

## **IGU is the only university shortlisted first from Turkey**

Times Higher Education Asia (THE) 2019, known as the Oscars of higher education, finished the determination of the best universities in Asia. Istanbul Gelisim University (IGU), took place as the only university from Turkey in the final of the category of 'Internationalization Strategy of the Year' where 7 university from around the World were shortlisted. Vice Rector for Quality and Accreditation of IGU Prof. Dr. Nail Öztaş İGÜ giving information about the evaluations said: "The university of the information age will be very different from the university of the industrial age with its design, management, academic staff, student, curriculum, measurement and evaluation methods."

### **"ASIAN UNIVERSITIES TACKLE FOR WORLD LEADERSHIP"**

THE ASIA universities summit brought together the most successful Asian universities. The best universities, which came to the finals from hundreds of applications in the awarded categories, told about their policies, strategies and activities with the established stands and presentations in special sessions. Vice Rector responsible for Accreditation and Quality of the Istanbul Gelisim University, the only university from Turkey among 7 world universities in the category of "Internationalization Strategy of the Year" Prof. Dr. Nail Öztaş, said: "Apparently; on the issues like education, research, internationalization, student support, leadership, etc. Asian countries are on the upside. China and other East Asian universities are world leaders. Their investments in human resources, research and education are tremendous."

### **"UNIVERSITIES OF INFORMATION AGE ARE VERY DIFFERENT"**

Öztaş stating that the transformations experienced at the point higher education came are very impressive, continued as follows:

"There is an important search for how the universities of the future should take a shape, from those who run the Mars program, those who use artificial intelligence for student selection, and those who remove classical textbooks and exams, and those who begin to give a program diploma designed by a student. The university of the information age will be very different from the university of the industrial age with its design, management, academic staff, student, curriculum, measurement, and evaluation methods."

## **Dining Advice in Ramadan**

Expert Dietician Ayşe Özkarabulut who stated that body would be cleared of toxins if healthy, adequate and balanced nutrition rules followed, added: "We should not overwhelm our stomach and cause complaints of indigestion, increased sugar and hypertension, as our sleep and dining time is changed".

Emphasizing the need of waking up for sahur during the month of Ramadan Faculty member of Istanbul Gelisim University (IGU) Expert Dietitian Ayşe Özkarabulut: “Sahur should be like breakfast. Eggs must be eaten for being full, and boiling as cooking style should be preferred. Salted foods such as processed meat (sausage, bacon) should not be preferred in order not to feel too much thirst.”

#### “WHOLE WHEAT BREAD KEEP FULL”

Stating that egg, as well as toast can be eaten at sahur Özkarabulut, said that whole wheat bread keep full. Özkarabulut continued her speech as follows:

“A water glass of yogurt or a mixture of milk with oatmeal and fruit are good options for sahur. Pasta with curd cheese can also be preferred from time to time. Very fat cookies should be avoided. Those who do not have a weight problem can consume pastries like vegetable waffles. Drinking a sufficient amount of water is very important for protecting the kidneys. Light tea should be consumed. Too much sugar should not be used to keep the sugar balance unchanged.”

#### “20 MINUTES PRAY IS IMPORTANT”

Expert Dietitian Ayşe Ozkarabulut, recommended that people with constipation problems consume 3 - 4 days of eating with walnuts, and added: “At Iftar fasting in order to ensure the balance of sugar and salt fasting should be open with olive and date. Drink plenty of water. 20 minutes prayer after the meat broth and the chicken broth soups, and light appetiser is necessary in order toughness message delivery process to the brain to be completed. It is very important to chew food, and eat slowly”.

#### “WHO CAN'T BREAK, CAN CONTINUE WITH SALADS”

Özkarabulut, offering meat with vegetable dishes, legumes, low-fat stuffings after 20 minutes, said: “Salad, low sugar compote can be consumed. If you can not leave the table for 20 minutes break can continue with the salad. Food should not be fried, should be from oven, grilled, steamed or boiled. Using too many tomato paste in meals increases stomach complaints and causes excess salt intake, it is important for people with hypertension. Foods should be used as much oil as possible”

#### “1 HOUR AFTER DINING FRESH TEA CAN BE CHOSED”

Ayşe Özkarabulut, Specialist Dietician at Istanbul Gelisim University (IGU), who gave information that ayran and compote can be used as beverages, and no acidic beverages should be drunk, and said: “After drinking, the soda can cause excess salt intake and make the digestion more difficult. One hour after the meal, freshly brewed tea should be preferred.”

“DESSERT MUST BE CONSUMED 2 HOURS LATER”

Expert Dietician Ayşe Özkarabulut, recommending sweets such as milk desserts (rice pudding, rosemary), pumpkin talus and quince dessert in Ramadan, said: “Heavy pastry desserts are very harmful for stomach and heart patients. Desserts should not be eaten immediately after a meal and should be consumed after 2 hours. Cinnamon powder addition is helpful”.

Özkarabulut underlined that patients with diabetes, heart and hypertension should fast with the permission of their physician. She also reminded that physical activity should not be forgotten in Ramadan.

### **Special recipe against thirst and swell in Ramadan**

Haluk Saçaklı, a healthy lifestyle specialist, gave a recipe to reduce the thirst and swell in Ramadan.

The first week of Ramadan is called ‘sensing period’ in the body. Especially the first two or three days of hypoglycemia, headache, weakness, fatigue, forgetfulness, thoughtfulness, falling asleep, indigestion, swelling, soreness, blood pressure falls and the body begins to produce toxin.

