

Istanbul Gelisim University's graduation ceremony in the 10th year

5040 students from 92 departments graduated from Istanbul Gelisim University (IGU) in the 10th graduation ceremony. Alumni from many schools, faculties and graduate schools graduated in two different days.

The graduation ceremony in Yahya Kemal Beyatlı Performance Center started with a moment of silence and the Turkish national anthem. Rector Prof. Dr. Burhan Aykaç and Chairman of the Board of Trustee Abdulkadir Gayretli made the opening speeches of the ceremony. Then, youngsters received their diploma getting on the stage grouped according their departments.

“WE HAVE THE QUALITY OF EDUCATION IN ACCORDANCE WITH INTERNATIONAL STANDARDS”

Rector Prof. Dr. Burhan Aykaç said: “Graduation days are the happiest days for both students and their parents and for universities. We are proud and happy. We have an important place in higher education. We train our students well and believe that they will be very successful. Although our university is a young university, our 54 departments are accredited and have an educational quality in accordance with international standards. Our students' paths are clear, so get the chance.”

“WE HAVE GREAT ACHIEVEMENTS”

Stating that they made great achievements in a short time on behalf of internationalization in the academic year of 2018-2019, Chairman of Board of Trustee Abdulkadir Gayretli said: “We attach great importance to the quality in accordance with the sustainability principle. Our goal is to train a productive generation. In this way, we support our students in many areas. We are in pursuit of providing added value to our country with our projects such as Flying Car, Electric Car and Pharmaceutical Device. We pursue innovations that have not been achieved yet.”

“WE HAVE MADE SIGNIFICANT INVESTMENTS”

Stating that the academic year of 2018-2019 was full of success for the University, Vice Rector Responsible for Accreditation and Quality Prof. Dr. Nail Öztaş said: “We have made significant investments in many areas in accordance with our goal of becoming a world university. We started to get remarkable results. First of all, we made our campus the 3rd university which has the most indoor space per student in Turkey, adding over 285 thousand square meters closed areas for environment from our total investment. This was our first success. Secondly, we have considerably been investing in our human resources to become the university of the future. Without human resources and without qualified people, we cannot achieve anything. Istanbul Gelisim University has established a very qualified team of personnel with up to 1200 personnel. This year, we have been still hiring new international academic personnel from more than 1000 applicants.”

Stating that we have made investments to researches, Öztaş said: “We are the patent application champion of 2017. We came in 2nd in in 2018. We started to get the results of all these efforts. As we started to rise in the world rankings, we managed to reach the finals as the only university representing our country with 7 universities in the evaluation of the internationalization strategy of the year by Times Higher Education (THE), one of the most respected higher education rating and ranking institutions in the world.”

Attention to Summer Complaint in Children

Increased incidence of diarrhea in the hot weather, carries a great risk especially for children. Pointing out proper nutrition and plenty of fluid consumption is important, Asst. Prof. Dr. Elkin said: “If there are vomiting and fever including diarrhea in children, parents should consult a health facility as soon as possible. The important thing is to monitor the loss of fluid in the child.”

Diarrhea is one of the most common infectious diseases in children and adults in the summertime. Diarrhea, which can cause excessive fluid loss, can result in serious health problems if precautions are not taken in the early period. Stating that summer complaint can be seen in all age groups, it is a risk especially for children and the elderly, Public Health Specialist from Istanbul Gelisim University (IGU) Dr. Nurten Elkin said that diarrhea is most

common in children aged 0-5 years and diarrhea is one of the leading causes of death, especially until the age of 2.

“CHILDREN AT THE AGE OF 0-5 ARE THE MOST AFFECTED”

Stating that summer complaint, which is frequently encountered in the summertime, mostly affects children in the age of 0-5, Assist. Prof. Dr. Nurten Elkin said: “Watery stool in infants being fed with breast milk more than 6-7 times and in children who are not fed with breast milk more than 3 times are regarded as diarrhea. If there are vomiting and fever including diarrhea, parents should consult to a health facility as soon as possible. The important thing is to monitor the loss of fluid in the child. In order to find out fluid loss, parents need to analyze the amount of urination and whether there is a decrease in urine.”

ATTENTION TO COMPLAINTS OF FEVER, VOMITING, NAUSEA AND TUMMY ACHE

Stating that diarrhea symptoms are sorted according to the severity of the disease, Assist. Prof. Dr. Elkin said: “If the person has lost a small amount of fluid, the symptoms may appear as thirst, and if there is a moderate loss of fluid, symptoms such as xerostomia, uneasiness, and decrease in urine may be seen. Accordingly, the most common diarrhea symptoms are fluid defecation, urgent defecation, and unable to hold defecation, excessive defecation, thirst, nausea and vomiting, fever, fatigue, abdominal pain and gas. Bacterial infections in the summertime usually appear with complaints of fever, vomiting, nausea and abdominal pain.”

