

ACADEMICIAN FROM IGU ATTENDED 6TH INTERNATIONAL ADANA FLAVOR FESTIVAL!

Lect. Ibrahim Levent Demircakmak, an academician from Istanbul Gelisim University, evaluated the supply of local products to universities and the current and potential application problems for these standardized products at the 6th International Adana Flavor Festival.

Bringing thousands of people together with Adana flavors and valuable conferences every year, the International Adana Flavor Festival is held between 7-9 October this year. Conferences and presentations also drew attention at the festival.

ACADEMIES' APPROACH WAS DISCUSSED IN PROTECTING REGIONAL CUISINE

The 6th International Adana Gastronomy Festival, where the significant names of the gastronomy world are hosted, meets with its visitors in events continuing 3 days this year. Specialists, academics, local and foreign guest chefs, researchers and business people were hosted in 12 conferences, which were held on the first day of the festival and included important topics. Ibrahim Levent Demircakmak, lecturer of Istanbul Gelisim University, Gelisim Vocational School Cookery Department was also invited to the festival. Demircakmak evaluated the current and potential application problems regarding the supply of local products to universities and standardized products, on "Academies' Approach in Protection of Regional Cuisine" subject.

PROMINENT EAR AESTHETICS SHOULD BE DONE BEFORE STARTING PRIMARY SCHOOL!

The appearance of the "prominent ear", which occurs due to the detachment of the auricle or the developmental disorder of the ear cartilages, can be corrected by surgery. IGU Otorhinolaryngology Specialist Asst. Prof. Dr. Başak Çaypınar Eser suggested that the operation be performed before starting primary school.

The "prominent ear" image, which does not pose a problem in the body's general functioning and creates aesthetic and psychological discomfort, provides the opportunity for operation with the development of modern medicine. This common problem can cause psychological disorders, particularly in school-age children Asst. Prof. Dr. Başak Çaypınar Eser, an Ear Nose and Throat Specialist from the Audiology Department of the Faculty of Health Sciences of Istanbul Gelisim University (IGU), stated that the "prominent ear" aesthetic is a surgery with a high satisfaction rate.

"I RECOMMEND SHAPING WITH SUTURES"

The prominent ear image, which is visually disturbing and negatively affects psychology in school-age children, causes a lack of self-confidence in both children and adults. Many people and parents resort to aesthetic operations by taking advantage of the possibilities of modern medicine. In order to prevent psychological problems and lack of self-confidence, prominent ear aesthetics should be performed before primary school. Asst. Prof. Dr. Başak Çaypınar Eser: "The operation is performed in two ways, either by removing a cartilage piece or by only suturing it without removing a cartilage piece.

Although both techniques are successful, I recommend shaping/fixing with more stitches since removing cartilage from the auricle sometimes causes complications.”

"TENNIS HEADBANDS SHOULD BE USED AT NIGHTS"

Dr. Çaypınar Eser also indicated the following: “Since the sutures and incisions remain behind the ear, they do not cause any aesthetic disorders. Ear bandages should be done for 7-10 days. In order to protect the surgery performed for the first 2-3 months, a tennis player's headband should be worn while sleeping at night. The operation takes about 30-40 minutes for one ear. It is an operation that can be performed with local anesthesia without putting the patient to sleep, only by anesthetizing the ear.”

GELISIM UNIVERSITY MARKED THE EAIE!

Istanbul Gelisim University Erasmus Coordinatorship participated in the European Association for International Education (EAIE) and they received great attention in Barcelona.

Istanbul Gelisim University Erasmus Coordinatorship participated in the 32nd EAIE International Education Fair organized by the European Association for International Education (EAIE) in Barcelona, Spain, between 13-16 September 2022.

INTERVIEWS MADE WITH MORE THAN 100 UNIVERSITIES

The Future in Full Color was the theme of this year's EAIE, the largest higher education fair in Europe that was able to bring together numerous schools from across the world. This year, Istanbul Gelisim University participated in the fair for the first time, where 6,000 people attended. Face-to-face meetings, which are the basis of successful agreements between institutions, were available with nearly every geography thanks to the exhibition. More than 100 universities were involved in the creation of numerous draft agreements. At the fair where universities from various continents from Africa to Europe, America to Asia met, strong relationships within the scope of bilateral agreements and international credit mobility projects were made. Thanks to the meetings held, the new partnerships and the improvement of existing partnerships were also enabled to effectively implement the corporate internationalization strategy.

BARCELONA CONSUL GENERAL VISITED IGU STAND!

Istanbul Gelisim University stand attracted great attention at the fair. Many university representatives came together with our university to get information and establish cooperation. During the participation in EAIE International Education Fair, Istanbul Gelisim University stand was visited by Selen EVCIT, Consul General of Barcelona in Spain, and Hür GÜLDÜ, Higher Education Coordinator of the Turkish National Agency.

