

## **Educational book for Turkish cuisine lovers: 120 flavors will be provided**

Approximately 120 kinds of dishes reflecting the flavors of Turkish cuisine will be included in the Turkish Cuisine Culture book with their history, recipes and nutritional values. The book, which will meet with its enthusiasts in about 3 months, is expected to be a good source for high school and university students who are just starting their education.

Many classical dishes of Turkish cuisine such as lentil soup, stuffed meatballs, meatballs, kebab, pilaf will be selected by Istanbul Gelisim University lecturers and made into a book. 120 kinds of dishes, along with their recipes, history and nutritional values, will be included in the book. Stating that they are continuing to work to be a guide book, Asst. Prof. Dr. Serdar öp, the secretary general of the university, said: “In the context of Turkish culture, we will try to explain the structure of food from past to present. We see that modern cuisine has been shaped since the Ottoman period. Prehistoric times are among the factors that affect Turkish cuisine. With the book, we plan to contribute to the industrialization of Turkish cuisine.”

To enrich the content of the book, 120 meals cooked in the kitchen are photographed in the studio by the university students.

## **OUR MISSION IS TO INTRODUCE TURKISH CUISINE TO THE WORLD**

Asst. Prof. Dr. öp: “The book will be a guide. We have plans to translate it into English after publishing it in Turkish in our country. As we have a mission to introduce Turkish cuisine to the World, we are planning our book to be released in about 3 months. We have students and many contributing companies. We plan to bring together all the elements that make up the kitchen in the book titled 'Turkish cuisine culture' and make it available to people.”

## **MUST KNOWN FLAVOURS ARE INCLUDED**

The University's Culinary Program Instructor Erkan Kiyiciođlu stated that it is difficult to choose the flavors to be included in the book, which includes nearly 120 recipes, and added: “When examining Turkish cuisine, it was actually a bit difficult for us to be limited to 120 recipes. If we look at the local diversity, Turkish cuisine is a very wide cuisine. In the book, we wanted to highlight the flavors that students should know in Turkish cuisine, especially those that they should know about techniques. In this book you will find almost all the flavors you need to taste when you go to a classic

Turkish restaurant. There will be information such as lentil soup, ezogelin soup, meatballs, goat kebab and how to prepare a good rice and a good dolma.”

## GEOGRAPHICALLY MARKED TASTES WILL ALSO BE INCLUDED

Emphasizing that Turkish cuisine is best known in the world for its kebabs, Kıyıcıoğlu said: “We also included kebabs in our book. Especially when choosing recipes, we examined geographical products in great detail. We examined the recipes of the foods with geographical indications in patent applications and tried to revise our own recipes accordingly. We think it will be a good resource especially for education. It will be a good resource for high school and university students who are just starting to study.”

## BOOK SERIES WILL CONTINUE

Stating that the videos of the book will be published simultaneously after the book is published and those who wish can practice by watching these videos, Kıyıcıoğlu concluded his words with the following: “We only included food in this book. Especially pastries and desserts are a much broader subject. We will devote a second book to pastry and desserts. We are thinking of doing another book about local tastes. In this book, we want to include lesser known local dishes. We are in the age of introducing Turkish cuisine to the world. We can also do a modern Turkish cuisine study on the place of fusion cuisine (kitchen combining elements of different culinary traditions) in Turkish culinary practices.”

## Occupancy rates of health departments increased

Following the announcement of the results of the 2020 Higher Education Institutions Exam (YKS) placement, Istanbul Gelisim University announced that they reached 91.40 percent occupancy rate in health departments. Vice Director of the School of Health Sciences Assoc. Prof. Dr. S. Arda Öztürkcan said: “Despite the difficult process experienced due to the pandemic that our country and the world are in, we managed to increase the number of 618 students to 723 students in 2019, the occupancy rate from 81.32 percent to 91.40 percent, we are quite happy for this.”

By sorting the sections that reach 100 percent occupancy rates, Istanbul Gelisim University Vice Director of the School of Health Sciences Assoc. Prof. Dr. S. Arda Öztürkcan stated: “We have reached a 100 percent occupancy rate for our Nutrition and Dietetics (Turkish-English), Physiotherapy and Rehabilitation (Turkish-English),

Nursing (Turkish-English), Child Development, Perfusion, Audiology, Language and Speech Therapy departments. Our Departments of Child Development in English, Social Work, Occupational Therapy and Health Management are also highly preferred. Thanks to the Double Major Program that Istanbul Gelisim University offers to its students free of charge, the full occupancy rate in these departments will be reached in a short time.”

