



ISTANBUL  
**GELISIM**  
UNIVERSITY

**WEEKLY PRESS RELEASE**

**JUNE 7 - JUNE 11, 2021**

**103th**



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## AGENDA OF PERSONNEL

## ACADEMIC

As of 07.06.2021, **Asst. Prof. Dr. Hakan AYDIN** has been appointed as the Deputy Head of the Department to the Software Engineering Department of the Faculty of Engineering and Architecture.

As of 08.06.2021, **Gülüz GÜLER BİNKANAT** has been appointed as the Head of the Department to the Office Management and Secretariat Department of the Istanbul Gelisim Vocational School.

## ADMINISTRATIVE

As of 07.06.2021 **Recep BOZAN** has started his administrative duty as a Career Development Specialist in our University's Career Development Center unit.

As of 09.06.2021, **Ozan Ramazan AKTÜRK** has started his administrative duty as Photograph and Video Supervisor in our University's Corporate Communications Department.

As of 09.06.2021, **Furkan ÇOŞKUN** has started his administrative duty as Photograph and Video Supervisor in our University's Corporate Communications Department.

## UPDATES FROM IGU

From Istanbul Gelisim Vocational School, Applied English and Translation Program **Lect. Tuğçe Özdiñ** presented her report titled "The Lady of the Wild: Kirke's Depiction of Femme Fatale in Odyssea, Sea of Monsters, Ben Kirke and 'Justice' " at the the conference named "YEDITEPE GRADUATE CONFERENCE OF LITERARY STUDIES: "REWRITING/REVISITING THE PAST" held on Saturday, June 5.

From Istanbul Gelisim Vocational School, Flight Operations Management **Program. Lect. Demet Dađlı's** work titled "The Relationship Between Flight Mobility and Covid-19 Spread: A Research in the Balkans", which she completed with **Assoc. Prof. Dr. Ednan Ayvaz** has been included in the publication portfolio of the journal, Turkish Studies- Economics, Finance, Politics.

## ISTANBUL GELISIM UNIVERSITY APPLIED GERONTOLOGY AND RESEARCH CLUB

### Pioneering Experiences in the Gerontological Service Sector: The Case of Gerontologist Süleyman Arslan and Izmir Nefes Nursing Home



ISTANBUL GELISIM UNIVERSITY

Interview

**Pioneering Experiences in the Gerontological Service Sector**

8 JUNE 2021  
Tuesday  
20.00/21.00

Speaker  
**Süleyman ARSLAN**  
Gerontologist  
Izmir Nefes Nursing Home Founder and General Manager

gelisim.edu.tr/en

Google Meet  
meet.google.com/ucc-bmoy-fwv

Applied Gerontology and Research Club organised the last event of the semester on June 8, 2021, with hosting **Gerontologist Süleyman Arslan** who answered the questions of gerontology students and experts from the field.

Stating that Gerontology is a new field and that the first graduates have an important mission to introduce and strengthen the field, Arslan shared his experiences in Izmir Nefes Nursing Home and Care Center, which he founded. Event started with the opening speech of **Dr. Aslı Genç**, The Head of Istanbul Gelisim University Health Sciences Faculty Gerontology Department then Gerontology Student Sena Kaya directed questions to the guests. The event allowed getting to know the first nursing home in Turkey, the founder of which was a gerontologist, in the event where questions from the participants were answered. In the event, which was accompanied by around thirty-five participants, Gerontology Department Vice

President and Lecturer Fatma Sila Ayan stated that they are open to cooperation with Izmir Nefes Nursing Home for scientific applications, technical trips and events, and we aim to increase the number of gerontologists with an entrepreneurial spirit in her closing speech as Istanbul Gelisim University Health Sciences Faculty Gerontology Department.

**Lect. Fatma Sila AYAN**

## The Role of the Dietitian in Bariatric Surgery



ISTANBUL GELISIM UNIVERSITY

Faculty of Health Sciences Nutrition and Dietetics Department (English)

Seminar

**THE ROLE OF DIETITIAN IN BARIATRIC SURGERY**

6 JUNE 2021  
SUNDAY  
20.00

Speaker  
**Dyt. Nagehan AFŞAR**

gelisim.edu.tr/en

Google Meet  
meet.google.com/jo-ajec-rcz

An event titled "The Role of a Dietitian in Bariatric Surgery" was held on Sunday, June 6, 2021 at 8:00 pm by Istanbul Gelisim University (IGU) Faculty of Health Sciences (FHS) Department of Nutrition and Dietetics (Eng) via Google Meet. **Dietitian Nagehan Afşar** attended the event as a speaker.

