



# **ISTANBUL GELISIM UNIVERSITY**



**MONTHLY EVENTS AND NEW BULLETIN**

**DECEMBER 2021 | ISSUE 12 | VOLUME 1**

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Happy  
New Year!

## HAPPY NEW YEARS

John P. READ

Brush away old heartaches.  
Learn from our mistakes.  
Another year is finally over.  
A new dawn awakes.

Let the old year out.  
Welcome the new one in.  
Bury the bad things of the past  
As a new year now begins.

Make your New Year wishes  
As simple as you can.  
Pray for peace and love,  
Not for wealth or fame.

Pray for health and happiness.  
Pray for your fellow man.  
Pray for all the ones you love.  
Pray for those who've lost their way.

As the midnight hour chimes,  
We leave the old and embrace the new.  
I wish the things you wish for yourself,  
And may God's love stay with you.



## 822ND AMONG 4126 UNIVERSITIES WORLDWIDE

World university ranking organization SCIMAGO 2021 results have been announced. In the evaluation, Istanbul Gelisim University has been ranked 822nd among 4 thousand 126 universities in the world.

The Spanish-based international higher education rating agency SCIMAGO measured the research performance, innovation output and web visibility of world universities. Istanbul Gelisim University is 21st among the universities in Turkey according to its research and innovation studies in the fields of Economics, Econometrics and Finance, 7th according to its research and innovation studies in the field of Environmental Sciences, and 30th according to its research and innovation studies in the field of Mathematics in Turkey.

In the field of Environmental Sciences, Istanbul Gelisim University has also managed to be the 300th among OECD country universities and 37th among Middle East Universities



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[İGÜ Sağlık Bilimleri Fakültesi](#)



# FACULTY OF HEALTH SCIENCES ORGANIZED MORE THAN 10 EVENTS IN DECEMBER

ISTANBUL GELİŞİM ÜNİVERSİTESİ

Online Seminer

İGÜ FTR Öğrenci Kulübü ve İGÜ SBF Fizyoterpi ve Rehabilitasyon Türkçe ve İngilizce Bölüm Başkanlıkları

## LENFÖDEM VE TEDAVİSİ



Doç. Dr. Tomris DUYMAZ

23 Aralık 2021 21.00  
Perşembe

gelistim.edu.tr

ISTANBUL GELİŞİM ÜNİVERSİTESİ

Online Seminer

İGÜ SBF ÇOCUK GELİŞİMİ (İNGİLİZCE) BÖLÜMÜ

## FARKINDA MISIN?




Moderatör  
Prof. Dr. Ebru KOLSAL

Konuşmacı  
Prof. Dr. Azime Şebnem SOYSAL ACAR

3 Aralık 2021 11.00  
Cuma

gelistim.edu.tr

ISTANBUL GELİŞİM ÜNİVERSİTESİ

Söyleşi

İGÜ Sağlık Bilimleri Fakültesi Sosyal Hizmet Bölümü

## ENGELLERİ AŞAN ENGELLİLER

"Bayrampaşa Belediyesi Fizik Tedavi Engelliler ve Rehabilitasyon Merkezi"






17 Aralık 2021  
13.00-15.00  
E BLOK TUSİ KONFERANS SALONU(265)

gelistim.edu.tr

ISTANBUL GELİŞİM ÜNİVERSİTESİ

Seminer

İGÜ SBF FTR TR-İNG Bölüm Başkanlıkları ve İGÜ FTR Öğrenci Kulübü

## FİZYOTERAPİDE SCHROTH EGZERSİZLERİ VE KAYROPRAKTİK UYGULAMALARI




Moderatör  
Öğr. Gör. Coşkun ERTÜRK

Konuşmacı  
Sinem ULUĞ  
Fizyoterapist

21 Aralık 2021 14.00-17.00  
Salı K Blok Firmas Oditoryum

gelistim.edu.tr

ISTANBUL GELİŞİM ÜNİVERSİTESİ

Online Seminer

Sağlık Bilimleri Fakültesi Sosyal Hizmet Bölümü

## 10 ARALIK İNSAN HAKLARI GÜNÜ BAĞLAMINDA MÜLTEÇİ HAKLARI




Dr. Öğr. Üyesi Emrah TÜNCER

Fatih GÖKYILDIZ  
Mülteçiler Derneği Genel Koordinatör Yardımcısı

10 Aralık 2021 16.00  
Cuma

gelistim.edu.tr

ISTANBUL GELİŞİM ÜNİVERSİTESİ

Seminer

Sağlık Bilimleri Fakültesi Odyoloji Bölümü

## KULAK KALIBI VE İŞİTME CİHAZI UYGULAMALARI

Konuşmacı  
Adem TOPAL  
Odyolog



15 Aralık 2021 16.00-17.00  
Çarşamba

gelistim.edu.tr

ISTANBUL GELİŞİM ÜNİVERSİTESİ

Seminer

Etkinliğimiz yalnızca 3. sınıf öğrencilerine yöneliktir.

## OKUL ÖNCESİ DÖNEMDE DİL BOZUKLUKLARI

Değerlendirme ve Terapi



27 Aralık 2021 15.00-17.00  
Pazartesi  
E BLOK TUSİ KONFERANS SALONU(265)

Konuşmacı  
Uzm. Dkt. Beyza KİBAR

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ISTANBUL GELİŞİM ÜNİVERSİTESİ

Seminer

İGÜ SBF Fizyoterpi ve Rehabilitasyon Türkçe ve İngilizce Bölüm Başkanlıkları ve İGÜ FTR Öğrenci Kulübü

## TÜRKİYE TEKERLEKLİ SANDALYE BASKETBOL ERKEK MİLLİ TAKIMI OYUNCULARI VE FİZYOTERAPİSTİ İLE SÖYLEŞİ





Uğur Toprak  
Millî Erkekler Basketbol Takımı Fizyoterapisti

Enes Buhat  
Millî Erkekler Basketbol Takımı Fizyoterapisti

Necip Fazıl Kılıp  
Millî Erkekler Basketbol Takımı Fizyoterapisti

22 Aralık 2021 14.00-17.00  
Çarşamba E BLOK TUSİ KONFERANS SALONU(265)

gelistim.edu.tr

# SO WHO WAS SANTA CLAUS? A world in four acts

Asst. Prof. Emrah Tüncer



Whereas "time" will come from eternity and go on forever.

