

More than 70 thousand students attended career planning courses

The career planning course prepared by the Presidency Human Resources Office to create career awareness among university students and to support students' career journeys was added to the curriculum of the first graders of the university. A total of 70 thousand 162 students from 47 universities voluntarily attended the courses, which consisted of 14 weeks of content. It is aimed that the career planning course will be delivered in all universities in the 2021-2022 academic year.

“THE SUBJECTS PREPARED BY THE EXPERTS”

A total of 70 thousand 162 students from 47 universities participated in the career planning course, which sets an example in the course practices for the career development of university students by the state administration in the world. The 14-week lesson plan and its contents were prepared in a common standard by the experts of the subjects working in the Presidency in order to provide equal opportunities to all students.

“MORE THAN 400 THOUSAND STUDENTS ARE EXPECTED TO ATTEND”

Reminding that the career planning course is aimed to be given in all universities in the 2021-2022 academic year, Istanbul Gelisim University Career Development Manager İpek Şenman said: “Young people will be able to gain career awareness at the beginning of their university life. 787 students attended these courses at our university. Students report that the courses contain important information about career development. In the 2020-2021 academic year spring semester more than 400 thousand students from 100 universities in Turkey are expected to attend the general course in career planning.”

Everyone makes this mistake at home: It can lead to typhoid

Almost everyone consumes it by cooking during the day and reheating it the next day. Stating that this situation triggered the formation of bacteria and chemicals in waiting meals, Asst.

Prof. Dr. Murat Doğan made warnings. Emphasizing that meals should be prepared and consumed daily, Doğan said: “The bacteria formed in the reheated food can lead to typhoid.”

Meals that are cooked more than the number of people are put in the refrigerator to be eaten again the next day at everyone's home. The food that comes out of the refrigerator takes its place on the tables by being reheated. Drawing attention to the fact that this situation experienced in almost everyone's home is a mistake, Asst. Prof. Dr. Murat Doğan pointed out that reheated meals may cause food poisoning and typhoid, and warned about cooking and storing the meals. Emphasizing that making and consuming food daily, especially in restaurants, is a definite rule in terms of food safety, Doğan said: “Our basic principle in terms of health should be to cook daily and consume it daily, this is the right thing. Our mothers and wives have to cook for a few days due to their working life.”

CARBONHYDRATE-WEIGHTED FOODS CAN BE STORED FOR A MAXIMUM 2 DAYS

Stating that the rules have been loosened in the houses but this is not true, Asst. Prof. Dr. Murat Doğan said: “Carbohydrate-based meals such as pasta and rice pilaf can be kept for a few days. It is necessary to wait for protein sources such as chicken and fish for a maximum of 2 days. It is not really right for us to feed our children after 2 days. We can be sure that we cook well; We baked a chicken dish well or fried a fish well. Our cupboard cools well, these can give us confidence. When this is eaten after 3 days, it may not be food poisoning, but in studies, 3-5 of them may have been food poisoning. In some places, we can miss this situation. There may be a problem in our fridge or we may not be able to boil well while cooking. We do not notice this after 1 day, it is spoiled and people can be poisoned even from a lentil soup.”

CHEMICALS COME OUT IN WAITING SPINACH

Expressing that not only bacteria but also chemicals are formed in the waiting dishes, Doğan said: “After 1-2 days, the chemicals in the spinach meal can react. Especially sulphurous substances such as spinach can become toxic. In order to prevent this, it will not be a problem if we consume spinach food daily.”

QUALITY PROBLEM IN RE-HEATED FISH

Noting that there are problems related to the quality of the waiting fish the next day, Doğan said: “When you fry an anchovy today, consume it and leave it for tomorrow, you already have a quality problem. Instead of buying 2 kilograms of fish, one kilo should be gained and consumed on the same day.”

DO NOT HEAT, DO BOILING; MAY BE POISONING

Noting that the food that comes out of the refrigerator should not be reheated, but should be boiled, Doğan said, “It is not right to reheat a soup, it is necessary to boil it. A protein-based chicken meal must see 97-98 degrees again. When we do this, the following happens; When we reheat the chicken with sauce, the water deteriorates, the sauce deteriorates or the taste deteriorates. If we do not bring it to the required pasteurization temperature, if there is a problem in the refrigerator conditions, if there is a contamination of a microorganism, if there is a contamination with a spoon, a ladle or a colander, we kill this microorganism with heat. Otherwise, when we heat and put it, there may be a poisoning with the same microorganism.”

MAY TURN INTO CHRONIC DISABILITY; CAN TAKE UP TO TYPHOID

Stating that bacteria can accumulate in heated meals, Istanbul Gelisim University Faculty of Fine Arts Vice Dean Asst. Prof. Dr. Murat Doğan continued his words as follows:

“Salmonella bacteria, a bacterium that can cause typhoid. Let's say 1-2 bacteria are left in a chicken meal, if we consume it by heating it under these conditions, it will settle in our intestines. It is not possible to notice this immediately. It infects us immediately after the incubation period after 3-5 weeks. It takes 5-6 months for us to get rid of this. This can turn into a chronic condition. It can lead to typhoid. It is necessary to pay close attention to these. Staphylococcus Aureus bacteria rapidly poison. If we heat it up well, if we cook it again, we will not have this problem.”