EAIE's contribution to the expansion of our university's partner network, increasing its recognition in the national and international arena and strengthening its prestige will be the most significant denominator of the feedback received after the fair. In this context, the fair will add value for our university by increasing the number of collaborations that are developed, arranging joint academic meetings and conferences, conducting R&D activities, and putting forward various initiatives.

NON-INCREASING SALARY LEADS EMPLOYEES TO "QUIET QUITTING"!

Last year, the world got attention after a young man lost his life due to overworking hours in China, and there were reactions about working hours on social media. Asst. Prof. Dr. Fatma Ulutürk evaluated the "Quiet quitting" phenomenon that emerged.

Quiet quitting, known as not going beyond the job descriptions of the employees, not trying to make a difference and exceeding the company's expectations, both reduces the employee's productivity and their commitment to the workplace. Asst. Prof. Dr. Fatma Ulutürk stated there are also situations such as not being able to get a salary increase under that reaction. It is very significant to ensure that all work is completed within working hours with the planned number of employees.

JOB DESCRIPTIONS MUST BE CREATED IN DETAIL BEFORE RECRUITMENT

In September, Youthall's survey of young workers about quiet quitting revealed striking results. According to the results of the research, it has been revealed that 24% of the youth in Turkey are experiencing quiet quitting, while 46.7% are prone to it. Low salary is the most important reason that drives young people to this situation. Asst. Prof. Dr. Fatma Ulutürk from Istanbul Gelisim University Civil Air Transportation Management underlined that job descriptions should be created in detail before hiring.

IF YOU EXPERIENCE THE FOLLOWINGS, YOU MAY BE SUBJECT TO A QUIET FIRING!

Asst. Prof. Dr. Ulutürk indicated the following: "It was observed that employers also adopted a quiet firing attitude in return. In addition to these attitudes, if the employer makes the employee passive, disturbs his/her peace by intimidation, humiliates them in front of the public and consciously excludes him/her, it means that the employee is subjected to mobbing. It should not be forgotten that these behaviors also have legal penalties."

If other employees are not in the same situation as you, you must accept that there will be no promotion opportunities in the business. Quiet firing as well as quiet quitting can create major problems for the employee. Experiencing even a few of the things listed below indicated that the employee may be facing quiet firing. These are as follows:

- If there is no increase in your salary in recent years.
- Failure to receive meaningful feedback from the employer or the employer refraining from communicating with the employee.
- Employer forcing the employee to answer particularly difficult questions at team or company meetings.

- Ignoring the ideas and opinions of the employee, not including the employee in additional opportunities and projects.
- Being excluded from meetings, events and/or social gatherings.

IGU STUDENTS WILL MAKE CHILDREN'S DREAMS COME TRUE WITH "MAKE A WISH" PROJECT

With the cooperation of Istanbul Gelisim University (IGU) and Make a Wish Turkey Association, the project "We Make Children's Dreams Come True with Make a Wish" is being implemented. Within the scope of the project, IGU Faculty of Fine Arts students will organize workshops for children, design thematic e-cards and contribute to the realization of their wishes.

The first phase of the project "We Make Children's Dreams Come True with Make a Wish", organized with the cooperation of Istanbul Gelisim University and Make a Wish Turkey Association, was held recently. In the first of the 3 stages of the project, Make a Wish Turkey Association Coordinator Emrah Gündüz and Digital Specialist Maide Kaba met with the students to share information about the project.

FACULTY OF FINE ARTS STUDENTS WILL DESIGN THEMATIC E-CARDS

The "Make a Wish" event, which is the first stage of the social responsibility project carried out jointly by Make a Wish Association and Istanbul Gelisim University(IGU), with the aim of realizing the wishes of children struggling with life-threatening diseases and thus strengthening their feelings of hope, resilience and joy, was held recently. In the first session of the conversation held in two sessions, Make a Wish Association Coordinator Emrah Gündüz explained how the Make a Wish Association was established, while in the second session Digital Specialist Maide Kaba talked about the projects realized by Make a Wish and talked about university collaborations.

In the conversation, the participation of N Kolay 44. Istanbul Marathon, which will constitute the second stage, and the e-card design workshop were also explained. Digital Specialist Maide Kaba: "The cards designed by the students of the Faculty of Fine Arts will help many children realize their dreams. I am particularly looking forward to e-card designs. The creative perspective of the Faculty of Fine Arts will be reflected on the cards. I thank all IGU students for their supports.

ACADEMICIAN FROM IGU MADE A PRESENTATION AT THE 4TH INTERNATIONAL GASTRO AFYON TASTE AND TOURISM FESTIVAL

The 4th International Gastro Afyon Tourism and Taste Festival was held between 7-9 October.

Hosted by Afyonkarahisar Municipality, the 4th International Gastro Afyon Tourism and Taste Festival was held between 7-9 October. Panels, conversations and workshops took place at the festival, which was held to promote Afyon local flavors to the whole world.