"The Role of the Dietitian in Bariatric Surgery" event with the participation of Dietitian Nagehan Afşar was held on Sunday, June 6th, 2021 at 8:00 pm on Google Meet. By emphasizing the importance of knowing obesity well, Dietitian Afşar said, "Obesity is known as a complex and chronic disease that can impair our health, increase the risk of long-term complications, shorten the lifespan. If we look at its etiology; we can briefly define obesity as more consumed calories than burned calories, lack of exercise, sedentary life pattern or hormonal dysfunctions. However, current studies in the literature focus on the interaction of these factors with each other rather than their independent effects. Therefore, if these factors are not evaluated as a whole in

interventions aimed at weight loss, it may be difficult to achieve the desired results."

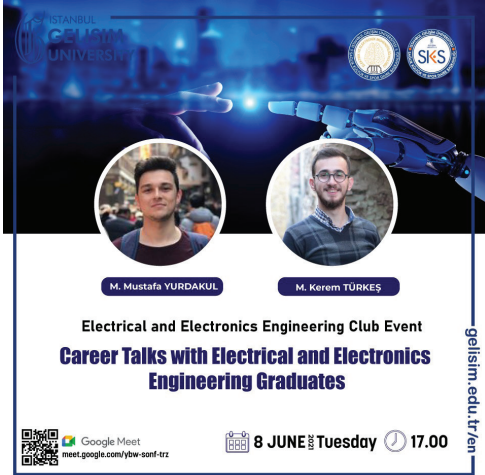
Afşar emphasized that the dietitian has a very important place in the treatment of bariatric surgery, based on her clinical experience and said, "As a dietitian, we have very important roles before, during and after surgery. Before surgery; we have great importance in defining obesity and treatment methods according to the patient's history, physical examination and laboratory results." She continued her presentation with explanations about stomach botox, gastric balloon and bariatric surgery operations and said, "I am talking about these because making the correct diagnosis is very important for the dietitian to guide patients correctly and for the physician to apply these procedures only to those who need to be." Based on current literature and her clinical experience, she explained the important criteria in determining the people who undergo surgical intervention. Also, Afşar added that each person should be evaluated individually and the important thing is to apply the right intervention.

After mentioning the methods and principles applied in surgery, Afşar continued her presentation about the role of the dietitian during the surgical process and she said, "The physician is only performing the surgery. On the first day after the patient is admitted to the clinic, his/her first communion is with you, with a dietitian. You are responsible for the management of the patient's postoperative complications. The patient may have pain, nausea, and the amount that can be tolerated decreases because of the stomach size." Afşar informed participants in detail about the nutrition protocol that patients should follow after the operation, and she stated that the dietitian is primarily responsible for complications related to nutrition. She said that the theoretical information should be sensed very well, but it should not be forgotten that this transition process may vary from person to person in practice.

By stating that the role of the dietitian after surgery is perhaps the most important, Afşar continued her speech by saying "If a dietitian is not worked with, the risk of weight gain increases after surgery. Because the patient may start to take alcohol or may have a misperception that losing weight after the operation will continue this way without any effort. However, of course, there is no such thing. After 1.5-2 years, the habits of the patient come into play again. If the person applies an accurate nutrition plan, she/he can maintain her/his weight, but if she/he continues her/his wrong habits, weight gain will be inevitable. If the person does not work with a dietitian, the efficiency of the surgical intervention would decrease much." She informed participants about the importance of planning a nutrition program for the patients considering their personal postoperative complications and emphasized that it is also very important to ensure adequate intake of macro & micronutrients for each patient. Afşar mentioned the main and common reasons for not reaching the target weight and gaining weight and stated that the dietitian' observations are very important in determining and solving these reasons.

At the end of the event, questions from the participants were answered. The event was ended by celebrating the Dietitians' Day of all participants and Dietitian Nagehan Afşar.