KEEP MEAL IN ITS OWN POT

Stating that the food to be stored should be kept in its own pot, Doğan said: “It is not right to buy a new container or a plastic container. After serving and tanning the food, it is best to put

the remaining part in the cupboard with the same pot. The new pot may not have been washed well in the dishwasher, and there may be microorganisms from there. These are all risks. If we do not heat it correctly, it may be food poisoning. You should not put a hot dish in the fridge without pre-cooling. When you put the hot food in the pot in the fridge, drip occurs due to condensation. Microorganisms can multiply due to this moisture. It is necessary to do a pre-cooling process.”

“Obesity rate in primary school is 9.9%”

Stating that obesity ranks second after smoking among the preventable deaths, Public Health Specialist Dr. Nurten Elkin stated that the number of childhood obesity is increasing day by day and has become an important public health problem. Dr. Elkin said: "The rate of being overweight is 14.6% and the rate of obesity is 9.9% in primary school second grade children.”

Istanbul Gelisim University (IGU) Faculty of Health Sciences Child Development Department Head Asst. Prof. Dr. Nurten Elkin made statements about childhood obesity. Stating that the number of childhood obesity is increasing day by day all over the World Dr. Elkin said: “According to the data of Turkish Statistical Institute (TSI), the obesity proportion of individuals aged 15 is 19.6%. According to the data from Turkey Childhood Obesity Research (COSI-TUR) of the 2016 rate of being overweight among primary school children in 2nd grade is 14.6% and obesity rate is 9.9%”

“IT SHOULD NOT EXCEED 2 HOURS A DAY”

Stating that the shorter the sleep time, the obesity percentage increases, Dr Elkin said: “For this reason, it is important that children are not allowed to watch television, tablet, mobile phone, computer in the first 2 years of age, screen exposure should not exceed 2 hours a day after the age of 2, eat in front of the television and screen, and not have a television, mobile phone and tablet in the children's room.”

“IT ALSO BRINGS THE PSYCHOLOGICAL PROBLEMS”

Stating that childhood obesity is not limited to childhood, Dr. Elkin said: “Most of them can continue their lives as obese adults in the future. It causes obesity, hypertension, cardiovascular diseases, osteoporosis and some types of cancer. It brings not only biological but also many psychological problems in individuals. For this reason, our priority as healthcare providers is not to treat obesity after its development, but to prevent the development of obesity with preventive measures to be taken starting from infancy and even the prenatal period in the mother's womb.”

Dr. Elkin concluded her speech with the following:

“Individual, family, school and community-based measures are all very important in preventing childhood and adolescent obesity. The family, especially the mother, has a great responsibility in the acquisition of healthy eating habits and in ensuring the physical activity of the child. Healthy and regular eating habits should be established not only for the child but also for all family members in preventing obesity. Parents should be good role models for children in terms of nutrition and physical activity. A healthy school environment, healthy nutrition literacy and physical activity guidelines should be created for school-age children and youth. Prevention of obesity is important in protecting and improving public health.”

Trainings turned into exhibitions

The "A Touch to Design and Art" trainings organized for the first time this year by Istanbul Gelisim University Faculty of Fine Arts, ended. The digital exhibition created with the projects of the students who have completed the trainings organized to enable students to use their talents and make production is opened to access.

The "A Touch to Design and Art" trainings organized to help students determine the areas where they will be successful and create a career plan, turned into an exhibition. Monogram works designed by students in the training titled "New Trends in Graphic Design" conducted by Lect. İrem Fulya Özkan started to be exhibited in the digital environment. The digital

exhibition is made available on the Artsteps: Istanbul Gelisim University Virtual Gallery platform.

“PANDEMIC SPEED UP THE PROCESS”

Emphasizing that the digitalization processes especially in the fields of art and design have accelerated due to the pandemic, Lect. İrem Fulya Özkan said that the generation Z quickly adapted to this momentum and that they were able to exhibit their spatial skills on digital platforms without any problems. The digital exhibition can be accessed via the university's website.

Digital art is growing: Artists talk

Digital art continues to grow day by day. Stating that the artist should be open to innovations, Painter Ahmet Özel emphasized the importance of the certification system. Özel stated that the spirit of the work cannot be felt in digital art. Graphicist Demet Koca, on the other hand, stated that digital art and graphic design are in the elbow theme and drew attention to the fact that this change in art is also explained in the lessons.

With the developing technology, the way of production and distribution of art has also changed. With the impact of digitalization, the crypto art market is growing rapidly. Artworks sold with NFT, ie unchangeable money, are breaking records. Recently, an artist's digital collage in jpg format was sold for \$ 69.4 million. Painter Ahmet Özel and Graphic Designer Demet Koca, who have had numerous solo exhibitions abroad and in Turkey, evaluated the certification system by interpreting the effects of digitalization on art.

