

"Market studies should be done for the development of tourism"

Reminding that last year, the number of tourists coming to Turkey broke a record Faculty Member of Istanbul Gelisim University Asst. Prof. Özgür Kızıldemir said that market studies should be done according to tourism types for the development of tourism.

According to the data of Turkish Statistical Institute (TUIK) for 2018, the number of visitors arriving in Turkey broke record with 46.1 million people, surged 21.4 percent compared to 2017. Noting that a significant progress has been made for the target of 63 million visitors determined within the scope of the 2023 strategy, Faculty member of Istanbul Gelisim University Faculty of Economics, Administrative and Social Sciences Tourism Guidance Department Asst. Prof. Özgür Kızıldemir, said: "Under Turkey's 2023 strategy to achieve its target of 63 million tourists and 86 billion dollars of revenue as it is necessary to continue the positive steps taken so far. Increasing the number and capacity of airports which are vitally important for tourism and the incentives given for tourism investments are the best moves in the formation of the necessary infrastructure. Government support on behalf of tourism industry and promotion strategies carried out by the Ministry in the country and abroad are among the other positive steps taken."

"TURKEY, SHOULD FOCUS ON TOURISM MARKET IN ASIAN COUNTRIES"

Asst. Prof. Özgür Kızıldemir said that focusin on the tourism market in Asian countries is among the strategies towards achieving the 2023 targets of tourism that Turkey would benefit from.

Kızıldemir pointing out that the studies should be increased in the scope of sustainable tourism, said: "Macro and micro plans should be determined for each destination and the carrying capacities of the destinations should be calculated so as to prevent the damage of our existing natural resources in order to let us host tourists for many years. In addition, to allow the kind of tourism as much geographical location of Turkey is important in the context of sustainable tourism. Making market studies according to different types of tourism such as health tourism, gastronomy tourism, winter tourism, cultural tourism, will be a move towards increasing tourism revenues."

Indicating that tourism expenditures for 2018 decreased by 5 percent compared to the previous year and realized as 4.89 billion dollars, Kızıldemir said: "It is observed that tourism expenditures have decreased below 5 billion dollars for the first time since 2012. This means that in 2018, our citizens spent less money on their travels abroad."

Stating that "The fact that tourism has links with many sub-sectors such as accommodation, transportation, food and beverage, in addition to direct contributions to the Gross National Product (GNP), indirectly also contributes a lot" Kızıldemir continued as follows: "Tourism has become an important industry for Turkey, which is understood by economic indicators such as tourism revenue and employment creation".

The number of Yemeni students in Turkey is increasing

Yemen Cultural Attaché Tareq Motahar and the accompanying delegation visited Abdulkadir Gayretli, the Chairman of the Board of Trustees of Istanbul Gelisim University (IGU). Motahar making a statement after the visit that the Yemeni students prefer Turkey instead of European countries the number increases with each passing day.

Yemen Cultural Attaché Tareq Motahar, Bilateral Relations Officer Raydan Khulob and the accompanying delegation came together with the Chairman of the Board of Trustees of Istanbul Gelisim University Abdulkadir Gayretli and Vice Rector Prof. Dr. Nail Öztaş. During the meeting, the strengthening of bilateral relations between Yemen and Turkey, the education Yemeni students in Turkey and academic exchange programs were discussed.

"A GOOD DESTINATION FOR STUDENTS"

Stating that he had visited several universities in Turkey Tareq Motahar, said: "I had high expectations from IGU, and it reached a higher level when I arrived. The university is very supportive of new generations for everyone to receive a high-quality education. It is really open to all the new ideas and this is a very important point. Yemeni students are looking for a good education and I think that IGU can be a good target for them".

Saying that Yemen and Turkish cultures are very close to each other, Motahar added: "The number of Yemeni students coming to study in Turkey is increasing every day. I can say from my own experience that Yemeni students are choosing to study in Turkey to European countries".