**Assoc. Prof. Dr. Başak Gökçe ÇÖL**

**ELECTRICAL ELECTRONICS ENGINEERING EVENT****CAREER INTERVIEW WITH ELECTRICAL ELECTRONICS ENGINEERING GRADUATES**

As the Electrical and Electronics Engineering Club of Istanbul Gelisim University, a "Career Interview with EEE Graduates" was organized with the participation of our engineers from different sectors who graduated from the Department of Electrical and Electronics Engineering, in order to keep in touch with our graduates, to benefit from the career experiences of our graduates, and to clear the question marks in our students' minds. The moderation of the event was made by the club advisor, **Dr. Lecturer SEVCAN KAHRAMAN.**

In this pleasant conversation with our 2019-2020 graduates **M. Kerem TÜRKES** and **M. Mustafa YURDAKUL** shared their experiences and knowledge. IGU-EEE students can work after graduation, graduate, start-up company, participating in TTO and Teknofest, realizing robot projects and participating in competitions, internship process, student life at our school, programming languages by chatting with our students to learn more. It has been ensured that they have one-on-one

communication with our graduates in a friendly environment. In addition, while our speakers gave information about the difficulties that new graduates may experience in finding a job, they gave examples from their own career processes by advising our department students not to give up in the face of difficulties, that every difficulty is also a teacher who teaches new things, and that they will definitely succeed if they really want to. Our graduate speakers are for students who want to progress on the academic path; They suggested that the choice of department and area of interest should be decided in student life and suggested that they do a master's degree.

**Asst. Prof. Dr. Sevcan KAHRAMAN**

**NEWS****A groundbreaking attempt; Athletes to swim from Russia to Turkey to support healthcare workers****JUNE 7****2021**

Turkish and Russian athletes, who will swim 320 kilometers from Sochi, Russia, to Giresun on June 13 to support healthcare workers, continue their training without slowing down.

In the Open Water Swimming Marathon, which will be organized by Istanbul Yıldızlar Swimming Sports Club and coordinated by the Ministry of Health, Ministry of Youth and Sports and the Ministry of Foreign Affairs, in cooperation with Marmara University, Faculty of Sports Sciences, Giresun Governorship, Giresun Municipality and Turkish Coast Guard Command, ten Turkish and three Russian athletes will swim from the Russian city of Sochi to Giresun on June 13 for healthcare workers who are the heroes of the pandemic period.

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

**Vision 2123 “Summer SPACE School” begins**

JUNE 7

2021



Prepared with the vision of raising leaders and scientists who will build and manage a future where mankind lives in space, the “Summer SPACE School” awaits its students. Having the motto “We are looking for leaders who will develop science, technology, love and inspiration that will take humanity to other galaxies”, the “Summer Space School” is organized by Istanbul Gelisim University.

Organized by Istanbul Gelisim University (IGU) and planned to be prepared with different contents every year, the “Summer SPACE School” begins. Courses in many different fields of science will be held between 5-14 July.

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

**The gymnasium named after the world champion**

JUNE 7

2021



The gymnasium of her university is named after Ayşe Begüm Onbaşı, who won the gold medal in the Aerobic Gymnastics World Championship. Onbaşı said, “The fact that my name is written in the hall where I sweat and that I will always see it will give me an extra motivation. I am very happy.”

Ayşe Begüm Onbaşı, who won the gold medal at the Aerobic Gymnastics World Championship held in Baku, the capital of Azerbaijan, was welcomed at Istanbul Gelisim University, where she studies. Her name was given to the gymnasium where Onbaşı was training and sweating. Reflecting her excitement with somersaults at the Ayşe Begüm Onbaşı Gymnastics Hall of Istanbul Gelisim University, which is named after her, Onbaşı said, “It was

one of our biggest goals to go to a sister country and have the National Anthem sung. This gold medal received in the senior category is a first in the history of the Republic. Achieving such a success is a happy and proud event both for me and for my family, my coach and those who support me. I am very honored to have my name given to it. It made me very happy to have such a beautiful formation at the university I attended, and it’s such a beautiful move.”