**"WE WERE WAITING TO BE PREFERRED"**

Speaking of the School of Health Sciences, Öztürkcan spoke as follows:

“Our school received international accreditation with 13 departments by AHPGS (Accreditation Agency in Health and Social Sciences) in 2018. Thereupon IGU placed in the 4th in Turkey and 200-300 rank in the world in the Health and Quality of Life category for Sustainability prepared by Times Higher Education (THE). After being 1st in Turkey and 96th in the world rankings in the Quality Education, we were expecting to be preferred by our students also intensively.”

Stating that Istanbul Gelisim University has successfully completed the distance education process thanks to its appropriate infrastructure and dynamic staff, Öztürkcan said: “We managed to complete the education process without interruption. We congratulate all our students who join our school family who are aware of the fact that health is a team work, educate students who keep themselves dynamic in the light of up-to-date information, and of which success is increasing day by day.”

### **Pay attention to consultants to be experts**

Stating that family counseling is based on gathering the members of the family and trying to solve the problems they share together, Expert Clinical Psychologist Dr. Kahraman Güler said: “Since family problems are important, pay attention to the fact that the person and institution from whom you will receive family counseling are experts in this field.”

**"PAY ATTENTION TO CERTIFICATES"**

Specialist Clinical Psychologist Dr. Kahraman Güler, who listed the requirements for being a family counselor, said: “They must graduate with a bachelor's degree from the departments of psychology, sociology, social work, psychological counseling and guidance, nursing, medicine and child development, four-year education is provide. It is useful to pay attention to the master's degree on the subject or to have documents as a result of special trainings in family counseling.”

## “SOLUTION OFFERING SKILL SHOULD BE DEMONSTRATED”

Talking about the qualities that family counselors should have, Güler said: “Counselors should demonstrate effective communication skills, professional ethical behaviors, persuasion skills, and the ability to identify complex problems and offer solutions. They must demonstrate the ability to cope with stressful and emotional situations, and have advanced observation skills and attention to detail.”

## “TRAININGS BEGIN”

Güler said that they started the "Family Counseling Certificate Program" with the cooperation of Istanbul Gelisim University Continuing Education Center and 5N1K PsikoAkademi, and added: “In this program, trained instructors aim to realize online education at formal quality. The teaching staff includes professors, associate professors, doctor lecturers, clinical psychologists, and family-couple therapists. The trainings will last 450 hours for 22 weeks. Participation requirement for the program, which will start on the 2nd week of September, is being a senior student or graduate from the departments of Social Work, Child Development, Psychology, Psychological Counseling and Guidance, Nursing, Medicine and Sociology. Organized in cooperation with Istanbul Gelisim University and 5N1K PsikoAkademi, this program has an ambitious program content within the program prepared in accordance with the regulation with its strong staff and infrastructure.”

## **Coronavirus warning to those who are overweight**

Drawing attention to the danger of obesity in coronavirus, Assoc. Prof. Dr. Haluk Saçaklı said: “People need more oxygen because they are fat. This means that organ systems are subjected to greater stress. This can be a serious problem with infections such as coronavirus.”

Assoc. Prof. Dr. Haluk Saçaklı drew attention to the danger of obesity in coronavirus and made recommendations about balanced nutrition and conscious exercise to protect against coronavirus. Stating that overweight people have lower lung capacity, Assoc. Prof. Dr. Haluk Saçaklı said: “This situation makes it more difficult to provide oxygen to the blood and body. Because people are fat, they need more oxygen, which means that their organ systems are exposed to greater pressure. This can be a serious problem with infections such as coronavirus. The body eventually becomes tired due to the inadequate oxygen supply to the organs. In obese people, the body's defense systems against the virus are weaker than those of ideal weight.”

## “FEED NATURALLY AND BALANCED”

Stating that immunity can be strengthened with antioxidant substances, Assoc. Prof. Dr. Haluk Saçaklı said: “Do a natural and balanced diet. Choose foods rich in vitamins C, E and A, iron, magnesium, selenium and zinc. The prominent foods can be listed as parsley, orange, carrot juice, onion, garlic, tomato, potato, apricot, date, almond, walnut, ginger, turmeric, hibiscus, echinacea, rosehip, linden, clove, natural honey.”