GAYRETLI: WE WILL STRENGTHEN TIES

Abdülkadir Gayretli, giving information about the university, stated that they are open to all kinds of academic and scientific projects, said: "We have close to 700 international students. The international validity of the diplomas we give is an important factor. We offer more than 100 laboratories for all our students. We enable all kinds of scientific research, and support their projects. Besides, we are conducting international cooperation to develop projects that will provide added value to our country. We also have a cultural connection with Yemen, and we will strengthen these ties".

'The Engineer in the Kitchen' project has ended

The project 'Science and Technology in Gastronomy: The an Engineer in the Kitchen' developed by Istanbul Gelişim University (IGU) School of Applied Sciences Department of Gastronomy with the support of TÜBİTAK ended. More than 30 students and 16 faculty

members from gastronomy, gastronomy and culinary arts, food engineering departments and culinary programs of public and private universities participated in the project.

'Science and Technology in Gastronomy: The an Engineer in the Kitchen' project was implemented by Istanbul Gelişim University (IGU) in cooperation with kitchen equipment firm Öztiryakiler and support of TÜBİTAK. Students from ODTÜ, Necmettin Erbakan University, Bulent Ecevit University, Mugla Sıtkı Koçman University, Anadolu University, Istanbul Gedik University, Istanbul Yeditepe University, Istanbul Doğuş University and Istanbul Aydın University were given theoretical and practical training on advanced culinary technologies for three days.

The project coordinator Asst. Prof. İsmail Hakkı Tekiner stated that the project filled an important gap in the field of gastronomy, and added: "The scientific approach is important in terms of revealing the multidisciplinary aspect of gastronomy. Thanks to this project, we have contributed to the awareness of future leader candidates".

Specifying the importance of the Project followed by interest, and attended by the members of the Board of Directors of Öztiryakiler LTD Tahsin Öztiryaki, Murat Öztiryaki and IGU Vice Rector Prof. Dr. Nail Öztaş, was mentioned that it was a concrete example of university and industry cooperation.

Special training for health professionals begins

"Basic Health Support for Health Professionals" training begins with the assurance of Istanbul Gelisim University and cooperation of the American Heart Foundation.

Turkey Approved Training Center Coordinator of American Heart Association Dr. Erdem Yılmaz making statements about 'Basic Life Support for Health Professionals' (Basic Life Support-BLS) training, said that the training would lead thetrain development of skills and more patients to cling to life.

"SKILLS ARE DEVELOPING"

Dr. Erdem Yılmaz stating that there are many studies in the world and in the light of the scientific data obtained, serious changes have occurred in a short time, said: "The American Heart Foundation-approved BLS course, which we have prepared for health professionals to refresh their knowledge and skills at regular intervals, teaches CPR and OED for each age group and contributes to the development of skills with a person or team intervention scenarios".

"SPECIAL TO HEALTH PROFESSIONALS"

Saying that the training is only a course for health professionals, Yılmaz added: “Training last six hours and the number of ideal participants is limited to 24. At the end of the training, the participants who are successful in the exam to be conducted by the American Heart Foundation according to AHA standards are given two years of valid AHA Certificate and Istanbul Gelisim University Continuing Education Center Certificate of Attendance”.

Noting that upon successful completion of the training, will be able to define and explain the importance of high quality CPR and talk about all links of the chain to save lives, Yılmaz said: “They will be able to explain the importance of automatic external defibrillator (OED) in early use, to apply OED according to the rules. Apply high quality CPR for children. Apply high quality CPR for babies. Will be able to explain the importance of the deveteam in resuscitation with multiple rescuers. Will be able to perform as an active team member during CPR. Able to apply the airway clearance technique for adult, child and baby in airway obstruction”.

