

ISTANBUL GELISIM UNIVERSITY WILL REPRESENT TURKEY

The online education platform project EU-RUDISNET, of which Istanbul Gelisim University is a shareholder, is organized within the scope of the European Union Erasmus+ mobility. The project will provide solutions to the problems of disabled people living in rural areas.

The EU-RUDISNET project, which aims to integrate people with disabilities living in rural areas into social life through mentoring and leadership, will be carried out through the online platform. Istanbul Gelisim University will represent the project in which Spain, Italy, Germany, Slovenia and Lithuania are partners.

The measures taken regarding the Covid-19 pandemic, which has taken the whole world under its influence, have left individuals vulnerable to difficult living conditions. Studies have begun on the problems of disabled people and the search for solutions for them. The online education platform project "EU-RUDISNET" coordinated by Spain offers a concrete solution to the social exclusion of people with disabilities.

EU-RUDISNET PROJECT INSPIRED TREMENDOUS INTEREST

EU-RUDISNET, which is funded by the Erasmus+ program of the European Union, aims to better learn the rights of people with disabilities living in rural areas, improve their living conditions and develop leadership qualities. In the project, of which Istanbul Gelisim University is also a shareholder, there are institutions such as COCEMFE Sevilla from Germany, Italy, Lithuania, Slovenia and Spain, The Ländliche Erwachsenenbildung Thuringia eV, Consorzio SGS, Baltic Education Technology Institute and OZARA d.o.o.

Asst. Prof. Dr. Melike Çetin and Lect. Esat Daşdemir, Research Support Unit Coordinator from Istanbul Gelisim University, who acted as the Turkey representative of the project, stated that local governments and municipalities showed great interest in the project in Turkey.

The education platform, which has Turkish language support, can be accessed at "eurudisnet.eu".

THE 16TH OF TUBA (TURKISH ACADEMY OF SCIENCES) ENERGY TALKS WAS MODERATED BY RECTOR PROF. DR. BAHRI ŞAHİN

The 16th Energy Talks took place online with the moderation of Prof. Dr. Bahri Şahin, Rector of Istanbul Gelisim University (IGU), Principal Member of the Turkish Academy of Sciences (TUBA) and Member of the TUBA Energy Working Group.

TUBA is the self-governing and national academy of our country, covering all fields of science. On Sunday, June 12, the 16th of the Energy Talks was held under the moderation of Prof. Dr. Bahri Şahin, Rector of Istanbul Gelisim University. The subjects of "Energy-Environment Interaction" were discussed with Prof. Dr. İsmail Koyuncu, Rector of Istanbul Technical University.

PROF. DR. İSMAİL KOYUNCU: "ENERGY NEED WILL REACH SERIOUS LEVELS IN THE COMING YEARS"

Emphasizing the importance of energy and environmental relations for a sustainable life, IGU Rector Prof. Dr. Bahri Şahin stated that these two concepts are integrated with each other. Istanbul Technical University Rector Prof. Dr. İsmail Koyuncu, on the other hand, stated the following: "Economy, energy

use, ecological balance, environment, the economic situation of people must all be in balance. When there is energy, a development level is provided. While implementing this, it is very significant to protect the environment and to consider it in an integrated way with the environment. Population growth creates the need for energy. With population growth and economic progress, the need for energy will reach a serious level in the coming years.

RECTOR PROF. DR. BAHRI ŞAHİN: "70% OF THE ENERGY IS THROWN INTO THE ENVIRONMENT!"

IGU Rector Prof. Dr. Bahri Şahin: "It is very easy to pollute the environment, however, it is expensive to eliminate the pollution. The energy-environmental ecosystem is undulant. From the production to the consumption of energy, it is necessary to focus on both saving, high-tech and efficient energy production. Inefficiency means pollution. It is throwing more energy into the environment as waste. My observation in the field is that 70% of the energy is thrown into the environment."

"POSSIBILITY OF LEAKAGE IN THIRD AND FOURTH GENERATION REACTORS, AS LOW PROBABILITY AS VENUS TO HIT EARTH"

Prof. Dr. Bahri Şahin also added: "Environmentalists have a lot of work to do on issues such as noise costs, accident costs and emissions. If they develop a method in this regard, it can be seen more clearly which power plant is more environmentally friendly. When the nuclear power plant is mentioned, leaking power plants are talked about immediately. Possibility of leakage in third and fourth-generation reactors, as low probability as Venus to hit Earth. Scientists also need to enlighten society. It is essential to increase the awareness of society about the environment. Every technical project has a social repercussion."