ONLY DRINKING WATER IS NOT ENOUGH

Pointing out the only treatment of diarrhea is to replace the loss fluid, Assist. Prof. Dr. Elkin said: “The lost fluid is not only water. Along with fluid, vital electrolytes such as sodium, potassium, chlorine and bicarbonate are lost. Therefore, drinking only water does not meet the requirement of fluid which is lost by diarrhea. These electrolytes must also be in the fluid. Therefore, ‘oral rehydration packages are recommended for patients of all ages. One of these packages should be added to one liter of water and the patient should drink as much as (s)he can. After each defecation, it may be recommended to drink 1-2 glasses and

replace the lost liquid. Parenteral fluid should be given immediately to patients who cannot ingest fluid due to nausea and / or vomiting.”

Elkin continued her speech:

“If any of the symptoms such as the sense of thirst, dry mouth, collapse of eyes, fatigue, wrinkles and drowsiness occur, the person should consult to the nearest health institution. The fluid and electrolyte loss of the body should be replaced as soon as possible. In addition, consumption of plenty of water, boiled potatoes, bananas, yogurt, lean rice, pasta and rice soup will help the recovery of patients with diarrhea. However, fats, fatty foods, spicy, acidic and caffeinated foods and beverages can intensify diarrhea.”

SUGGESTION TO AVOID DIARRHEA

Pointing out that food should be kept in the refrigerator, even if cooked, especially in the summertime, Assist. Prof. Dr. Elkin warned that food which are left in the hot and especially sold as open, or food with milk and mayonnaise or cream carries various risk in this respect.

Giving suggestions to prevent the summer complaint, Assist. Prof. Dr. Elkin concluded her speech as follows:

“Hand washing should be taken care of. Hands should be washed with soap before and after the toilet, before meals. Clean water should be used for drinking and potable water. When there is doubt about purity of water, the use of water should be avoided. If necessary, it should be used by boiling for at least 10 minutes. Vegetables and fruits should be consumed by washing with plenty of clean water. Especially during the summertime, food that is sold in the hot and outdoors and whose expiry date is not known should not be consumed. Frozen foods should not be frozen again after thawing. Freshly cooked or reheated dishes should not be left at room temperature for more than two hours. Breastfeeding should be continued in infants with diarrhea as in other infants. It is important for people with diarrhea to give importance to personal hygiene rules, to maintain oral nutrition in order to replace the loss of liquid and salt, and to take children who vomits and cannot be fed orally to the doctor without losing time to prevent sudden fluid losses.”

Risk of reflux in pregnant pilates

Physiotherapist Çağıl Ertürk stating that pilates is a healthy and painless sport, said:

“Pregnant women who work with spine movements, as well as arms and legs, may experience pregnancy disorders such as dizziness, nausea, reflux, shortness of breath and hypotension, so a personalized pilates program is required.”

Stating that women usually apply to pilates classes without medical guidance, Çağıl Ertürk, a physiotherapist at Istanbul Gelişim University, said: “Absolute risk factors for exercise should be screened in pregnant women by pilates practitioners and customized pilates programs should be designed for medically appropriate pregnant women.”

ATTENTION TO EXERCISES ON SPINE

Indicating that obstetricians recommend to leave the exercise from the supine position for pregnant women from the 13th week, Ertürk added: “In addition to spine movements, pregnant women who work with arms and legs may experience pregnancy disorders such as dizziness, nausea, reflux, shortness of breath and hypotension.”

“FURTHER STUDIES NEEDED”

Emphasizing that the most reported physical benefit of pilates is the increase in pelvic floor strength, Ertürk continued: “There is new evidence to support the role of exercise in the prevention of urinary incontinence, but taking into consideration that pilates is a popular physical activity chosen by pregnant women, further studies are needed to prove the safety and effectiveness of this exercise in pregnancy.”

BREATHING HABITS IN PREGNANCY

Stating that breathing habits during pregnancy, help women to manage pain during birth, Çağıl Ertürk added: "during the second stage of labor spontaneous or involuntary pressure occurs".

IGU attended the joint meeting of Turkey and Nigeria

Istanbul Gelisim University attended the meeting that made with Nigeria delegacy within the scope of Ministry of Trade Foreign Economic Relations Board of Turkey (DEİK). Cooperations between Nigeria and Turkey for higher education were discussed at the meeting.

IGU attended the joint meeting of Turkey and Nigeria As many organizations in the business world was attending the meeting within the scope of DEİK, Istanbul Gelisim University (IGU) was the only higher education institution that invited to the meeting on behalf of Turkey. In the meeting that Ambassador of attended, IGU Director of Graduate School of Social Sciences Prof. Dr. İzzet Gümüş, IGU Director of International Students Assist. Prof. Dr. Aysun Kaya and IGU Director of Continuous Education Center (IGUSEM) Assist. Prof. Dr. Fatih Fuat Tuncer made a private conversation with Ambassador of Federal Republic of Nigeria Ilyasu Audu Paragalda who attended the meeting.

