

"Don't sit too hungry on New Year's Eve"

Talking about the health problems as a result of excessive consumption of nutrients at New Year's Eve Dietitian Halime Pulat Demir said: "Stomach tension leads to an increase in blood pressure, increased load on the heart after over-eating and an increased risk of heart attack. One should not sit at the New Year's table too hungry".

Faculty member of Istanbul Gelisim University (IGU) Department of Nutrition and Dietetics, Asst. Prof. Halime Pulat Demir offering practical advice for the tables to be established on New Year's Eve "Stomach tension leads to an increase in blood pressure, increased load on the heart after over-eating and an increased risk of crisis. Don't sit at New year's table too hungry. 1 - 2 hours before it, low-calorie foods such as soup, yogurt, salad, fruit, should be consumed. Drink 2 glasses of water before eating".

Stating that instead of roasting, frying the meals; prepared with boiling, grilling, steaming or baking methods should be preferred Asst. Prof. Demir said: "Too many appetizers and nuts must not be consumed. Skins of turkey, chicken should be discarded. As an appetizer, vegetable snacks such as eggplant butter, yoghurt with carrots should be preferred. Salad and olive oil vegetables must be on your table"

WARNING TO PEOPLE WITH CHRONIC DISEASES

Warning that from starchy foods such as chestnut, pilaff, pasta, soup, dolma, bread only in 1 or 2 should be consumed, Asst. Prof. Demir added: "Light desserts such as pumpkin dessert and milk desserts should be preferred instead of dough desserts. Desserts should not be consumed immediately after a meal, but after 1-2 hours. Energy drinks, ready-made juices, acidic beverages should not be consumed. People with chronic illnesses such as diabetes, hypertension, heart disease should not change the appropriate diet on New Year's Eve".

"THE FIRST DAY OF THE NEW YEAR WALKING MUST BE PERFORMED"

Asst. Prof. Demir also touched upon the need for a light breakfast on New Year's Eve and said: "For breakfast, milk and oat flakes or feta cheese and 1-2 slices of bread can be eaten. Lunch should be light, such as a plate of vegetable food, salad, yoghurt and 1 slice of bread. It will help to organize a 45 - 60 minute walk or exercise metabolism outdoors towards the evening".

The works of world painters in this exhibition

The works of the painters who came from different countries of the world and met at the International Art Workshop organized by Istanbul Gelişim University for the first time this year met the art lovers at the exhibition.

Works made at the International Art Workshop held in Alanya with painters from different countries such as Albania, Austria, Azerbaijan, Bulgaria, France, Georgia, India, England,

Poland, Russia, Slovenia, Tunisia and Greece met with art lovers in the exhibition floor at Gelisim Tower of Istanbul Gelisim University.

Leading the organization of the International Art Workshop and curating the exhibition Head of the Department of Restoration and Conservation at IGU artist Prof. Dr. Erol Kılıç emphasized that many works appeared during the workshop. Kılıç who stated that the exhibition that contains the works of more than 50 artists carries great meaning, added: "Artists from different countries had the opportunity to talk about the problems of art in their country. We exhibited works in Alanya and now we are exhibiting in our university. This was the first art workshop developed by our university. We are planning to continue these art workshops in the future. With this, we aim to create a serious collection in our university in the future. As a second art workshop, we are also planning to bring together the renowned Turkish painters and bring them together in our university."

"CERAMICS AND PAINTING TOGETHER"

Ismet Yedikardeş, who is also known as the painter who introduced Mardin to the world, expressed that he had portrayed Göbeklitepe in the art workshop he attended. Yedikardeş, who used ceramic and painting together in his work, said: "I drew the ancient city of Turkey in the workshop organized by our University, Urfa and Göbeklitepe the sine qua non. I worked thinking 'How do I introduce Göbeklitepe with my art? How would it help my country? I brought the painting together with ceramics. The picture is in relief. This workshop at the university brought together artists from different countries. Everyone tried to reflect the understanding of their own country's art. Painters in Turkey sought to reflect the customs and traditions of our country. Referring to the works in a modern style, you are treated to see Turkey".

"WE MUST SEE 'DA VINCIS' IN TURKEY"

Emphasizing the value of art and the artist, IGU Chairman of the Board of Trustees Abdulkadir Gayretli said: "Now we should be able to see 'Leonardo Da Vincis' in Turkey. We aim to encourage our students to art and to bring together world famous painters with our students. As Istanbul Gelisim University, we value art very much, we always supported and continue to support art. We aim to bring together the people who are known worldwide and who come to the forefront with their arts, to share the same feelings, to give messages of unity and solidarity, to provide intercultural sharing."

'International Art Workshop' exhibition will be open to art-lovers at Gelisim Tower until Friday, January 4th.

Healthy lifestyle cafe from university students

The students of the Istanbul Gelisim University SPES opened a healthy life cafe within the university to draw attention to the importance of healthy and balanced nutrition. There is a separate menu for each meal in the café, which includes hand-made organic food and drinks.

The students of Istanbul Gelisim University (IGU) School of Physical Education and Sports (BESYO), in the leadership Asst. Prof. Haluk Saçaklı opened the Fit Cafe, which aims to lead a healthy life. In the café where there are many products ranging from cereal food to grills, dried fruits to handmade special drinks, students can choose to see the calories of everything on the menu.