AN ACADEMICIAN FROM IGU PRESENTED A PAPER

Many local and foreign people presented a paper at the 4th International Gastronomy Tourism Research Congress held on October 7-8-9. Experts, academics, scientists, chefs and food critics participated. Res. Asst. Muzaffer akmak from Istanbul Gelisim University (IGU), Faculty of Applied Sciences, Gastronomy and Culinary Arts Department also presented a paper.

Making a presentation on "An Evaluation of the Possible Effects of the Michelin Guide on Istanbul and the Restaurant Businesses in Istanbul", Res. Asst. akmak explained the possible effects of the Michelin guide on restaurant businesses in Istanbul by utilizing the research results in the literature.

FUTURE CHEFS CAME TOGETHER WITH THE "MEET AND GREET DAY"

Istanbul Gelisim University has started the new education period of 2022-2023 with the "Meet and Greet Day". Culinary, Gastronomy and Culinary Arts, Pastry and Bakery departments came together as part of the event.

Istanbul Gelisim University (IGU) Culinary, Gastronomy and Culinary Arts, Pastry and Bakery departments came together for the New Education Day activities before the new education and training period of 2022-2023. Chicken rice prepared by Lect. Ibrahim Levent Demirakmak, one of the Culinary Program lecturers, and his students, was shared in the event that provided the orientation process for the students who just started their education.

TURKISH CUISINE CULTURE AND BASIC RECIPES BOOK ARE ALSO DISTRIBUTED

The meeting event of Istanbul Gelisim University Culinary, Gastronomy and Culinary Arts, Pastry and Bakery departments, which prepares hundreds of chefs for professional life every year with its constantly developing opportunities and technological kitchens, was held recently.

In the event, which attracted a lot of attention, the students met with their new friends and had the opportunity to meet with the academicians of the department. The opening speech of the event was made by Assoc. Prof. Dr. Serdar Egeli, who is the Secretary General of Istanbul Gelisim University. In the 2022-2023 academic year, the department heads were introduced to the students who will be in their first year at our university. The students who contributed to the book "Turkish Cuisine Culture and Basic Recipes", published by IGU Publications last month and written by Assoc. Prof. Dr. Serdar Egeli, Chef Erkan Kiyicioğlu and Lect. Ibrahim Levent Demirakmak, were presented with their books. This book will guide students who will be training in the field of culinary arts for the first time this year. The event was concluded by serving chicken rice prepared by Lect. Ibrahim Levent Demirakmak and students from the Culinary Program.

ELECTRICITY IS MOSTLY USED IN HOUSES!

The construction sector, which is one of the sectors that have the greatest impact on the environment, is being reshaped with the concepts of ecological, economic and socio-cultural sustainability. Istanbul Gelisim University Faculty Member Architect Dr. Parvin Heidari underlined that energy consumption is mostly used in residences after industry in our country. She also stated that the evaluations applied to ensure that the buildings are eco-friendly and energy efficient are of great importance.

WRONG POLICIES ON ENVIRONMENTAL POLLUTION AND ENERGY USE THREATEN THE WORLD

While the deterioration in the ecological cycle, rapid consumption of natural resources, environmental pollution and wrong policies regarding energy use threaten nature and the world, one of the biggest factors polluting the environment is human activities. Dr. Parvin Heidari from Istanbul Gelisim University Faculty of Fine Arts stated that since the construction sector is a sector that has a great impact on the environment, it should be a necessity to improve the environmental effects of all negative activities related to the building. She also added the followings:

“In architecture, which is one of the stakeholders of the environmental pollution problem, wastes and toxic gases that occur throughout the physical life of buildings such as construction, use and demolition, starting from the design stage, are the factors that cause this problem. Hence, it is very crucial to aim to minimize these negative effects by designing eco-friendly and sustainable buildings.”

ENERGY IDENTITY CERTIFICATE CLASS SHOULD BE THE LOWEST CLASS C FOR NEW BUILDINGS!

Asst. Prof. Dr. Heidari indicated, “There are some evaluations implemented in order to ensure that the buildings built in Turkey are environmentally friendly and energy efficient. Looking at the energy consumed on a global and regional scale, residences rank second after industry in Turkey and first in the world. Moreover, in accordance with the Energy Identity Certificate rules, the buildings should be designed and built in such a way that the energy identity certificate class of the buildings is the lowest C class for the newly constructed or to-be-constructed buildings. Otherwise, the buildings cannot legally obtain an occupancy permit.”

The Energy Performance Certificate, which has purposes such as determining the calculation rules that will enable the evaluation of all energy uses of a building, evaluating the applicability of renewable energy sources, controlling heating and cooling systems, taking into account the external climatic conditions and indoor requirements, is of great importance for energy saving.