“EDUCATIONAL COOPERATION MUST BE PROVIDED”

Ambassador of Federal Republic of Nigeria Ilyasu Audu Paragalda stated that more cooperation between high education institutions of two countries must be developed, expressing that he knows Istanbul Gelisim University’s international achievements and he attaches more importance of IGU for that reason.

Mentioning that there are 2 Nigerian faculty members in the university and 32 enrolled Nigerian students, Director of Graduate School of Social Sciences from IGU Prof. Dr. İzzet Gümüş said:

“We aim to raise the number of our enrolled students to 100 this year and to increase our total number of international students. We will strengthen the links between the two countries with academician and student exchange programs, cooperation of scientific projects and. We were proud of the fact that the only university invited to the interviews was our University. That our efforts and achievements in the name of internationalization are known and appreciated in the international community is another pride for us.”

Attention to the danger of ticks in the sacrificial animal market

Stating that Turkey is available for ticks to live in terms of geography, Assist. Prof. Dr. Nurten Elkin warned: “The disease transmitted from ticks to other animals does not show any symptoms. It is necessary to be careful against the danger of ticks in the sacrificial animal markets due to Eid al-Adha.”

As the weather gets hotter, ticks in the green areas become dangerous. The possibility of Crimean Congo Hemorrhagic Fever Disease (CCHF) which may develop as a result of tick bites has been increasing. Stating that symptoms of the disease appear later, Istanbul Gelisim University Public Health Specialist Assist. Prof. Dr. Nurten Elkin said: “The disease does not show symptoms in animals. Since animals are asymptomatic, the animals in areas where the disease is common may appear healthy, but they may transmit the disease. Animal owners shall disinfect their animals against ticks. Animal shelters shall prevent the conditions providing the ticks to live.”

ATTENTION TO THE SACRIFICIAL ANIMAL MARKETS

Giving information about the risk groups about the disease, Assist. Prof. Dr. Nurten Elkin warned: “Farmers and shepherds engaged in agriculture and animal husbandry, butchers and slaughterhouse workers, veterinary physicians, health personnel in contact with CCHF patients, campers and people who picnic unprotected, laboratory workers, and relatives of patients living in the regions where the disease is seen are at risk. Due to the upcoming Eid al-Adha, we need to be alert to the danger of ticks in the sacrificial animal markets.”

SYMPTOMS APPEAR LATER

Stating that the disease shows symptoms after the incubation period which could last for 1-14 days depending on the way the virus spread, Assist. Prof. Dr. Nurten Elkin said: “Complaints such as fever, exhaustion, chill, tremble, muscle pain, headache, nausea and vomiting, diarrhea, redness of the face and eyes, skin rash make the disease appear. In the later stages of the disease, bleeding in the skin and in the gums, nosebleed, gastrointestinal bleeding, bleeding in the lungs and brain may occur.”

“DO NOT TRY TO BURN THE TICKS”

Assist. Prof. Dr. Nurten Elkin gave information about what a person should do when a tick is attached to her/his skin, as follows:

“The tick must be removed with a suitable material (gloves, cloth or bag, etc.) from the nearest place where it is attached to the body, provided that it is not touched with bare hands without losing any time. After the tick is removed, an antiseptic solution should be applied to the place of the tick. However, if the person cannot remove the tick herself/himself, s/he should apply to the nearest health institution. The earlier the tick is removed, the lower the risk of infection. Processes such as chemical spillage on ticks and burning with matches can increase the risk of ticks transmitting disease. People should avoid such practices.”

Stating that one has to monitor the symptoms on her/his body following the removal of the tick, Assist. Prof. Dr. Nurten Elkin said: “The one should monitor herself/himself for 10 days in terms of symptoms such as exhaustion, loss of appetite, fever, muscle pain, headache, nausea, vomiting or diarrhea. If one or more of these symptoms occur, s/he should immediately contact with the nearest health institution.”

LONG CLOTHES MUST BE PREFERRED

Stating that people who have the disease can also transmit this disease, Assist. Prof. Dr. Nurten Elkin said: “The disease can be transmitted by blood and body fluids. Therefore, people who contact with patients should take the necessary protection measures (gloves, aprons, masks, etc.). Unprotected contact with blood and body fluids should be avoided. It is important that people with a history of suspected contact be monitored for signs of fever and fever for 14 days.”

Stating that Turkey is available for ticks to live in terms of geography, Assist. Prof. Dr. Nurten Elkin said: “Precautions should be taken when going to the tick-risk areas such as field, vineyard, garden and picnic areas, pastures, shrubs, animal shelters, animal markets. Clothes that cover the body should be worn to prevent ticks from entering the body, trousers should be inserted into the socks, boots should be worn if possible.”