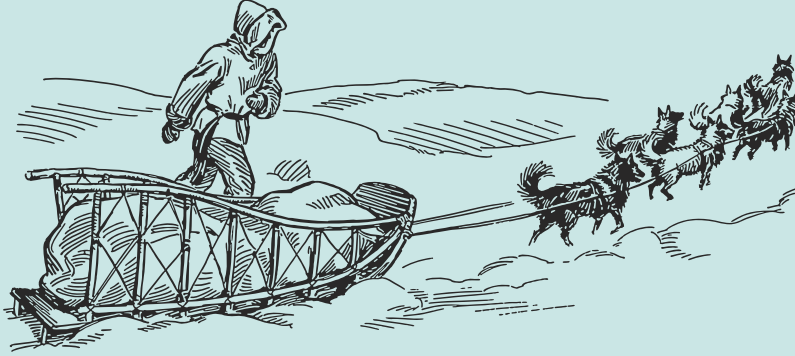
İbn-i Rüşd

## Introduction

The Chinese paints their front doors red on the first day of the year to bring happiness and good luck; Greeks hang an onion symbolizing rebirth in front of their doors on New Year's Eve; most Spaniards and South Americans eat 12 grapes at midnight to bring happiness in the New Year. In Japan, where ropes are hung in front of the houses to expel the evil spirits of the old year, the first seconds of the New Year are entered with laughter; the Swiss would greet the New Year by wearing costumes that they believed to represent good spirits. It was believed that those who ate a spoonful of lentils at midnight in Chile would have a productive business life in the New Year. All over the world, everyone is entering the New Year with hopes, expectations, dreams and goals, and everyone is waiting for Santa Claus. So, who was Santa Claus?

## First act

It occurred in the Scandinavian Peninsula. Odin, the God of wisdom, sky, prophecy and storm in Germanic and Scandinavian societies, wandered in the sky, taking the dead souls behind him, on the night of December 21, traveling on his eight-legged horse Sleipnir. Mortal people did not go out that night, they stayed at home. In case the eight-legged horse Sleipnir got tired and hungry while walking through the sky with Odin, the children filled their boots with carrots and straw that night and put them under chimneys and fireplaces. Odin took these gifts had been left for his horse and instead left gifts for the children in the boots. Since then, people in the Scandinavian Peninsula believe that Odin is Santa Claus.



## Second act

It took place in Antalya. A.D. 270s. Times when curtains could not block the sunlight, sleeplessness and poverty reigned. Saint Nicholas, who was born in Patara and became a bishop in Myra, sneaked into the house of an old man who was rich but lost everything, through the chimney at night so that nothing bad happened to his daughters and they weren't humiliated. He left a bag of gold that would be enough for this poor family and came out. Since then, most Christians in the world believe that St. Nicholas is Santa Claus.

## Third act

It took place in Central Asia. Years when the sky was considered a great power, when night and day fought. At that time, the star cluster of the Pleiades, also known as the "Seven sisters" or Süreyya, was known as the holes in the sky. Ayaz Ata would blow cold air to the earth from there, and the weather would get cold and it would be winter. When the clouds disperse and the snow cover was laid, the Moon was clearly visible in the sky. The Moon God spread hope to the earth. Ayaz Ata would also leave gifts with the help of the Moon God to do good things to people and help the orphans in these cold and freezing winter days. Since that day, it is believed that Ayaz Ata is Santa Claus in Central Asia. Folk songs are sung, and long winter nights are celebrated by telling Ayaz Ata stories and giving gifts.

## Fourth act

It was mid 1990's in Bingöl, Hacıçayır village. The times when the smell of cold was felt the most. There was a power outage, and folk songs were being sung from our grandfather's battery-operated radio. The melodies were combined with the noises coming from outside, and all the people living in the house were coming out in a fury. A person disguised as an old man and the children behind him stood in the doorway in the dark of night. He had worn a white bag instead of fake hair, had slathered his face with lime to widen his forehead, and had filled the upper part of his chest with rags that not only swelled but made him bigger like a tree trunk. The person dressed as an old man was showing interesting dance figures among the laughter of the children and asking for gifts. My grandfather laughed and said he is Khal Kagan (Khal Khelk). Realizing that we did not understand, he said that he is Santa Claus, Santa Claus.

## End

Traditions connect and transform over time, and come to the present day with new forms. Although beliefs, colors, faces and times differed, new beginnings were always wished to bring happiness and luck. Of course, as television entered our world, as communication opportunities increased and popular culture took over our lives, Odin, Khal Kagan, St. Nicholas, Ayaz Ata were turning into Santa Claus. However, people never forget such a day and a moment when they come together to strengthen their friendship, reflect on their past and future, cherish hope, and give gifts to each other. It is always needed.





# V I O L E N C E A G A I N S T W O M E N

The event on "Violence Against Women" was held under the moderation of the Head of the Child Development (Tr) Department of the Faculty of Health Sciences of Istanbul Gelişim University Asst. Prof. Nurten ELKİN, with the participation of the Psychiatrist Arzu ERKAN YÜCE and the Deputy Dean Asst. Prof. A. Yüksel BARUT.



25 November was declared the International Day for the Elimination of Violence Against Women. The 'Unite to End Violence Against Women' campaign is led by the United Nations (UN).

In this context, it is aimed to prevent and eliminate violence against women and to raise awareness worldwide by calling for global action.