THE NUTRITION OF THE BRAIN IS IMPORTANT IN THE SAME DEGREE AS NUTRITION OF THE BODY

Stating that they achieved a first in Turkey with Fit Cafe IGU BESYO Asst. Prof. Haluk Saçaklı said that they want to bring the café together not only with the athletes but with all the students.

Saçaklı expressing that the development of the brain is also important as well as the nutrition of the body, said: "The brain is a very selective organ. Our brain does not accept everything we eat. If we consume the wrong food, the wrong time and amount, we also negatively affect the development of the brain and our work efficiency and the efficiency of our courses in universities. Food is digested, mixed into the blood and the first place it is going to reach is a brain. We should send the right food to the brain. The brain does not accept every food we eat. We have to protect the brain health. When the student starts the course without breakfast, even if the best teachers give the best education, the detection process will be too short and the memory will not work effectively".

"THE MOST OF STUDENTS DOES NOT HAVE BREAKFAST"

Haluk Saçaklı said that breakfast is the main part of nutrition and it is an indispensable element of the food stated that most of the students do not have breakfast and this situation will cause a decrease in the course efficiency. Expressing that between 7 and 9 hours, breakfast must be done definitely, Saçaklı added: "We spend a lot of sugar while sleeping, when they go to school without breakfast, the brain feeds on carbohydrates and does not use fats and proteins. Good breakfast should be done by choosing carbohydrates with a low glycemic index. There are cereal breakfasts and special blends. To strengthen the immune system a teaspoon of the turmeric, black seed in the breakfast food should be taken".

"WE FIGHT AGAINST CANCER"

Saçaklı said that they do not bring food such as bread, pastry, cakes, cookies and pretzels that are made with white flour into the café. He emphasized that when these products are

consumed outside, a great danger is expected and added: "Made from corn syrup, bad starch-based products when consumed quickly cause cancer. Erkan Topuz said that 20-30 years later most of our young people will be obliged to fight cancer. We made such a lead because we know this danger".

SPECIAL BLENDS, HERBAL TEA, ALKALINE WATER

Emphasizing that athletes are turning to a wrong method under the name of steroids Saçaklı expressed his sadness on this situation. He added that he prepared drinks for the students not to use steroids and continued:

"Drinking here milky, banana, bitter chocolate drinks, they will be able to work out. We also made special herbal teas, also for exams. Everything is natural and healthy. Thus, our young people will be fed in a more qualified way. We will invest in the future because in the future we will have different things with young people. If we do not give the necessary importance in terms of health it will constitute a lot of risks. By spreading them to other students, we will protect them against all common dangers such as obesity. When we drink teas that are brewed with natural herbs, the success rates in the examination will be increased. We also have special herbal tea recipes that will be effective in cold and flu."

Expressing that even the best water pH value is low Saçaklı said they obtained special 2-liter pitchers of alkaline water with apples, lemon and cinnamon sticks.

"ALL FOOD STARTED TO TAKE A SYNTHETIC HALF"

Stating that Fit Cafe is very important in terms of healthy nutrition of students the Chairman of the Board of Trustees of IGU Abdülkadir Gayretli said that they attach importance of healthy nutrition of students and expressed as follows:

"All the food we eat now becomes synthetic. This causes cancer to multiply. We opened Fit Cafe under the name of raising high-quality athletes. We are in the desire to train high-quality athletes. I recommend this café to all our students. The healthy nutrition of everyone is also very important in terms of education and the development of the brain."

All of the menus prepared with the help of nutrition and diet experts are changing weekly and students can learn the calories of the foods they eat from the lists in the cafe.

Gastronomy students were provided with oven training

1st and 3rd year students of Istanbul Gelisim University SAS Gastronomy Department met with Active Marketing Chief of UNOX Italy Aykun Taşçıan. In all day long training students received technical and practical information about advanced technology combi oven.

Taşçıan stating that nowadays, according to the environment conditions that are getting harder with increasing competition among organizations gastronomy experts and firms have to direct the materials, time, place and energy to use well, also expressed that the Department of Gastronomy students to be extremely interested and active, and stated that he hadn't found that dynamism of IGU in many other places.

At the end of the training organized by Head of the SAS Gastronomy Department Asst. Prof. Ismail Hakkı Tekiner, lecturers Tolgahan Tabak, İbrahim Levent Demirçäkmak, Oğuzhan Köklü and Halil İbrahim Orhan, Chef Aykun Taşçıan was awarded a plaque of appreciation due to his support.

Gelisim members showed a drama play about violence against women

Istanbul Gelisim University, Department of Health Culture and Sports, Gelisim Volunteers Club demonstrated a theater play on Violence Against Women. Stressing the originality of the play written and staged by the students Head of the Social Work Department, Prof. Dr. Hacı Duran stated that such activities contribute to the personal development and self-confidence of the students.

With the play demonstrated by the students of the Gelisim Volunteers Club, there was transferred the causes of violence against women that disrupt the sociological structure of the family audience and emphasized that violence is not only applied as physically, also, but it is also applied sexually or psychologically.