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

**Sudden hearing loss after coronavirus****JUNE 9****2021**

Making statements about the effects of Covid-19 on the hearing system and sudden hearing loss, Otorhinolaryngology Specialist Dr. Başak Çaypınar Eser said, "While the Covid-19 symptoms were mostly manifested in the form of post-nasal drip, flu and fever, it has recently turned into a form that causes headaches and serious joint pain, especially in young people. The mutated form of the virus can also create serious infections in young people and sudden hearing loss can occur."

Pointing out that a serious infections can occur due to Covid-19 in young people and sudden hearing loss can occur as a result, Istanbul Gelisim University Faculty of Health Sciences Audiology Department Asst. Prof. Dr.

Başak Çaypınar Eser said, "Sudden hearing loss due to nerve damage in the otolaryngology system can be seen in Covid-19 patients, like other viral infections. The patient may come to the clinic with the complaint of sudden hearing loss, decrease in hearing or ringing in the ear, buzzing. Apart from this, we can see patients with facial paralysis, that is, peripheral facial nerve damage. In fact, some of the patients can continue their daily lives with these symptoms without knowing that they have Covid-19."

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**Managing the excitement before YKS is vital****JUNE 10****2021**

Counseling Specialist Elif Aluç Gülşen said, "With the thought of the exam, which will become more concrete with the announcement of the exam saloons, the excited waiting will be replaced by anxiety. Therefore, it is very important for students to manage this process well" and added "50 percent of the success to be achieved in YKS will be achieved by studying and 50 percent by managing the pre and post exam period."

There are only a few days left for the Higher Education Institutions Exam (YKS), which more than two and a half million students will take. YKS, which is awaited with excitement and stress by families as well as students who will take the exam, will take place on June 26-27. The exam to be held consists of

three sessions, the sessions are as follows: The first session of the exam is Basic Proficiency Test (TYT) on Saturday, June 26 at 10.15, the second session is Field Proficiency Test (AYT) on Sunday, June 27 at 10.15, and the third session is Foreign Language Test (YDT) on Sunday, June 27 at 15.45.

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**The number of child workers has increased by 8.4 million in the last 4 years to 160 million**

JUNE 11

2021



According to the “Child Labour: 2020 Global Forecasts, Trends and The Road Ahead” report published by the International Labor Organization (ILO), the number of child workers has increased by 8.4 million in the last 4 years and reached 160 million worldwide. Commenting on the subject, Prof. Dr. İsmet Galip Yolcuoğlu said, “Child labor has an emotional and economic exploitation dimension. Studies show that there is a vicious circle relationship between almost all underdevelopment criteria and child employment. As long as the problems such as lack of education, structural economic problems, poverty and unemployment in the countries cannot be resolved, the problem of child employment will inevitably continue.

The International Labor Organization (ILO) and UNICEF have released the updated data of the report ‘Child Labour: 2020 Global Forecasts, Trends and The Road Ahead’ for the June 12th World Day Against Child Labour. According to the report, the number of child workers in the world increased by 8.4 million in the last 4 years, from 152 million to 160 million. The report, which stated that Covid-19 also had an impact on the increase, warned that it reversed the downward trend achieved by the 94 million decrease in the number of child workers between 2000 and 2016.

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.



# THINGS TO KNOW



## ABOUT NEW CORONAVIRUS



All necessary measures are taken for the **coronavirus** revealed in Turkey and the World at **Istanbul Gelisim University**. **Things to know about coronavirus are as follows:**

### What are the new coronavirus symptoms?

- The most common symptoms are **fever, cough and respiratory distress**.
- In severe cases, **pneumonia, severe respiratory failure, kidney failure and death** may occur
- Incubation period is between **2 and 14 days**.

### How is the virus transmitted?

- It can be transmitted by the contact of the droplets caused by **coughing and sneezing** with the contact of the **mouth, nose and eyes** of other individuals in certain environment and by touching the surfaces where the droplets adhere and taking hands **into the mouth, nose or eyes**.