Starting his speech by reading Bekir COŞKUN's poem 'When a Woman Goes', **Asst. Prof. A. Yüksel BARUT** emphasized the value of women with the words "Woman is a mother, a woman is a wife, a woman is a friend, a woman is the best teacher" and drew attention to the power of women by saying "She who rocks the cradle shakes the world."

Referring to the place of women in society from past to present, **BARUT** included Mustafa Kemal's words in his speech and shared Türkan Saylan's statement 'Every Educated Woman owes the Republic'. He ended his speech by reading Nazım Hikmet RAN's poem 'Woman'.

Starting her speech by saying that violence begins in the language, **Psychiatrist Arzu ERKAN YÜCE** emphasized that it would be more correct to say that the person committed violence against the woman and that the name of the perpetrator should be mentioned. At the same time, she pointed out the negative repercussions of such posts, saying that sharing images of violence in the media and conveying the content of violence are a model for the perpetrators to commit crimes, and traumas are triggered by the victims of violence.

**YÜCE** mentioned generalized but not always true points about violence against women.

Referring to the wrongness of telling women what they should do to avoid being exposed to violence and portraying women as responsible for violence, **YÜCE** said, "It is not the responsibility of women not to be exposed to violence, it is the duty of men not to use violence."

She ended her speech by stating that 'if one door does not believe, there is another door to believe', stating that the victims of violence should apply to the relevant people by expressing the violence. The event came to an end with the contributions of **Asst. Prof. Nurten ELKİN** and our **Deputy Dean Asst. Prof. A. Yüksel BARUT**.

Click here for the details of the news.





## Lecturer Sümeyye ÖCAL

Istanbul Gelisim University Faculty of Health Sciences Department of Child Development (Eng)  
Lecturer Sümeyye ÖCAL went to The Karkonosze State University in Jelenia Góra, as part of ERASMUS+ Staff Mobility. When she returned to İstanbul, she answered the questions of Ress. Asst. Melike EDİŞ and shared her experiences in Poland.



# REPORT

## Lecturer Sümeyye ÖCAL

### **How did you decide to go?**

Before the Coronavirus pandemic, we received an e-mail from the IGU ERASMUS Coordinator to participate in the ERASMUS+ personnel mobility program. I didn't think I would win. However, a colleague of mine said, "Let's apply together, if we get accepted, we could go together." We both won! Although it was postponed due to the pandemic, our rights did not burn and I was able to go this year.

### **Can you talk about your application process?**

The application process was pretty easy. I applied by stating my language score and the country I wanted to go. Then I found out that I had won. The real difficulties would begin after that. I was excited and also worried about the idea of teaching abroad. However, I thought it would be a very nice experience, and it would improve me. I determined the subject that I will give a speech and created the training flow.

### **What was the attitude of the students and faculty members there towards you?**

When I went to Poland, I encountered a very warm environment. We had already corresponded with Karkonosze State University Erasmus Coordinator Dr. Kamila Biniek. I also had the opportunity to meet face to face when I went. She guided me throughout my entire trip, arranged someone to welcome me, and helped me find accommodation. I did not experience any difficulties. In the morning, I met with her and two Ukrainian lecturers who went there like me. After we had a snack, we took a campus tour. Then we made an interview about our experiences.

### **What subjects did you teach the students there?**

The students were very inquisitive towards me. More than the subject of the course; they were wondering about Turkey, Turkish culture, the possibility of ERASMUS, how they could travel etc. Me being there was a different experience for them as well. After I told the students about Turkey, the university I came from, the cities I live in, and the possibility of ERASMUS, I was able to move on to the subject of the course. After the first lesson, I got over my excitement too. I made the necessary changes in my preparations and prepared again for the second group. In total, I made presentations to an average of 40-50 students in three different groups. We had very informative and meaningful moments in terms of cultural exchange and learning.

### **What impressed you the most there?**

Daring to go abroad alone can be considered an experience in itself. I have traveled across cities before, but it is the first time I traveled between countries alone. I think I accomplished that very well. First I went to Warsaw, I visited there. Then I went to Wroclaw by train. From there, I went back to the university by train. After my classes were over, I had the opportunity to visit Wroclaw. We ate the famous dishes of those places. Where our English was not enough, we were able to communicate with body language. Fortunately, body language is more or less the same in every culture. I quite enjoyed it. It was like a trip for me.

### **Would you recommend this activity to the students and colleagues at our university?**

When I went to Poland, I told the Polish students to do ERASMUS and definitely visit Turkey. When I returned to Turkey, my students were very curious. I showed the photos I took there in the lessons. Poland has a very nice riot of colours in the autumn. It also has ample opportunities in terms of natural beauties. I took a lot of Instagram photos with its mountains, forested areas close to the city center, and lakes of all sizes. While admiring the visual feast of the place, I also shared my experiences. I listened to my students' concerns. I stated solutions for some of their concerns. The grant given to me was quite sufficient, I said that they should definitely take advantage of this opportunity.

***I would like to thank Istanbul Gelisim University, the Dean of Health Sciences, the Erasmus Coordinator of our university, the staff of The Karkonosze State University and my dear family and husband who encouraged me to go.***



# TINNITUS TREATMENT APPROACHES AND THERAPIES



Lecturer Ayşe ÖZER from Istanbul Gelişim University Faculty of Health Sciences, Department of Audiology, answered the questions of Research Assistant Azize KÖSEOĞLU about tinnitus treatment approaches and tinnitus rehabilitation.

Tinnitus can be defined as the perception of sound without an external stimulus. It is not a disease, but a symptom of an underlying disease. Tinnitus is one of the most frequent otological problems, and it can have a negative impact on a person's quality of life by creating a variety of biological and psychological symptoms.