SPECIAL: WE SHOULD BE OPEN TO INNOVATION

Stating that the Internet has brought about great changes in art as in every field, Painter Ahmet Özel from Istanbul Gelisim University said: “I have received training in canvas and peeling painting and learned its history. I think the most important feature of artists is that they are open to innovations. By innovation, I mean not only material but also conceptual clarity. If the digital age is responding to the artist, we must underline him. We are in a period

where digital art can be bought with crypto money. If we can make the recipient feel the sense of uniqueness and ownership in this method as well, if the certification system is being formed, why not, we should be open to this as well.”

IT'S IMPORTANT TO BE CERTIFIED

Özel added: “How do we put our signature on an important work and say "it belongs to me". When selling the work or showing it in any exhibition, a sense of ownership is created through our name. As long as it is the same in the digital environment, there is no problem. I did not make such an attempt, but I exhibited our works on social media. Those who see, like, and want to buy the work reach us on social media.”

“THE SPIRIT OF THE WORK CANNOT BE FEELED IN DIGITAL”

Pointing out that it is more valuable to be in touch with the works despite the new period, Özel said: “I think that an environment that will make the spirit of the works feel digital has not yet been created. There are shortcomings at that point”

KOCA: ART IS A COMMUNICATION LANGUAGE

Describing the effects of digitalization on the sector and the new world order in the lessons, Graphic Designer Demet Koca said, “With the developing technologies, the digitalization of art has become inevitable. People express themselves with art from antiquity to the present day. Actually, art is the language of communication. It is very common for art to exist through digital media in this fluid, technological and speed-dominated field. Graphic design is a form of communication that completely appeals to the industry, when technology is involved, the industry began to exist in this way.”

DIGITIZED ART HAS CLOSE CONTACT WITH GRAPHIC DESIGN

Koca added: “Digitalized art has an elbow touch with graphic design. The graphic design industry is directly affected by digitalization. You can follow whatever is related to art anywhere in the world and reach it quickly in a spaceless, timeless and mass media. In fact, the works you produce are spreading digitally to a wide audience. You express your presence better, there is no limit. There is no censorship in the digitalization of art and design. The

business area in graphic design is quite wide, and when digitalization is added, it makes a great contribution to people.”

TO CATCH UP WITH THE TIME IS A MUST

Pointing out that the content of the lessons he teaches to the students also changed, Koca said: “We have to catch up with the age, technology. We recommend our students who take the art design course to be innovative, to follow creativity and technology from the beginner level to the end. However, we explain that they will be so successful. There is technology and digitalization in the education we provide. With this method, it is also possible for the artist to earn and increase his income.”

“Pandemic had earned Shakespeare recognition”

While the theater director and academician Dr. Önder Paker stated that he should not be desperate in his special message for the World Theater Day, which is celebrated every year on March 27, said: “The great plague epidemic in London in the late 1580s caused theaters to close and gave Shakespeare recognition. The Covid-19 epidemic we are experiencing today may also add brand new features to the art of theater technically.”

Making special statements on March 27, World Theater Day, Asst. Prof. Dr. Önder Paker, Theater director and academician from Istanbul Gelisim University Faculty of Fine Arts published a message titled "Without Losing the Enthusiasm of the Theater".

Dr. Önder Paker, who started his speech by saying “For a year, the stages are dark, the curtains are closed, the halls are empty, the applause has left its place to an eternal silence”, added: “Theaters, which started with the instinct of humankind for thousands of years to come together, narrate, play and share, and determined the humanization level of civilizations, are closed due to the virus epidemic. The theater, which is a live performance that brings the actor and the audience together in the same time period and in the same venue, had to close its doors with the virus epidemic.

Dr. Paker continued as follows:

“For a year now, theater artists have not been able to work with their actors, directors, decor costumers, illuminators, or influencers, or perform that enthusiastic act that brings together their art and life. Is it possible to extract art from the life of humanity? Could we have endured these isolating measures all this time if we were not listening to music with communication tools, visiting virtual painting and sculpture galleries, and not having movies? What about the theater? Theaters in all countries of the world are looking for ways to reach their audiences with recorded play footage or partially live broadcasts. What degree of theater counts as these digital transfers? No technique has yet been developed to replace the instant reactions of watching live performance on stage, and most importantly, the effect of watching the audience together. No matter how realistic it is made with the Hologram technique developed for three-dimensional images, what can replace seeing the actor's voice, skin and sweat, instant role magic on the stage? Interim measures, efforts to bring the play and the audience together in half-empty halls continue, but before the epidemic ends, the danger of getting sick and anxiety continues to negatively affect the art of theater.”

“THE OUTBREAK MADE THE RECOGNITION OF SHAKESPEARE”

Expressing that one should not be desperate, Dr. Önder Paker concluded his words with: "The great plague epidemic in London in the late 1580s caused the theaters to close and made Shakespeare known. The Covid-19 epidemic we are experiencing today may also add brand new features to the art of theater technically.”