The Healthy Life Specialist Haluk Saçaklı stated that for this reason, the first week should be paid attention to, if between iftar and sahur enough alkaline water is consumed, and sahur made on time and iftar made without making a feast, problems will decrease.

Explaining that there may be swelling and bursts in the first week, The Healthy Life Specialist from Istanbul Gelisim University Asst. Prof. Dr. Haluk Saçaklı said:

“Definitely do not put a sparkling drink at the iftar table. Because carbon dioxide bubbles cause an air gap in the digestive system. Extreme cold drinks on hot days also cause carbon accumulation in the body. Spices such as ginger, fennel, turmeric, coriander, black pepper and anise, which you will put on meals especially in iftar soups, reduce bloating.”

Healthy Life Specialist Saçaklı also gave a special recipe for thirst and swell.

#### **RECIPE THAT REDUCE THIRST**

“Into 2 liters of water, put 1 bar cinnamon, 6 cloves, 1 sliced lemon, 2-3 stalks of parsley and 1 turmeric root. Leave for 8-10 hours, consume until the bed with iftar 1.5 liters, the rest in sahur”. Saçaklı stating that at sahur water consumption to accelerate the discharge and this causes swelling and thirst after sahur. It is sufficient to consume at least 30 milliliters per kilogram of water. Adequate nutrients, liquids and salt should be taken between iftar and sahur.

Talking about what will happen when stomach is overloaded after a long time, Saçaklı said:

“The gastrointestinal tract and heart are tired. Blood pressure rises, pulse increases, the heart's oxygen need to increase in difficulty. For this solution, drink 1 or 2 cups of water before the fast-breaking, 3 persimmons, 4 olives and 1 bowl of soup for the table. Take 12 or 18 minutes break to eat. The reason is that saturation signals are going from stomach to brain during this period. Swallow each bite thoroughly, then swallow it”.

#### RECIEPE OF SPECIAL HERBAL TEA REDUCING THE SWELL

Haluk Saçaklı also shared a recipe for a swell: “Put a tablespoon of herbs such hibiscus, stinging nettle, fumitory into a 1 liter of water, boil 3 - 5 minutes and filter, drink 1 cup. To throw toxins perfer fruits like cherry, pear, apple, melon, watermelon, kiwi, peach, pineapple, plum.”

### **Students exhibited their debating skills**

Debate competition at Istanbul Gelisim University (IGU) School of Applied Sciences Media and Communication Department where 4 students from each class participated. The winner of the event, which continued for 2 days, was 3rd grade students.

In the organization organized by the Head of the Department of Media and Communication Asst. Prof. Dr. Mehmet Bülent Öner, it was held an inter-student debate. The activity where 1st grade and 3rd grade students discussed the issue of ‘abortion’, and the 2nd classtudents debated with 4th graders on ‘euthanasia’ lasted 2 days with semi-final and final stages. In the final of the debates, 3rd and 4th grades were confronted on the topic of ‘execution’. In the final, the winner were 3rd grade students and their representatives Berna Keflioğlu, Ayşe Mine Atabey, Aslihan Bayram and Dilara Tekin.

The event, in which students had the opportunity to demonstrate their talent in the discussion, allowed them to see different perspectives on the debates and arguments against the arguments based on the current examples, cultural references and theoreticians.

### **Students made workshop with Famous Pastry Chef Avni Aktaş**

Istanbul Gelisim University, Department of Gastronomy and Culinary Arts, hosted Avni Aktaş, the successful pastry chef of Aircraft Catering.

Pastry Chef Avni Aktaş came together with Gastronomy and Culinary Arts and Gastronomy students as part of the workshop. Chef Aktas, who answered the questions of students during the workshop where various desserts were prepared from the world cuisine, shared his tricks of preparing desserts besides sharing his experiences.

Indicating that they attach importance to bringing together chefs and students who are mentioned in the sector with their achievements Asst. Prof. Dr. Murat Dođan, head of the Department of Gastronomy and Culinary Arts, thanked Pastry Chef Avni Aktař for his support in the workshop.

## **Kidney health awareness was created**

Istanbul Gelisim University (IGU) Public Relations and Advertising Department senior students created a new awareness company within the scope of their graduation projects. Under a joint workshop with the Turkish Kidney Foundation a seminar on “Drink Water for your Kidney” was held in the conference hall of Istanbul Gelisim University Vocational School (MYO).

Before the seminar, in order to raise awareness on kidney health to a person from the project group, was dressed kidney mascot with the slogan of the project. The person wearing the kidney mascot was recorded walking and screened in the seminar. For the purpose of kidney health, leaflets taken from the foundation were distributed to inform about the ways to protect kidney health. In the seminar held in cooperation with the Turkish Kidney Foundation Project Coordinator Ayře Onat and Diyetitian Gökçen Efe gave information about kidney diseases, diet, treatment of diseases.

During the research phase of the project, a group of 100 students participated in the survey. The research was conducted by Public Relations and Advertising department students Gamze Kır, Hatice Seda Özkan, Galip Kökçüođlu, Gizem Demirel and Görkem Seven under the supervision of Head of Public Relations and Advertising Department Asst. Prof. Emel Tozlu Öztay, Lect. Nevra Üçler, Head of Marketing and Advertising Department of Istanbul Gelisim University Vocational School Lect. Fulya Beteř. According to the results of the survey, it was concluded that the participants did not have enough information about the ways to protect kidney health except drinking water.

The speakers expressed their gratitude to the students of Istanbul Gelisim University Public Relations and Advertising Department and the head of the department Emel Tozlu Öztay. At the end of the event, Tozlu presented plaques to Turkish Kidney Foundation Project Coordinator Ayře Onat and Dietician Gökçen Efe Aydın.