## What should the therapy strategy be for tinnitus patients? What are the most recent therapy options?

There are various therapies and treatment approaches available to persons suffering with tinnitus. Tinnitus is mainly treated symptomatically because the etiology cannot be diagnosed in the majority of patients. The goal of the treatment is to eliminate tinnitus or to cause the individual with tinnitus as little discomfort as possible.

Tinnitus may be caused by many local or systemic problems, and no underlying cause may be found. If an underlying organic disease is detected (such as acoustic tumor, glomus tumor, systemic, metabolic and endocrine disease), treatment should primarily be directed at eliminating this disease. If the patient has hearing loss accompanying tinnitus, elimination of this loss is one of the most important parts of the treatment.

Tinnitus treatment methods include medical therapy, masking therapy, hearing aid application, cochlear implantation, electrotherapy, Tinnitus Re-education Therapy, surgical therapy, relaxation methods, massage and stretching methods, cognitive behavioral therapy, bibliotherapy, mindfulness, music therapy, Transcranial Direct Current Therapy (tDCS), Repetitive Transcranial Magnetic Stimulation (rTMS), Neuromonics tinnitus treatment, hypnosis, and alternative methods.

## Is a hearing aid useful in the treatment of tinnitus? Is the hearing aid effective in reducing tinnitus?


Methods for improving the quality of life of people suffering from tinnitus have been developed. Acoustic therapy is one of the most commonly used treatment methods. Acoustic treatment involves the use of hearing aids and tinnitus maskers (tinnitus maskers).

**Hearing aid:** For many years, listening to background noise has been recommended as a treatment for tinnitus. Despite the fact that the majority of tinnitus patients have considerable hearing loss, the concept of using hearing aids has emerged with the generation of background noise. The hearing aid enhances background noises and allows speech to be heard. Tinnitus is suppressed in this way, albeit only partially.

**Masking therapy (Tinnitus Masker):** The goal of this therapy is to produce an external sound that replaces tinnitus. It has been reported that masking can be effective in both the tinnitus ear and the contralateral ear.


This type of therapy is divided into two subgroups, techniques based on Zen music and techniques based on colored noise. Techniques based on Zen music consist of natural sounds such as rain sound, waterfall sound. In color noise-based therapy, resonance is partially or completely masked by using synthesized noise with advanced technological assistive listening devices.

Tinnitus maskers can be utilized in individuals who have normal hearing or who continue to have tinnitus stress despite wearing a hearing aid. Tinnitus is prevented from being heard during use by masking sound. Focusing on the masking sound instead of the tinnitus sound provides alleviation for the patient. However, this procedure is only utilized when absolutely essential.



## AS A RESULT

To summarize, tinnitus is a symptom, not an illness, that impacts one's quality of life. Clinical studies to identify effective therapy/treatment for tinnitus have been undertaken in the past and are currently ongoing now. The primary goal of current therapies for the treatment of tinnitus, a common health concern that impacts quality of life, is to manage symptoms through tinnitus adaptation. It is expected that research on this topic will expand in the future, and that new approaches will develop.



# IGU FACULTY OF HEALTH SCIENCES CLUB PROMOTIONS WERE HELD!

FACULTY OF HEALTH SCIENCES  
DEPARTMENT CLUB PROMOTIONS



HEALTH MANAGEMENT CLUB



SPEECH AND LANGUAGE THERAPY CLUB



AUDIOLOGY CLUB



NURSING CLUB



PHYSICAL THERAPY AND REHABILITATION CLUB



GERONTOLOGICAL PRACTICE AND RESEARCH CLUB



SOCIAL WORK CLUB

# Salt Awareness in the World

*Asst. Prof. Ayşe Huri ÖZKARABULUT*

Salt has an important place among the world's food resources. Mankind started to discover salt with the first humans, and they used it in every aspect of their lives. The concepts of salt and sodium, which have been of great importance to people for centuries, should not be mistaken with each other. Salt and sodium sources are different. Sodium is a mineral found naturally in water and foods. Sodium that is found naturally in foods is called natural food salt. The best sources of sodium are; table salt, baking soda and mineral soda. Sodium is also found naturally in dairy, meat, and shellfish. Table salt, on the other hand, is the salt that is obtained purely from the seas, lakes and rocks and used in food preparation after being refined. According to the Turkish Food Codex Salt Communiqué, table salt is finely ground, iodine-enriched, refined or unrefined edible salt that is offered directly to the consumer. Table salt is the salts produced from raw salt, the main ingredient of which is sodium chloride, suitable for human consumption. There is 400 mg of sodium in 1 g of table salt.

Sodium and potassium are necessary for maintaining fluid and acid-base balance in the body. Proper concentration of sodium ions in body fluids is very important for nerve stimulation, normal cell function and the functioning of muscle tissue. In sodium deficiency, symptoms such as mental confusion, muscle fatigue, aches and respiratory failure are observed. Sodium deficiency is rare. However, when the individual has persistent vomiting and/or diarrhea, it can be seen in protein-energy deficiency diseases and in cases such as the use of diuretics. With diarrhea, there is a loss of fluid and electrolytes from the body. Electrolyte loss includes sodium and potassium loss. If the duration of diarrhea is prolonged, dehydration is observed in the patient. In order to reduce diarrhea-related deaths, UNICEF has prepared a mixture called oral fluid therapy (AST) in order to replace the fluid and electrolytes lost in diarrhea. This mixture contains 3.5 g of salt, 2.5 g of carbonate, 1.5 g of potassium chloride and 20 g of glucose. The mixture is dissolved in 1 liter of boiled warm water and given to the person with diarrhea. In this way, the patient's water and electrolyte loss is compensated during diarrhea. Its application is especially essential for babies.