## “YOU CAN STRENGTHEN THE DEFENSE SYSTEM OF THE LUNGS”

Explaining that the immune system will be strengthened with proper breathing, Saçaklı said: “About 15-20 billion dead cell remains are carried in the body daily. In order for the body to overcome all these burdens, the blood must carry enough oxygen to organs and tissues. Therefore, the lymphatic system will work very well so that it can throw such a big burdens. With deep and abdominal breathing, you strengthen the defense system of the lungs by allowing new air to be formed into the lungs and the removal of foreign gas from the alveoli more quickly.”

## “SPECIALLY STRENGTHENING THE CHEST MUSCLES MUST BE CHOSEN”

Expressing that regular and conscious exercise will protect against coronavirus, Saçaklı said: “With exercise, you contribute to the easier removal of the air in the dead space, which cannot participate in gas exchange, and thus the air in the alveoli. But be careful. Avoid high-intensity exercise as much as possible. The reason is in the hottest heat, body metabolism is about 100 percent higher than normal. In heavy exercise, the body metabolism increases by as much as 2,000 percent. In addition, high-intensity exercises increase the production of free radicals. Resistance exercises should be preferred, especially those that strengthen the chest muscles. Because corona affects the lungs most negatively.”

## “7 HOURS OF SLEEP IS ENOUGH FOR ADULTS”

Saçaklı, advising a good and quality sleep, said, “Lie at the right time and get up at the right time. Go to bed between 22:00 and 24:00. Get up between 05.00 - 07.00. 7 hours of sleep is sufficient for adults. Learn to control your stress. If the intensity of

stress increases, your immune system collapses. Consciously and slowly lose weight. Avoid quack diets.”

## **International accreditation to 62 programs at our university**

Istanbul Gelisim University (IGU) announced that the number of international accreditations increased to 62 with the accreditation of Department of Graphic Design and the Department of Communication and Design at the Faculty of Fine Arts as a result of the evaluations of international independent accreditation organizations.

Speaking of the number of international accreditation, Istanbul Gelisim University the Faculty of Fine Arts Vice Dean Asst. Prof. Dr. Murat Doğan said: “From the moment the accreditation studies started, many departments at Istanbul Gelisim University have been awarded the international accreditation certificate. The Departments of Communication and Design and Graphic Design at the Faculty of Fine Arts, which started in 2017, have also been found eligible to be accredited by AQAS, a member of the European Quality Assurance Association.

"CERTIFICATES THAT ITS COMPLIANCE WITH EUROPEAN STANDARDS AND PRINCIPLES"

Reminding that AQAS reviews more than 5 thousand programs worldwide, Doğan spoke: “It is an organization that has accredited education programs, of which more than 90 German universities are members. Its accreditation certifies that the accredited program complies with European standards and principles.”

"CURRICULUM UPDATES ARE DONE"

Providing information about the accreditation process, Doğan said: “In the process of being accredited, departments have carried out internationalization studies with both curriculum updates and department requirements improvements in accordance with European criteria and implemented an interdisciplinary education approach. Departments of Communication and Design and Graphic Design bring together today's technologies with design; It aims to raise designers that can think analytically, can produce products that are suitable for the determined target, have a developed sense of responsibility, are compatible with teamwork, follow the world, and can

produce sustainable / interactive designs in communication, digital media and advertising fields.”

## WHAT ACCREDITATION MEANS?

It is shared the following information about accreditation: “Having accreditation for universities means documenting the quality of education. Universities have their education approved in terms of "quality" by applying to both national and international institutions. CoHE also added accreditation knowledge of the universities' programs to the preference guide in order to facilitate the preferences of prospective students who will make preference for university and to enable them make more conscious preferences.”

IGU listed internationally accredited programs as follows:

## FACULTY OF ECONOMICS, ADMINISTRATIVE AND SOCIAL SCIENCES (AQAS)

- Economy and Finance Pr. (English)
- Economy and Finance Pr.
- Public Relations and Publicity Pr.
- Aviation Management Pr. (English)
- Aviation Management Pr.
- English Language and Literature Pr. (English)
- Business Administration Pr. (English)
- Business Administration Pr.
- Psychology Pr. (English)
- Psychology Pr.
- Radio, Television and Cinema Pr.
- Political Science and Public Administration Pr.
- Political Science and International Relations Pr. (English)
- Political Science and International Relations Pr.
- Sociology Pr.



- Tourism Guidance Pr.
- Turkish Language and Literature Pr.
- International Business and Trade Pr.
- International Logistics and Transportation Pr. (English)
- International Logistics and Transportation Pr.
- International Trade Pr. (English)
- International Trade Pr.
- New Media Pr.
- Management Information Systems Pr.

