Çağıl Ertürk giving information about joint pain said: “In winter, especially muscle pains that we define as myalgia, as well as rheumatic pain can remind itself quite often.”

“People are faced with problems such as myalgia, rheumatism and fibromyalgia with the presence of inflammatory conditions commonly found in muscles, joints and soft tissues similar to the infection we call inflammation. In addition, the emotional state change that we call emotional should not be ignored” – with these words a physiotherapist from Istanbul Gelisim University Lecturer Çağıl Ertürk warned that “as a result of all these factors, our immune system decreases and we look for ways to cope with pain. Preventive health services should be used as a preparation for winter before the pains show themselves.”

EXERCISE RECOMMENDATION TO REDUCE PAIN

Emphasizing that exercise should be done to cope with pain, Çağıl Ertürk said: “Before the cold of the winter begins to feel well, walk outdoors with suitable clothes and shoes. Exercises to stretch your muscles after walking should be done. Outdoor walks and exercises both help to maintain physical condition and help to make serotonin secretion and make us feel better”.

“CHOOSE MASSAGE THERAPIES”

Ertürk stated that widespread pains that last long will cause muscle spasms and added: “Muscle spasms also significantly reduce your quality of daily life. If the pain-spasm-pain cycle cannot be solved fundamentally, it causes long-term chronic pain, making winter months unbearable. There are many side effects of unconscious muscle relaxants and pain medications, and they do not provide a permanent solution. Try to use natural methods instead. You can choose massage therapies for muscle relaxation by physiotherapists to the concerned tissue. With appropriate techniques and appropriate oils, massage treatments to relieve muscle provides permanent relaxation while removing muscle spasms, and strengthens the immune system, improves the quality of life by inducing serotonin secretion in the natural way.”

WEIGHT CONTROL IS REQUIRED

Ertürk continued as follows: “Pay attention to your diet. Prefer anti-inflammatory foods with omega-3 content instead of high carbohydrate diets that increase inflammation. Excess weight causes joints and muscles to overload, which forces the joint-muscle structure.

Excessive load on the joints of the person causes pains as a result of arthritis problems. If you do not put too much strain on your joints, your physical structure is preserved and helps you to spend your daily life painless and quality.”

Students met at Gürpınar coast

Students of Istanbul Gelisim University (IGU) came together in the Gürpınar coast within the “Open Fire Cooking” event. Within the scope of the activity, the students who made Turkish cuisine practices had the opportunity to meet each other and had fun with music.

Students of Istanbul Gelisim University (IGU) School of Applied Sciences (UBYO) Gastronomy Department, Faculty of Fine Arts (GSF) Gastronomy and Culinary Arts Department and Gelisim Vocational School Cookery Program came together at the “Open Fire Cooking” event organized by GastroArt Club. In the event with Turkish cuisine applications such as lamb flipping, Urfa kebab and kokorec on the Gürpınar Coast student had their fill of music accompanied by DJ.

Head of the IGU Gastronomy Department (English program) Asst. Prof. Dr. Serdar Çöp stating that they would like to integrate the students and facilitate their adaptation to the university with the participation of students from all classes of Gastronomy Departments and Cookery Program, added: “We enabled them to have a pleasant time by making outdoor kitchen applications. We would like to thank everyone who supported the event with the participation of our faculty members.”

Experienced their training at the university

Beykoz Special Education Vocational School students visited Istanbul Gelisim University Vocational School of Health Services Haircare and Beauty Services Department.

Special students of Beauty and Haircare Workshop, teacher of special education Gamze Şener an the Vice-Principal of Beykoz Special Education Vocational School Medine Melek Kolbudak visited Haircare and Beauty Services Department at Istanbul Gelisim University Vocational School of Health Services. In the event organized by the Head of the Department Lect. Pelin Özgünay, IGU students while serving haircare and make-up for visiting students, aslo gave applied information about devices used.

Medine Melek Kolbudak, the Vice-Principal of Beykoz Special Education Vocational School stating that their school aims to engain students that need special education the skills related to job and profession, to develop their basic life skills and adoptation to the society, added: "We aim to provide profession to individuals with mental incompetence".

Special students that experienced their workhop knowledge, left the university with happy impressions.