Sodium excretion is controlled by the kidneys. Normally, 99.5% of the sodium filtered by the kidneys is reabsorbed. The hormone aldosterone secreted from the adrenal cortex takes part in this control. Estrogen hormone also reduces sodium and water excretion. In this way, excess sodium in the body is prevented. Since there is no sodium excretion in kidney diseases, sodium accumulation occurs. Excessive salt consumption can cause many diseases. Foods containing excessive salt; ready-made sauces, snack products, salted nuts, pickled foods (cheese, etc.), canned fish, salted and/or pickled meat and fish products, mineral drinks, traditionally prepared at home pickles, tomato paste, and tarhana. Therefore, it is very important to consume salt in its place and adequately. Excess sodium accumulation in the body leads to edema. Excess sodium intake increases blood pressure, increases urinary calcium excretion and causes calcium loss from bones. In addition to hypertension, excessive salt consumption can cause diseases such as stroke, osteoporosis and stomach cancer. In these cases, sodium intake should be reduced. The World Health Organization recommends the amount of salt that should be consumed daily as less than 5 g (less than 2 g sodium) per day to protect against hypertension, heart diseases, kidney diseases, obesity, diabetes and some types of cancer, and not to adversely affect bone health.

In order to reduce excessive salt consumption, "World Salt Awareness Week" activities are held on a different date every year by the World Salt and Health Movement Water, Sanitation and Hygiene (WASH) organization, which is accepted by the World Health Organization. Planning the dietary habits in such a way that salt consumption is sufficient from childhood will help to prevent the diseases that may cause this and their bad consequences in the long run. Apart from giving flavor to foods, salt also has an important role in food storage due to its antiseptic properties. It is used as an aid in the storage of foods by significantly reducing the moisture content of the food. Commonly known types of salt; table salt, himalayan salt, rock salt and sea salt. It has been observed that 56% of the salts used in recent studies in our country are table salt, 40% rock salt, 3% himalayan salt and 1% sea salt.

The amount of sodium in a portion of foods can be checked by looking at the label information given. Most of the time recipes are not rearranged and edited to reduce the salt content of the products. Even though taste concerns may arise, products and materials containing natural salts should be rearranged to decrease the consumption of salt. In case this rearrangement has not been managed, the consumers should read the food labels prominently of spring water and sodas and choose the products that are low in salt and sodium. Salt should not be used without tasting the food, and salt shakers should not be kept on the table. As a part of a healthy life, salt consumption should be adjusted to meet the daily sodium requirement. Since iodine is necessary for healthy brain development in the fetus and young child and for optimizing the mental functions of humans in general, all salts consumed should be iodized and the salt should be labeled as iodized.



**Dietitians should pay attention to the issue of salt and inform their clients about it. Let's not forget to tell the world beware of salt!!!**

# ÖZEL GEREKSİNİMLİ ÇOCUKLARDA MÜZİK TERAPİ

*İstanbul Gelişim Üniversitesi Sağlık Bilimleri Fakültesi Ergoterapi Bölümü tarafından Müzik Terapisti Hakan SEZGİN'nin katılımıyla "Özel Gereksinimli Çocuklarda Müzik Terapi" konulu online panel gerçekleştirildi.*

Ses ve müzik kavramının insan beynindeki ve günlük yaşamdaki önemini paylaşan Hakan Sezgin; Yaygın gelişimsel bozukluk, otizm, konuşma bozuklukları yada zihin engelli gibi dezavantajlı durumda olan çocuklarla müzik terapi seans videolarını öğrencilere paylaşarak müzik vasıtasıyla çocuğun fonksiyonel gelişimde önemli yollar kat ettiğini somut bir şekilde öğrencilere sundu.

Farklı gelişim gösteren çocukların performansa dayalı yaşamlarında varoluşları ile değer bulduğu bir felsefeyi benimseyerek çocukları müzik ve dans çalışmalarlarıyla destekleyen Hakan SEZGİN seanslarına çocukların aileleri, gölge ablaları yada diğer eğitimcileri de dahil ederek müziği yaşamlarında pek çok alana taşıdığını belirtti.

Öğrenciler sunum sonunda Hakan SEZGİN ile ergoterapide müzik terapinin rolüne dair güncel konular hakkında tartıştı.

Ergoterapi Bölüm Başkanı Dr. Öğr. Üyesi Berrak DUMLUPINAR ve öğrencilerimizin konuşma yaptığı sunum ve paylaştığı önemli bilgiler için teşekkürlerini sunmasıyla etkinlik sona erdi.

[Haberin detayı için buraya tıklayınız.](#)



# MUSIC THERAPY FOR CHILDREN WITH SPECIAL NEEDS

*An online panel of "Music Therapy for Children with Special Needs" was held by the İstanbul Gelişim University, Faculty of Health Sciences, Department of Occupational Therapy, with the participation of Music Therapist Hakan SEZGİN.*

Hakan Sezgin pointed the importance of the concept of sound and music in the human brain and in daily life by sharing music therapy session videos with disadvantaged children such as pervasive developmental disorder, autism, speech disorders or intellectual disabilities. He presented to the students concretely that the child made significant progress in functional development through music.

Hakan SEZGİN supports children with music and dance practices by adopting a philosophy that children with different development find value with their existence in their performance-based lives. He stated that he carries music to many areas in their lives by including children's families, shadow sisters or other educators in his sessions.

At the end of the presentation, the students discussed with Hakan SEZGİN current issues regarding the role of music therapy in occupational therapy.

At the end of the event, the Head of the Occupational Therapy Department, Asst. Prof. Berrak DUMLUPINAR and our students thanked the guest for their presentation and the important information they shared.

[Click here for the details of the news.](#)



**An event of "Sensory and Emotional Learning" was held by the Istanbul Gelisim University, Faculty of Health Sciences, Department of Occupational Therapy with the participation of OTR/L Muammer AYDOĞDU.**



An event of "Sensory and Emotional Learning" was held on 8 December 2021 by the Istanbul Gelisim University, Faculty of Health Sciences, Department of Occupational Therapy. OTR/L Muammer AYDOĞDU, who participated in the event as a speaker, shared general information about the sensory and emotional learning processes of the human brain with the students.