Director of Istanbul Gelisim University Continuing Education Center Asst. Prof. Fatih Fuat Tuncer listed the contents of the training as follows:

“Adult artificial respiration, adult respiratory mask application, adult respiratory application with balloon-mask-valve device, adult cardiac massage application, adult automatic external defibrillator application, child artificial respiration application, child respiratory mask application with breathing mask, child balloon-mask - application of respiration with ventilator device, application of children's cardiac massage, application of child automatic external defibrillator, infant artificial respiration, infant breathing mask, respiratory application with infant balloon-mask-valve device, application of baby heart massage, baby automatic external defibrillator application, adult and child respiratory tract obstruction and Heimlich maneuver, respiratory blockage and practical application in infants, applications for a person and a team for all applications, team dynamics and intra-team communication”.

Photograph exhibition against wasting from students

University students opened a photo exhibition to attract attention to the wasting. The exhibition aims to create awareness against excessive and unnecessary consumption.

Students of the Istanbul Gelişim University (IGU) Gastronomy Department of the School of Applied Sciences (UBYO) opened a photography exhibition named ‘IGU Don’t Waste’ under the supervision of the lecturers Tolgahan Tabak and İbrahim Levent Demirçakmak.

The exhibition, which was opened by the Director of UBYO Prof. Dr. Hikmet Kavruk and Prof. Dr. Orhan İşcan, includes visuals that attract attention to wasting. The exhibition, which aims to raise awareness about wastage, will be opened to visitors in different educational

institutions, public and private institutions. UBYO Head of Gastronomy Department Asst. Prof. İsmail Hakkı Tekiner said that he was pleased that the students were sensitive to a problem related to their field and that the planned awareness was publicized.

“HIGHER EDUCATION AGAINST THE WASTING”

Students of the above-mentioned department Aslıhan Hasceviz and Elis Mutlu stated that they support the campaign launched by the state against bread waste in the field of higher education with the “IGU Don’t Waste” exhibition, and they are planning projects that will draw more attention in society about waste.

“Preoperative rehabilitation is necessary”

Physiotherapist Çağıl Ertürk discussing the importance of rehabilitation for patients who have knee arthritis before and after knee replacement surgery said: “The ratio of coming together physiotherapists with patients before surgery is quite low. However, it is necessary to meet with the patient and make appropriate exercise planning.”

Remarking that especially in elderly patients with respiratory system disorder, breathing exercises should not be forgotten, Lecturer of Istanbul Gelişim University Department of Physiotherapy and Rehabilitation Department Physiotherapist Çağıl Ertürk continued as follows:

“Patients with previous circulatory disorders should be evaluated for early mobilization by considering the risk of clots and embolism after surgery. Iron deficiency anemia is common in elderly patients and anemia should be corrected in the preoperative period. Patients with chronic infection should be well evaluated because of the risk of postoperative prosthesis infection, and treatment should be given because if the infection is not fully treated, then the prosthesis's compliance with the tissue is very difficult.”

“EXERCISE PLANNING MUST BE DONE”

Ertürk stating that the rate of getting together of physiotherapists with the patients before the surgery is quite low said: “However, it is necessary to meet with the patient and make appropriate exercise planning. The regional exercises and breathing exercises given to the patient before surgery prepare the patient for the operation and significantly reduces the time after which the patient maintains independent activities of daily living. In this sense, awareness should be made and appropriate exercise planning should be made by a physical therapist in the pre-operative period with personal assessment”.

“REHABILITATION MUST BE STARTED IN EARLY PERIOD”

Ertürk underlining the necessity to start rehabilitation after the first day of surgery, added: “The results of the rehabilitation program before surgery or trauma will be so positive. Otherwise, while early rehabilitation is not started in the clinic, and the index is very limited in the next period of the angle of bending, and in order to reorganize it is required the 2nd operation. In order not to experience such a situation, personal assessment should be done by a physiotherapist from the first day of operation and personalized exercises should be planned. Not only the muscles related to the knee but also the muscles that involve the ankle, knee and hip joint should be included in the exercise program, taking into account the patient's ability to do so. The non-surgical side of the patient should be evaluated in terms of muscle strength and functionality and included in the treatment.”

