

## **Phil Baty: I congratulate Turkish universities**

Known as the Oscars of Higher Education Times Higher Education (THE) Awards Asia 2019 shortlisted three universities from Turkey, for the final. Awards where nearly 80 universities from 21 countries or regions entered will be given at the Asian Universities Summit to be held in the United Arab Emirates between April 30 and May 2, 2019.

Istanbul Gelisim University is shortlisted among the first eight universities in the International Strategy of the Year category for the final. This award will be given to an institution for outstanding success in building institutional partnerships, overseas operations and a strategic approach to international staff and student recruitment. The judges will be looking for evidence of success on financial measures, but most important will be the way in which the strategy has enhanced the profile of the university and delivered on its ambitions, and declare the university winning the Oscar of Higher Education.

The Chief Knowledge Officer of THE Phil Baty stating that they have been rewarding universities in the UK for 14 years as Times Higher Education (THE), said: "For 14 years, our THE Awards have celebrated the excellence, innovation and dedication we witness every day across UK universities. They recognise the very best of higher education - so I'm delighted this year to rightly extend their reach, with our inaugural THE Awards Asia. Institutions across Asia have responded with great enthusiasm, and entered in impressive numbers – so we have an exceptional set of shortlists. Among the star performers, I'd very much like to congratulate our three shortlisted Turkish institutions - Istanbul Gelişim University for International Strategy of the Year, and both Koç University and Ozyegin University in our Outstanding Support for Students category. Given the strength of entries in this first year, it's already an achievement in itself to make these final stages".<sup>1</sup>

## **"Waist and neck pain is a serious health problem"**

Physiotherapist Çağıl Ertürk emphasizing the importance of body posture and movement during the study said: "In fact, pain waist and neck the body's defense mechanism is often ignored by people. But sometimes it is a serious health problem that restricts the activities of daily living and can lead to results that negatively affect the business life".

Speaking of back and neck pain in working life Lecturer at Istanbul Gelisim University Department of Physiotherapy and Rehabilitation Çağıl Ertürk "One of the most common symptoms in people with long-term standing is back and neck pain. It causes serious time and job loss. In the studies conducted, 70-90 percent of the individuals encountered these complaints at least at some time in their lives. Nowadays, many occupational and personal

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<sup>1</sup> <http://www.hurriyet.com.tr/egitim/universite-oscarinda-uc-turk-finalist-41125693>

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risk factors of waist and neck pain are determined and more than 60% of low back pain is reported by the National Institute of Occupational Health and Safety, which has developed due to excessive force.”.

#### “LOW BACK AND NECK PAIN IGNORED”

The physiotherapist Erturk listed the reasons for back and neck pain and continued her speech as follows:

“Chronic traumas are the most common causes of low back pain, such as physical workload exposure, overloading physical force, sudden, repetitive and challenging movements. Muscle spasms and/or joint blockages, muscle anomalies, hernias and calcifications are the causes of neck pain. In fact, pain waist and neck the body's defense mechanism is often ignored by people. However, sometimes it is a serious health problem that restricts the activities of daily living and can lead to results that will negatively affect the work life.”

#### ADVANCING AGE MAY INCREASE LOW BACK PAIN

Physiotherapist Ertürk touched on a study on waist, neck pain and psychological status in supermarket workers in 2017, and said: “In this study, it was aimed to evaluate the relationship between waist and neck pain, psychological status, duration of work and the unit that employees work with for 50 supermarket employees with long-term repetitive activities. Based on the results of the research, statistically, significant differences were observed between age, body mass index and back pain values of supermarket employees. We can interpret this result as with progressing age, back pain increases due to changes in the amount of load on the spine”.

Physiotherapist Ertürk explaining that a similar research study was conducted in the faculty of dentistry, added: “In this study, a positive relationship was found between weekly and daily working hours and low back pain. As a result, it was found that working time and position had a significant effect on back and neck pain.”

#### EXERCISE PROGRAM CAN BE CREATED

Physiotherapist Ertürk touching on the importance of studies in the field of ergonomics, said: “To raise awareness of working in the right positions and to reduce the mechanical load on the spine can prevent chronicity of back and neck pain. Providing regular group exercises and therapy programs by employers will prevent material and spiritual labor losses. Physiotherapists and occupational therapists should be consulted first. Thus, by evaluating the employees at work, treatment and exercise program can be planned according to their working environment. Improving the quality of life is the only goal here”.

## **Internship and employment agreement signed with MC Aviation**

Internship and employment protocol was signed between SHY-147 Certified Recognized School Istanbul Gelisim University and MC Aviation which is one of the leading companies in the field of the aviation industry.

According to the agreement, the students of Istanbul Gelisim University and Gelisim Vocational School will be able to perform their compulsory summer internships at MC Aviation Inc. Graduates applying for jobs in the MC Aviation Inc. will be given priority. Aircraft maintenance applications that require to be done in a hangar environment will be performed at the hangar of MC Aviation Inc.

Director of Gelisim Vocational School Prof. Dr. Nezir Köse touching on the importance of internship and employment protocols for university and vocational school students, continued as follows: "The cooperations of the private sector and the field of higher education are inevitable. Throughout their education, we will strengthen all students in terms of theory and practice, and gain sectoral experience. This agreement, which we signed with MC Aviation Inc is worthy in order to prepare students for their working life and meet the need for the qualified workforce".

## **MÜMSAD General Coordinator Ebru Akdağ: Packed food is safe food**

Kitchen Products and Margarine Industrialists' Association (MÜMSAD) General coordinator Ebru Akdağ said that packaged foods that are controlled, and packaging and expiration dates are visible are safe food.