He discussed various theoretical knowledge and clinical observations about the unique role of the sensory system in brain development and the integration processes of the sensory system into daily life with our students. In addition, he talked about emotional processes in empathy, problem-solving and decision making skills.

At the end of the presentation, the students discussed with Muammer AYDOĞDU about the current situation regarding the future of the occupational therapy profession in Turkey.

The event ended with Prof Dr Rifat MUTUŞ, Dean of the Faculty of Health Sciences, presenting his plaque to our guest and thanking him for his presentation and important information he shared.



[Click here for the details of the news.](#)





[Click here for the details of the news.](#)

An online webinar was held on 09.12.2021 under the roof of Istanbul Gelisim University, Faculty of Health Sciences Physiotherapy and Rehabilitation (Turkish and English) Departments and Istanbul Gelisim University Physiotherapy and Rehabilitation Student Club.

Lecturer Çağlar SOYLU from the University of Health Sciences, Gulhane Faculty of Health Sciences, Physiotherapy and Rehabilitation Program explained the subject of Muscle Architecture.

We thank Çağlar SOYLU for his enjoyable and instructive presentation and wish him success in his career.

The "Lymphedema and Treatment" event was organized by Istanbul Gelisim University, Faculty of Health Sciences, Physiotherapy and Rehabilitation Departments (Turkish and English) and was held on 23.12.2021 with the participation of Assoc. Prof. Tomris DUYMAZ.

Assoc. Prof. Tomris DUYMAZ shared her experiences about lymphedema and treatment protocols at the event that lasted for about two hours. Finally, Assoc. Prof. Tomris DUYMAZ answered the questions of the participants and ended her speech by accepting the thanks of the participants.

Moderator Res. Asst. Engin ÇAĞLAR ended the event by thanking all the participants, especially Assoc. Prof. Tomris DUYMAZ.



[Click here for the details of the news.](#)

# 'WE MEET AT BREAKFAST INTERTWINED WITH NATURE'



The "We meet for breakfast with nature" event was organized by the IGU Young TEMA Club on Saturday, December 25, in Üsküdar Fethi Pasha Grove. IGU Young TEMA Club students had breakfast in touch with nature, accompanied by the beautiful air of the Bosphorus. They took a walk in the grove in the magical atmosphere of nature. Within the scope of IGU Young TEMA Activities, which are held traditionally every term, students interacted with each other and exchanged ideas about nature and the next activities.



# SUSTAINABILITY IN THE OLYMPICS: GREEN GAMES POSTER PAPER



You can view the poster presentation titled "Sustainability in the Olympics: Green Games" presented at the "International Congress of Multidisciplinary Approach to Sports and Social Sciences" by Istanbul Gelişim University Physiotherapy and Rehabilitation Department **Res. Asst. Ebru DURUSOY**, Occupational Therapy Department **Res. Asst. Beyza Aslı BİLSEL** and **Res. Asst. Selen AYDÖNER**.

Sustainability is defined as the use of ecological resources in a way that allows them to preserve their existence. With the vision of "Building a better world through sport", the International Olympic Committee (IOC) has adopted the mission of actively contributing to the global sustainability of the Olympic movement. It is seen that by acting with the "Green Olympic" design approach, it contributes to the increase of sensitivity about sustainability by drawing attention to the issues of energy and water conservation, waste management, improvement of air, water and soil quality, and protection of physical and cultural environments in the Olympics. The main problem of the Olympic games today is sustainability. Sustainability is a concept that meets the needs of the present without compromising the needs of future generations to meet their own needs. Many sports branches or playgrounds interact with nature. In this context, sustainability in sports is provided by the creation, effective management and follow-up of organizations in order to use the natural environment and areas where a sport is held in an effective and efficient way. The study reveals the strengths and weaknesses of the Olympics in the understanding of sustainability. Sustainability in sports is divided into topics such as waste management, the impact of sports and recreation facilities on the environment, protection of natural habitats, increasing environmental control and raising awareness about the importance of the natural environment in sports. In order to create a sustainable approach in the field of sports, the stakeholders should evaluate the Olympic events in terms of the environment and aim to protect the physical and mental health of individuals, to benefit from natural resources more effectively and to minimize the negative effects on the environment.

# "CHILDREN WITH HEARING LOSS" EVENT



İSTANBUL GELİŞİM ÜNİVERSİTESİ Online Seminer

Sağlık Bilimleri Fakültesi Odyoloji Bölümü

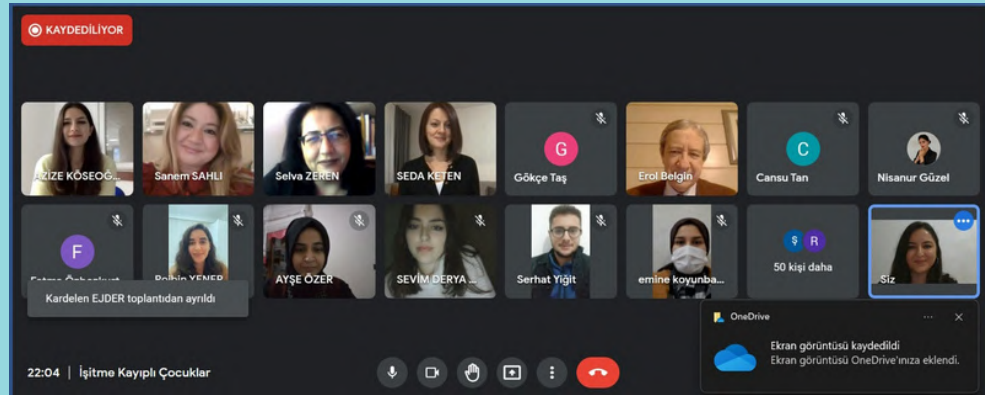
## İŞİTME KAYIPLI ÇOCUKLAR

Prof. Dr. Ayşe Sanem Şahli  
İşitme Kayıplı Çocuklarda İktisadi Rehabilitasyon Temel Prenansları

Prof. Dr. Erol Belgin  
İşitme Kayıplı Çocuklarda Duyuşsal Değerlendirme ve Temel Temel Prenansları

8 Aralık 2021 20.00  
Çarşamba

gelisim.edu.tr



A seminar "Children with Hearing Loss" was held by the Audiology Department of the Faculty of Health Sciences of Istanbul Gelisim University (IGU). Prof. Dr. Erol Belgin and Prof. Dr. Ayşe Sanem participated as speakers. The event was held online on Google Meet on December 8, 2021, between 20:00 and 22:00. The event attracted great interest and reached a very high number of participants.

