

BREAST MILK REDUCES OBESITY RISK IN INFANTS AT A LATER AGE

To emphasize the importance of breast milk and breastfeeding, World Breastfeeding Week is celebrated every year between 1-7 August under the World Health Organization's and UNICEF's leadership. Istanbul Gelisim University Public Health Specialist Asst. Prof. Dr. Nurten Elkin stated that breastfeeding is beneficial for both the mother and baby since it reduces the risk of many diseases such as obesity that may occur in infants at later ages.

In the process of brain development that begins in the mother's womb and continues from birth to the end of the age of two, nutrition is of great importance for growth and development in ideal conditions, and for the acquisition and maintenance of child health.

1.5 MILLION CHILDREN DIE FROM ACUTE NUTRITIONAL FAILURE EVERY YEAR

Breastfeeding, which plays an essential role in the development of the first bond between mother and baby, has also critical importance for growth and development to be in ideal conditions. Asst. Prof. Dr. Nurten Elkin, Public Health Specialist of Istanbul Gelisim University (IGU), Faculty of Health Sciences, stated the following:

“About 1.5 million children die annually from acute malnutrition. Worldwide, 20% of deaths under the age of 5 are preventable with appropriate nutritional interventions. Undernutrition in pregnant and infants accounts for more than 10% of the global burden of disease. Breast milk is an ideal and natural food that cannot be replaced in infant nutrition. It contains all the energy and nutrients necessary for the healthy growth and development of the baby. At the same time, breastfeeding provides many developmental, psychological, social and economic benefits to the baby and mother. Breast milk supports cognitive development in infants, reduces the risk of sudden infant death syndrome and reduces the risk of type II diabetes, cardiovascular diseases and stroke seen in later ages.

Early breastfeeding has protective advantages that last up to six months after the baby is born. Therefore, breast milk alone for the first 6 months and breast milk supplemented with additional nutrients in the period up to 24 months is of great importance for infant nutrition and health.

“MOTHER MUST EAT WELL AND KEEP AWAY FROM STRESS AFTER BIRTH!”

Asst. Prof. Dr. Nurten Elkin made suggestions to support breast milk. She also emphasized that for these methods, a suitable environment should be provided for the mother and the baby. Suggestions are as follows:

- From the beginning of pregnancy, all expectant mothers should be informed and motivated that they can feed their babies with breast milk.
- After birth, breastfeeding mothers should eat well and stay away from fatigue and stress.
- They should ask for assistance from family and friends so that they can have a regular lifestyle, including sleep.

- Appropriate environments should be provided for breastfeeding mothers in social areas such as shopping malls, restaurants and workplaces so that society understands that breastfeeding is a natural, easiest and healthy feeding method for the baby.
- Breastfeeding consultants and health professionals should support the mother who has any problems related to breastfeeding technique or breastfeeding.

RECTOR PROF. DR. BAHRI SAHIN ATTENDED THE "CAREER TALKS WITH ONUR YAR"

Prof. Dr. Bahri Sahin, Rector of Istanbul Gelisim University, provided valuable information to prospective students and their families at the Career Talks with Onur Yar, which was held as part of the 10th Istanbul Preference Fair.

As Onur Yar's guest at the Unitercih Fair, Prof. Dr. Bahri Sahin provided advice to prospective students and their families, as well as gave valuable information about our university.

"ACCREDITATION IS A MEASURE OF QUALITY"

Prof. Dr. Bahri Sahin, who recommends university candidates to choose accredited departments when making their choices, also stated the following: "Accreditation is a measure of quality. It shows that education-teaching and research processes are well managed. For instance, 70% of the programs at Gelisim University are accredited. This is a first in Turkey. As the Rector and as a parent, I recommend students to choose to accredited programs. Our university has registered its quality with TSI ISO 10002 certificate. This demonstrates that the satisfaction of our students is documented by the Turkish Standards Institute.

ALL INFRASTRUCTURE IS READY TO BE A RESEARCH UNIVERSITY

Prof. Dr. Bahri Sahin also said, "The most significant mission of the Council of Higher Education is internationalization. There are more than 5 thousand international students at our university. Approximately 15% of our total number of students are foreign students. When students from abroad come to Turkey, we provide their education here. We have 22 application research centers. We have a Technology Development Center and a Technology Transfer Office. We started university-industry cooperation and we are meeting with our industrialists one by one. The will of the board of trustees is very important in foundation universities and the Board of Trustees of IGU gives full support to our mission".