Metin Yurdagül, General Manager of Kitchen Products and Margarine Industrialists' Association (MÜMSAD), and General Coordinator Ebru Akdağ, gave a seminar on 'Boring Facts Against Attractive Superstitions' in Istanbul Gelisim University Gastronomy and Culinary Arts Department. Experts in the food sector in Turkey drew attention to the information focusing on information pollution controls.

Akdağ, who conveys the knowledge of the pollution of knowledge on foods from non-experts, who are not experts, said: "Food inspection in Turkey is more than many other EU countries. Over the years, the number of inspections by the ministry has increased. In the light of scientific facts, we are a pioneer country in the production of healthy and reliable foods in the food sector."

Ebru Akdag, said that experts on food are Food Engineers and Nutritionists, and these two occupational groups should complete each other and convey the right information. However, she also emphasized that chefs and gastronomy experts also have a big task, and we are all on the same boat and we should always take place next to science against wrong information.

**"PACKED FOOD IS SAFE FOOD"**

Saying that the information put forward for the food sector is extremely wrong and dangerous, Akdağ added: "Packaged food is reliable food. Packaged foods that are controlled, and packaging and expiration dates is written should be preferred. It is not known which stages of the product are sold

outside the packaging. I do not buy any products that are not packaged as a consumer and food engineer, I prefer the foods that are packaged because I know how they are produced. In addition, every food that is packaged is not reliable and it is necessary to pay attention to the illegal productions that can be removed from the audit. Always reliable brands should be preferred.”

“WE DO TRANS OIL PRODUCTION UNDER EU LIMITS”

Indicating that trans fats reducing work in margarine began in 2000 Metin Yurdagül, stated that Turkey had solved trans fat problem of the margarine production much earlier than Europe and America, and switched to trans fat-free period since 2007. Yurdagül also said that margarine is related to cholesterol and it is not possible to have cholesterol in margarine that made from vegetable oils. Yurdagül also said that because of the constantly changing and evolving nature of science, as MÜMSAD, they have always stated their opinions by following the developments in the light of the scientific data.

"TEABAGS ARE MORE RELIABLE THAT TEA SOLD IN HERBALISTS"

Talking on teabags Metin Yurdagül said: “There is a wrong perception about the health of the teas sold in the herbalists, especially the bags of tea bags are thought to be unhealthy because of the claim of cancer, but tea bags is a natural material obtained from the fibers of banana trees”.

## **Genetic Trainer seminar held**

‘Genetic Trainer’ seminar was organized by Istanbul Gelişim University Department of Health, Culture and Sports Running Club, under the supervision of Res. Asst. at Exercise and Sport Sciences Department Şeyma Öznur Cesur.

In the seminar where Genetic Passport Training Director expert biologist Serkan Doğan participated as a speaker, topics such as the importance of genetic testing in determining sportive performance, determining the sports branch that best fits the genetic structure, organizing training techniques and nutritional programs, were evaluated.

After the seminar, ‘Genetic Trainer’ certificate was given by the expert biologist Serkan Doğan to all participants.

## **IGU students met with Nadir Güllü**

In the coordinatorship of Istanbul Gelişim University Turkish and Foreign Languages Application and Research Center Nadir Güllü – the Chairman of the Administrative Board of Karaköy Güllüoğlu, met with the students of Istanbul Gelişim University.

Talking about the process of being an international brand, its history and marketing methods, Nadir Güllü shared all the subtleties of baklava with the participants. At the end of the event, which was interacting with students, the Director of Turkish and Foreign Language Research

and Application Center Asst. Prof. Şahin Gök presented a plaque to the Chairman of the Administrative Board of Karaköy Güllüoğlu Nadir Güllü for his contributions.

## **National Health Sciences Student Congress will be held at IGU**

The first of the National Health Sciences Student Congress will be organized this year by Istanbul Gelisim University.

The first of the National Health Sciences Student Congress will be held between 18-19 April at Istanbul Gelisim University (IGU). The first National Health Sciences Student Congress aims to offer solutions to the problems of university students and to share their scientific studies with all participants.

### **ALL UNIVERSITY STUDENTS CAN PARTICIPATE**

The Director of the School of Health Sciences and the Chairman of the Congress Asst. Prof. A. Yüksel Barut stating that the congress is open to all university students, said: "At the congress, we will share information with experienced speakers, panels, oral and poster presentations in the master apprenticeship relationship, and ensure social cohesion. It is a fact that the people traveling on the same ship should be transported to the port without any difficulties. At the end of the Congress, we believe that this consciousness will be formed in all participants."

Participants are given the opportunity to register for the congress through the university's website and send a paper.

## **Digital Technologies in Health event was held**

Istanbul Gelisim University hosted the founder of the Yeşil Science Dr. Yusuf Yeşil in the event titled "Digital Technologies in Health" organized by the Health Culture and Sports Department Biotechnology and Life Sciences Club.

In the event that took place at IGU Gelisim Tower, Dr. Yusuf Yeşil mentioned that as yeşil Science they aim to become a pioneer in applications and animations such as Virtual Reality and Augmented Reality and undertake the applications of promising technologies such as artificial intelligence in medicine. They will offer professional visual technology support for scientists, universities and pharmaceutical companies.

Noting that the possibility of 360-degree vision that students could imagine will increase their scientific curiosity, Yeşil added that education will take a different dimension.

At the end of the event, a plaque of appreciation was presented to Dr. Yusuf Yeşil on behalf of Istanbul Gelisim University for his participation.