Lecturer Seda KETEN from the Istanbul Gelisim University (IGU) Faculty of Health Sciences Audiology Department made the opening speech of our event and Asst. Prof. A Yüksel BARUT and Head of the Audiology Department Asst. Prof. Selva ZEREN gave the floor to Prof. Dr. Erol BELGİN.

Talking about the etiology of hearing loss in children, Prof. Dr. Erol BELGİN then explained how we should approach hearing loss in children. He talked about the risk factors that cause hearing loss. Talking about the goals of national newborn hearing screening, Belgin emphasized the importance of early diagnosis and rehabilitation of hearing loss in the earliest period. He gave information that will benefit our students by explaining Otoacoustic emission and Automatic Auditory Brain Stem Responses (O-ABR), which are methods of newborn hearing screening. He stated that it is healthy to test the infant after 12-18 hours in the hearing screening program and that the second test should be done 4-6 hours after the newborn screening test, which resulted in "failed." Belgin emphasized that the baby's posture, the position of the person performing the test, the location of the wires, and the probe selection are all critical and that the test's reliability should be at least 95%. Belgin continued his speech with the words of "Audiology is a field that diagnoses using whatever equipment is available", emphasizing the value of becoming an audiologist. In his address, he spoke about the relevance and history of audiology.

Prof. Dr. Ayşe Sanem ŞAHLI began her presentation on the fundamental principles of auditory rehabilitation by stating the World Health Organization's estimate of the number of children with hearing loss. Talking about the effects of hearing loss seen in childhood in social and educational fields as well as language development, Şahlı talked about the effects of untreatable hearing loss in academic and professional fields.

Şahlı continued her speech by discussing advancements in the diagnosis and treatment of hearing loss. Şahlı gave recommendations for the educational intervention process, stating that the level of success in rehabilitation is determined by elements such as the etiology of the hearing loss, the time when the hearing loss began, and the proper timely educational intervention. Following the educational evaluation processes, she discussed language-speech testing and auditory-verbal treatment. She talked about language-speech tests and auditory-verbal therapy after the educational evaluation steps. Şahlı concluded her presentation by presenting case studies.

As we near the conclusion of the Audiology Department's online seminar event "Children with Hearing Loss" Asst. Prof. Selva ZEREN, Lecturer Seda KETEN, Res. Asst. Çağla TÜRK, Res. Asst. Azize KÖSEOĞLU, our students and our speakers thanked Prof. Dr. Erol BELGİN and Prof. Dr. Ayşe Sanem ŞAHLI. The event had been beneficial to all of our participating faculty and students.

[Click here for the details of the news.](#)

# WELCOMING 2022 WITHIN WHITES

PRE NEW YEAR TRIP

Lecturer Fatma Sila Ayan



When the dawn lights for the morning of December 24 light up the city, the people of Istanbul, were stuck spiral down in their daily rush, were trying to catch up with their routines. Meanwhile, the staff, from now on will be named as the family members, of Faculty of Health Sciences, were having a more precious moment, childlike excitement and rush... Assuming that just we move faster than the rays of light, we could have escaped from the city and reached the mountains before the snow melts away and could just embrace white happiness a little bit more in time. We were in such a rush to get lost in the white as if leaving everything behind our back in the city can erase every no-good memory that piled up in recent years and reaching our final resort just can bring good-old memories that we had in our last visit. Düzce Topuk Plateau, in addition to being an idyllic holiday stop in white, had become one of the symbols of acceptance of a “family”. Being invited, being a member of the travel-team, is an offer that you just turn down. Even though members change over years one thing stays unchanged for is being a part of the travel team is honor to carry at every visit.

What has changed since  
we last met?

Our vehicles lined up one after another were like mythological charts advancing from the corner of a postcard to the fairy tale land as we were climbing our way up the snowy slope... Moreover, the people inside the charts had an eternal belief that if they just stay close enough they could climb the most difficult slopes together. The slopes were only the representation of challenges in real life and just like in the real world, the road to success always requires a company.

As you can see, we could not leave everything behind as we were about to go white-wild but bring our solidarity and teamwork with us... Having our cars stuck in snow piles on the last slope, which is the challenge between us and our destination, was only an opportunity to laugh, struggle and snowball fight. Even sticking in the snow is part of the fun. After a safe journey, we settled in our rooms at Fenerbahçe Serkan Acar Resort & Sports Topuk Plateau Facilities and reminisced about our past visits... We were different on each visit... The world was also a different place, our wars, thoughts, wishes, successes and failures reminded us of the snowdrifts resisting sunlight from our hotel room. The question was once again asked; “What has changed since we last met? Who were you before? Who are you now? Who will you be on your next visit?”