TODAY'S PANDEMIC WILL BE TOMORROW'S CLIMATE PROBLEM!

Stating that the mandatory quarantines, restrictions and treatment processes imposed by the pandemic differentiate the spatial use area, Asst. Prof. Dr. Bülent Günes from Istanbul Gelisim University (IGU) also emphasized that the urbanization phenomenon in the historical process and today is one of the most significant causes of the current pandemic.

Along with the coronavirus epidemic, differentiation and change began in all areas focused on consumption. One of these areas was architectural design. The number of people who prefer houses with gardens, balconies or terraces has increased considerably.

“URBAN DEVELOPMENTS MUST PRODUCE APPROACHES TO PREVENT THE PANDEMIC”

As the population increases, the contagion coefficient also increases. The widespread global economy and transportation networks, public health organization, inadequacies in the public sphere related to quarantine and isolation facilitate the spread of epidemics in the urban area. Asst. Prof. Dr. Bülent Günes from Istanbul Gelisim University (IGU), Faculty of Engineering and Architecture, stated the following:

“Architecture and planning disciplines need to create proposals for more permanent solutions that minimize risks. One of the most significant causes of the pandemic is today's urbanization phenomenon. The characteristics of settlement, uncontrolled growth, spatial inequalities, demographic structure, population density, development of tourism, trade, transportation and communication networks are among the important variables of the urbanization phenomenon. Remote working, which takes place more in our lives with the pandemic, caused the reorganization of the houses and the arrangement of the spaces. New sections in the interior, flexible solutions and hygiene at the entrance, flat roofs, balconies and terraces in the building are among the places that the pandemic has questioned. Approaches such as less equipment and furniture choice, food production, the use of ground floors or attics in high-rise buildings have improved with the pandemic.

Asst. Prof. Dr. Gunes also indicated that according to the UN report, 4.5 billion people live in cities. The current pandemic is not even a small laboratory of the climatic problem we will face in the future. Hence, urban developments need to produce approaches to prevent it.

IS ARTIFICIAL INTELLIGENCE A THREAT IN HUMANITY’S HANDS?

Many of the technologies shown for the future in the cartoons we watched years ago seemed unattainable. Emphasizing that many technologies that seemed impossible at the end of the previous century are now a part of our lives, Asst. Prof. Dr. Nihal Altuntas stated that no matter how exciting these developments are, the rapid change in life makes it difficult for people to adapt.

Developing technology facilitates the habits of all humanity, the work done in daily life and provides accessibility in many areas. Today, where efficient use of time is of great importance, life has become much easier with smartphones, video online meetings and robot vacuums in many fields from health to business world, from education to the transportation sector. With the rapid development of technology, many concepts such as artificial intelligence, metaverse, robots, virtual reality have entered our lives.

In the process of adaptation to the age of technology, questions arise in people's minds. It is also natural that doubts arise about whether new developments will be good or bad, and therefore people create resistance. Even before artificial intelligence had entered so many homes, it was portrayed as "the archenemy of humanity" in many science fiction movies. Considering the opportunities and conveniences it provides, artificial intelligence has become an indispensable part of life, despite this resistance. Asst. Prof. Dr. Nihal Altuntas, from Istanbul Gelisim University (IGU) Engineering and Architecture Faculty, Computer Engineering Department indicated, “The reason why technology has entered our lives so fast against conspiracy theories is the "new generation".

A father who is introduced to intelligent systems with artificial intelligence as an adult cannot be expected to look at the world from the same side as his son born in the space age. It is inevitable that a brand new technology, which one generation must adapt to, will become the normal of life for a few generations. A 90-year-old man cannot use smartphones as effectively as a 10-year-old child."

EVERYTHING IS IN THE PEOPLE'S HANDS

The real question is whether artificial intelligence poses a threat to humanity. Computers do not have the ability to think or reason, however, have artificial intelligence thanks to their computational abilities. In other words, they make decisions that people want by using big data given by people. No intelligent system has the capacity to make a completely different inference by interpreting the information it has in a different way. At the end of the day, everything is in the hands of people and will continue to be so. Expressing that this does not mean that we are completely safe, Asst. Prof. Dr. Nihal Altuntas said, "When we look at world history, we see that the greatest destructions were made by humans. From this point of view, "the main enemy of humanity" is man himself, and who owns this technology that we need to pay attention to and added that it is of great importance not only to use artificial intelligence systems but also to design them and that young people have a lot of work in this technology race".