### What to do to be protected from the virus?

- When **coughing or sneezing**, the mouth and nose should be covered with a **disposable tissue**, if there is no handkerchief, the mouth should be closed with the **upper sleeve or elbow**, not with the palms.
- **Handshaking and hugging** should be avoided.
- **Mouth, nose and eyes** should not be touched with dirty hands.
- Hands must be washed for **at least 20 seconds** in accordance with the **Handwashing Instructions** found in the toilets. In the absence of water and soap, **alcohol-containing hand antiseptics** should be used. **Cologne of 70-80 degrees** also serve as disinfectants.
- Offices and classrooms must be **ventilated hourly**.
- Places frequently used by many people such as common areas and door handles should be **disinfected every 2 hours**.
- Hands **must be washed** after using **public transportation**.
- Because the virus progresses faster in people with low immune system; **a balanced and healthy diet** is required. Foods **must be washed thoroughly** before consumption.

### What to do if there are symptoms?

- If you have come from countries with infections **in the past 14 days**, apply to the **nearest healthcare facility** by wearing a **surgical mask**.
- If you are **coughing, have a fever and have difficulty at breathing**, apply to the **nearest healthcare facility** by wearing a **surgical mask**.
- **Always wear your mask** when you are in the same room with **a person who is recommended insulation** at home.





## PROTECTION AGAINST VIRUS IS IN OUR HANDS



THE MOUTH AND NOSE SHOULD BE CLOSED WITH PAPER TOWEL DURING COUGHING AND SNEEZE. IF YOU DO NOT HAVE ANY WIPE, THE INSIDE OF THE ELBOW SHOULD BE USED.



CLOSE CONTACT SHOULD AVOID LIKE HANDSHAKE AND HUGGING.



IT SHOULD BE STAYED AWAY FROM CROWDED ENVIRONMENTS.



DO NOT TOUCH THE MOUTH, NOSE AND EYES WITH DIRTY HANDS.



HANDS MUST BE WASHED WITH WATER AND NORMAL SOAP FOR AT LEAST 20 SECONDS.



ALCOHOL CONTENT HAND ANTISEPTICS SHOULD BE USED IN CASE OF THERE IS NO WATER AND SOAP.



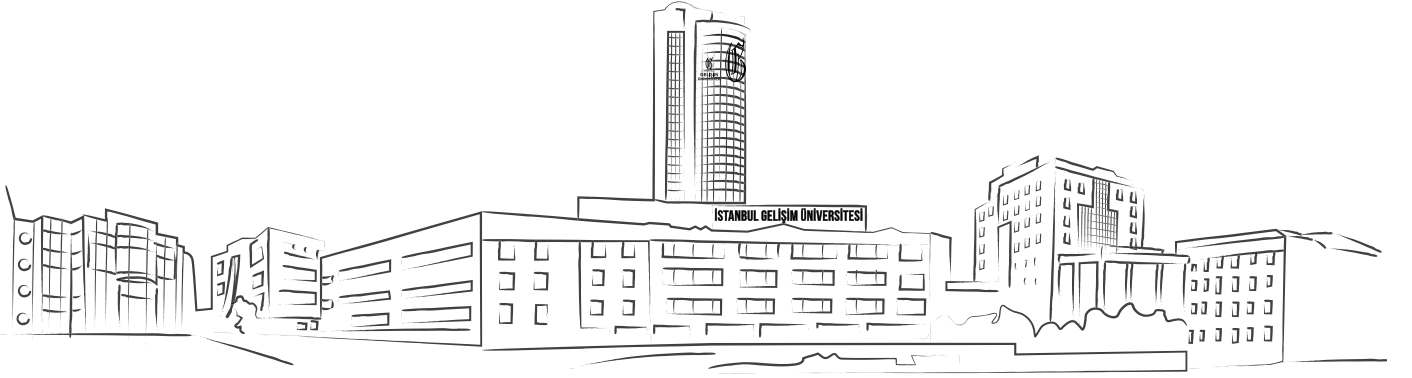


### ISTANBUL GELISIM UNIVERSITY EVENT SCHEDULE

DATE	TIME	TYPE OF EVENT	TITLE OF EVENT	LOCATION OF EVENT	DEFINITION	ORGANIZER
14.06.2021 / 20.06.2021						
17.06.2021	14.30	Conference	CHILD HEALTH IN THE PANDEMIC PROCESS	Instagram: @igü	It will be held with the participation of Asst. Prof. Dr. Elif Erdem ÖZCAN	Deanery of Health Sciences / Child Development Program

\* Events are held online

\* Applications for attendance are submitted to relevant units



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