The cheerful travelers of the Faculty of Health Sciences scattered to every corner of the facility, the hotel's warm sauna, the lakeside road that offers a magnificent view around the hotel, and the lobby, relieved their travel fatigue and they could finally rest. Not so soon, the family gathered for the dinner around two enormous tables just like a large family should have been. For dessert, we enjoyed the laughter of our Atlas and Aden babies, the very new members of our family. Although it was minus degrees outside, the degree of happiness felt was warmer... The excitement about the musical event to be held on December 25 was at its peak. After a quiet evening watching the snow by wrapping our fingers in sahlep cups, we met for breakfast and planned the newly starting day. After the young members of our team created strong echoes in the highland with laughter and sledging, we crowned this vibrant energy with a tour around the lake. In addition to the traditional photoshoots we take every year, the whole team decided to have a very fun snowball fight and lay down in the snow to create an angel silhouette. Dear Aslı and Tansu, the youngsters of our family talked about how much they loved this place along the way. Afterwards, for the traditional barbecue party we hold each year, we had to give the division of labor a try in order to beat the slicing cold by lighting up the fire, keeping the fire alive and cooking the meal. It was always easy to feed a family but not the fire. Against the buzzing storm, we had to have our brain-storm, to cook the meal in time and to find extra coal to warm-up. Like the old testament in all languages tells "to break the bread and share the wine" another ritual had to be fulfilled. Fed to the full and chilled with the cold, we made our ways to our rooms to get ready for dinner. Thanks to Dear Poyraz, one of the youngest of our team, we could nestle by the fireplace. The fireplace was at the heart of the hotel, visible for all the guests, that is why the sofa around the fireplace was always occupied by some crowd. Finally, the lobby and the soft sofa were ours! While we were having fun by enjoying the fireplace, we realized (not to our surprise) that our happiness and energy surpassed even the entertainment organized by the hotel. Suddenly our small random party was attracting the people around, so some new faces were also welcomed as long as they kept dancing! When conditions weren't good enough for you, you could redistribute the cards if you had good teammates. Could happiness be a perceptual process dependent on those experiencing it, but not conditions maybe?

After breakfast on Sunday morning, we took our traditional holiday photos. Everyone was happy, rested. A small sadness of leaving hung in the air, going back to a busy schedule. Busy questioning what have changed and what might change as well, we found ourselves on the road again, getting back to the city. The only argument we had was what might be a good idea to visit it next? In the rear-view mirror of the cars as we were sliding down the city, the remaining snowy silhouette seemed to say goodbye to us. When it completely disappeared out of sight, our minds and souls were still on that snowy hill playing hickeys in childlike joy. Till next time! Everyone in the family whispered inside.... Until next time, stay safe Topuk Plateau....

# Who is Who?

Lütfi Kırdar was born on March 15, 1889, in the Ottoman city of Kirkuk, which was then called Şehr-i Zor. Kırdar, who spent his childhood in Kirkuk, completed his high school education by going to Baghdad after completing his primary and secondary education in this city.

Later, he graduated from Istanbul Medical Faculty in 1913 and officially started his career. He was first appointed to the Necef Municipality Physician on 23 July, and to the Musul Physician on 16 September. While in this position, he was drafted into the army upon the start of the First World War and joined the Ottoman military staff. Almost ten years of his life were spent in hot war zones.

With the establishment of the Republic, he undertook successful managerial duties in various health and social aid institutions thanks to his profession. This situation paved the way for the duties of Deputy, Governor and Mayor, and Ministry of Health, and kept him in the bureaucracy for many years.

When he was appointed as the Governor and Mayor of Istanbul on December 8, 1938, he proved that he was very talented not only in the profession of medicine but also in urban planning. He did not consider Istanbul, which he said "I love as much as any intellectual...", as a duty only. He saw the reconstruction and development of Istanbul as an ideal for himself. Many works that reflect the silhouette of Istanbul today were built when he was in charge, and Istanbul gained its present face to a large extent with Lütfi Kırdar.

He was arrested in May while he was serving as Minister of Health and Social Welfare. He died on 17 February 1961 as a result of a heart attack in a court.

Lütfi Kırdar's name is kept alive in Kartal Dr. Lütfi Kırdar Training and Research Hospital.



**LÜTFİ KIRDAR**

# IMPORTANT DAYS IN DECEMBER



<b>World AIDS Day</b>	<b>1 December</b>
<b>International Day for the Abolition of Slavery</b>	<b>2 December</b>
<b>International Day of Persons with Disabilities</b>	<b>3 December</b>
<b>World Miners' Day</b>	<b>4 December</b>
<b>Women's Rights Day</b>	<b>5 December</b>
<b>World Turkish Coffee Day</b>	<b>5 December</b>
<b>World Soil Day</b>	<b>5 December</b>
<b>National Apology Day</b>	<b>6 December</b>
<b>International Civil Aviation Day</b>	<b>7 December</b>
<b>Mevlana Week</b>	<b>7-17 December</b>
<b>National Brownie Day</b>	<b>8 December</b>
<b>Human Rights and Democracy Week</b>	<b>9-15 December</b>
<b>Human Rights Day</b>	<b>10 December</b>
<b>Attitude, Investment and Turkish Goods Week</b>	<b>12-18 December</b>
<b>Urban Poor Solidarity Week</b>	<b>12-18 December</b>
<b>National Violin Day</b>	<b>13 December</b>
<b>International Tea Day</b>	<b>15 December</b>
<b>Health Manager Day</b>	<b>18 December</b>
<b>Winter Solstice</b>	<b>21 December</b>
<b>Sarıkaşık Martyrs' Remembrance Day</b>	<b>22 December</b>
<b>Christmas</b>	<b>25 December</b>
<b>Mehmet Akif Ersoy Memorial Day</b>	<b>27 December</b>
<b>New Year's Eve</b>	<b>31 December</b>



# **MASTHEAD**

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Dean of Faculty of Health Sciences

**Assoc. Prof. S. Arda ÖZTÜRKCAN**

Vice Dean of Faculty of Health Sciences

**Asst. Prof. A. Yüksel BARUT**

Vice Dean of Faculty of Health Sciences

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**Asst. Prof. Gülay TAMER**

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