#### SCHOOL OF APPLIED SCIENCES (AQAS)

- Banking and Insurance Pr.
- Public Relations and Advertising Pr.
- Aviation Management Pr.
- Business Information Management Pr.
- Logistics Pr.
- Media and Communication Pr.
- Social Work Pr.
- Aircraft Body-Engine Maintenance Pr.
- International Trade Pr.
- Gastronomy Pr.
- Gastronomy Pr. (English)

#### SCHOOL OF HEALTH SCIENCES (AHPGS)

- Nutrition and Dietetics Pr. (English)
- Nutrition and Dietetics Pr.
- Child Development Pr. (English)



- Child Development Pr.
- Ergotherapy Pr.
- Physiotherapy and Rehabilitation Pr. (English)
- Physiotherapy and Rehabilitation Pr.
- Nursing Pr. (English)
- Nursing Pr.
- Audiology Pr.
- Health Management Pr.
- Social Work Pr. (English)
- Social Work Pr.

#### FACULTY OF FINE ARTS (AQAS)

- Gastronomy and Culinary Arts Pr.
- Interior Architecture Pr.
- Interior Architecture and Environmental Design Pr.
- Cinema and Television Pr.
- Graphic Design
- Communication and Design

#### SCHOOL OF PHYSICAL EDUCATION AND SPORTS (AQAS)

- Coaching Education Pr.
- Exercise and Sport Sciences Pr.
- Sports Management Pr.
- Recreation Pr.

#### FACULTY OF ARCHITECTURE - ENGINEERING (ABET)

- Computer Engineering
- Mechatronic Engineering
- Industrial Engineering

## SCHOOL OF FOREIGN LANGUAGES (PEARSON)

### **90 percent domestic products are used in menu planning**

Research was conducted on the use of local products in hotels and restaurants within the scope of the sustainable food movement. Within the scope of the research conducted in international chain hotels and restaurants in Istanbul, it was revealed that 90 percent of chefs use local products.

In the hotels and restaurants within the service sector, high rates of food consumption are made in parallel with the population increase in the world. This sector, which provides its raw materials from nature, can prevent the famine problem that future generations may encounter by making the increasing food consumption sustainable. In the survey conducted in chain hotels and restaurants to determine the rate of local product use, the authorities were asked what the factors are considered in purchasing local products. Elif Zeynep Özer from Istanbul Gelisim University Gastronomy Department and Levent Demirçakmak, President of the Culinary School Alumni Association, shared the details.

### **A MENU CHANGE IS MADE ACCORDING TO THE SEASON**

Stating that they reached the conclusions that there is awareness in the people responsible for purchasing in the study, Elif Zeynep Özer said, “We applied the face-to-face interview technique in the research. We have compiled the questions we asked from scientific studies, which are considered disadvantages related to the use of local products. We have seen that the situations that were seen as disadvantages in the past are no longer like this and have been overcome. In this context, it was revealed that there was no agreement with the statement that seasonal and seasonal local products are a disadvantage and they made menu changes according to the season.”

## THE LOCAL MANUFACTURER FIND A SOLUTION FOR THE DELIVERY PROBLEM

Pointing out that hotels and restaurants find solutions to the problem of delivery of local products, which is seen as a disadvantage, Özer said: “The lack of a logistics network of the local manufacturer was seen as a disadvantage, but the enterprises eliminate the local manufacturer's logistics problem from being a disadvantage with their own solution methods (the company employee goes directly to the manufacturer, shipping the product, shipping it by means of transportation).”

## THERE IS NO PROBLEM IN BILLING LOCAL PRODUCTS

Stating that the authorities do not agree with the question 'Problems in billing etc. payments are a disadvantage', Özer said: “It has been stated that there is no problem in payments and invoicing with the producer receipt received from the producer. Other interviewees do not see this as a disadvantage.”

## LOCAL PRODUCTS NEED ATTENTION IN DIFFERENT AREAS

Levent Demirçakmak regarding the research, said: “There is a very rich variety of products in our geography. As a result of our research, it made us happy that our chefs preferred to buy local products. They said that an average of 90 out of 100 products preferred local products. We have seen that they target the quality of local products, contribution to the country's economy and contribution to local producers. We need to support our chefs more in this regard. We want local products to attract attention in different fields and to increase the trend towards local products.”