“HOME EXERCISE IS IMPORTANT”

Stating that the patients should be given home exercise program after discharge, Physiotherapist Çağrı Ertürk from Istanbul Gelisim University said: “Exercises should be performed twice a day. Each movement should be repeated 10 to 15 times, and pain and fatigue should be avoided. In order to concentrate on exercise, the numbers should be counted consecutively and regular breathing should be considered during exercise”.

“IT IS POSSIBLE TO REDUCE PAIN WITH MASSAGE”

Noting that in the post-surgery period, while the wound healing process is completed and the risk of infection eliminated, patients should be applied massage therapy, Ertürk said: “By massage, it is possible to increase the range of motion and function of the joint and to reduce the pain. The massage regulates the subcutaneous tissue, improves the functionality of the muscle and reduces pain in the patient and ensures compliance with the treatment and more comfortable exercises.”

Asst. Prof. Demirci explained the neurobiology of love

Describing the neurobiological aspect of feeling sensation Asst. Prof. Onur Okan Demirci stated that the feelings felt in love were due to the sympathetic system in the nervous system.

Asst. Prof. at Istanbul Gelisim University Department of Psychology Onur Okan Demirci, described the form of love, the sympathetic system action defined as soon as I saw him my heart started to beat rapidly, breathless, hands sweat, my head became tingled, butterflies began to fly in my stomach, felt like I could not stand in my place, for many years.

Stating that there are two types of mechanisms that occur automatically in the nervous system Asst. Prof. Onur Okan Demirci said: “These are the so-called sympathetic and parasympathetic systems. The parasympathetic system is a system that starts to work when we eat and when

we eat, and brings us calmness and peace. The sympathetic system is a system that activates in situations of danger, excitement and tension”.

Indicating that when a person sees the one that fall in love with the sympathetic nervous system is activated Asst. Prof. Demirci explained: “The heart rate is accelerated when the sympathetic system becomes active. Blood flow to the brain decreases and our brain begins to tingle. As the blood flow to our digestive system is reduced, the brain becomes tingling. As the lung volume gets smaller, we begin to breathe faster and feel like our breath is cut off. In the result of the blood flow directed to the muscles of the arms and legs, we begin to feel the inability to stop. When we fall in love, we feel so.”

“EVERYONE MAY NOT EXPERIENCE THE SAME DENSITY”

Indicating that some emotions are alike Asst. Prof. Demirci added: “The feelings we feel in love can sometimes resemble fear and even hate. It is a structure in the brain that gives the name ‘Amygdala’, which makes us understand the mood of fear and what kind of mood it is from the mimics of the person in front of us. A good empathy ability may be associated with the development of the amygdala structure. Therefore, the intensity of emotions we experience when we fall in love may be related to the development of the amygdala structure. This may explain why everyone does not have the same degree of love”.

“WE DECIDE THE LEVEL OF DELECTATION WITH THE ODOR”

Nevertheless, emphasizing that the state of love cannot only be related to the sympathetic nervous system, Asst. Prof. Demirci, continued as follows:

“Scientific research in recent years has shown us that the sense of smell, that is, the pheromone effect in animals, is also valid in humans. We people can actually smell the human in front of us on an unconscious level. We can match this fragrance with our own system and decide whether we like it or not. In fact, what we call skin harmony is a process governed by this pheromone system. In the human experiments, people have smelled the dresses of the people they are in love with (these are the clothes that they do not know who belonged to) showed that the signs of love appeared.”

International students visited Dolmabahçe Palace

Istanbul Gelişim University Turkish and Foreign Language Application and Research Center (IGU TÖMER) visited Dolmabahçe Palace together with international students studying Turkish language.

International students have been given detailed information about the Dolmabahçe Palace built by Sultan Abdulmecid between 1843 and 1856 and its architecture, decorations,

chandelier workmanship, baths, glass house and palace collections, also had the opportunity to visit the bedroom of Mustafa Kemal Atatürk.

International students after the journey to Turkey's recent history in the Dolmabahce Palace, completed the trip spending time in the resting places inside the museum.