YOU CAN OVERCOME EXAM STRESS IN 3 STEPS

Explaining how students should control their stress and anxiety as the university exam is approaching, Asst. Prof. Dr. Esra Savaş, a faculty member at Istanbul Gelisim University, warned young people and their families.

Stress, also known as the emotional or physical tension that the body gives to a challenge or demand, can cause major health problems when its symptoms last for a long time. Clinical Psychologist Asst. Prof. Dr. Esra Savaş stated that the routine created according to the exam day reduces exam stress.

SOLVE EASY QUESTIONS FIRST!

There is very little time left for the Higher Education Institutions Exam, which will be held on June 18-19. As the time is approaching for the exam, which will be entered by more than 3 million candidates, emotional states such as stress and anxiety have started to occur. Dr. Esra Savaş, a faculty member of the Faculty of Economics, Administrative and Social Sciences Department of Psychology at Istanbul Gelisim University, indicated the following:

"Passing an exam is only part of a successful life story. Stress can manifest itself in many symptoms in the body. Although stress at the optimum level is effective in handling most of the work, it can cause many negativities in the individual when it cannot be controlled. Exam stress, which occurs when you hear the word "exam" or even think about it, is also very significant on exam success. In general, you can solve exam anxiety and stress during the exam with these three steps;

- 1- First, take a deep breath. Remember that this is just one of the hundreds of exams you have taken so far. Other than that, forget all your thoughts except for the exam. Think about them later, just focus on this moment right now. Take a deep breath and exhale through your nose. Now, you are ready.
- 2- Skim over. Start with the easiest questions. The only way to manage time well is to not waste time. For this, skip the question if you cannot solve it at once. Look again when all questions are finished. Sometimes we do not see what is in front of our eyes, but when we look back again over time, it stands out. This is effective for some questions as well. Manage time well. If you could not, skip the question. In that way, you have a chance to look again. However, if you are stuck on the question for minutes and not pass it, then time will pass you by.
- 3- Take a little relaxation break at the end of each section. As you breathe deeply and slowly through your mouth, focus only on that moment and remember that you are solving some of the hundreds of questions you have already solved. Forget all thoughts other than that. You can close your eyes and imagine that thoughts are flying with wings, or they are flowing into the river... The method is up to you. All you have to do is be in the moment and let all thoughts outside of that moment.

IT IS POSSIBLE TO HAVE A STRESSLESS EXAM PERIOD!

Asst. Prof. Dr. Savaş also stated that students who have thoughts such as "I am not ready for the exam", "This information is so unnecessary", "Why is the exam held?", "This information will be of no use to me in the future" experience more exam stress. One can have a more stressless exam period by creating a balanced and healthy diet, continuity of physical activities (outdoor walks, jogging, etc.), non-toxic healthy relationships and individual resting areas.

BRUSHING TEETH FOR 2 MINUTES IS NOT ENOUGH!

We often hear the advice that we should brush our teeth twice a day and for at least 2 minutes each time. Emphasizing the importance of using the appropriate technique in brushing, Assoc. Prof. Dr. Sertaç Aksakallı stated brushing for more than 2 minutes is effective in removing more plaque.

THE BEST RESULTS ARE OBTAINED BETWEEN 3 TO 4 MINUTES OF BRUSHING

The rule of brushing our teeth for 2 minutes has been recommended for many years. Studies show that the best results are achieved between 3 and 4 minutes of brushing to remove plaque. Assoc. Prof. Dr. Sertaç Aksakallı, from Istanbul Gelisim University (IGU) Faculty of Dentistry, indicated the following: "The 2-minute brushing time is good, however, not perfect. The purpose of brushing our teeth is to reduce as much plaque as possible on each tooth. Current evidence demonstrates that brushing for up to 4 minutes longer leads to cleaner teeth."

USING DENTAL FLOSS IS VERY SIGNIFICANT!

In order not to damage the teeth and gums, it is necessary to avoid brushing more than three times a day, using abrasive toothpastes and brushes. Cleaning the plaque by brushing the teeth properly and for more than 2 minutes is critical to avoid activating the body's immunological response and causing disorders such as gingivitis. Although the inflammation is not usually painful, it can cause bleeding of

the gums and sometimes bad breath. Assoc. Prof. Dr. Aksakallı stated that with the studies conducted, both dental caries and gingivitis can be reduced with flossing.

IT TAKES 30 YEARS FOR CULTURED MEAT TO BE ON THE MARKET SHELVES!

We have been hearing about the studies on cultured meat production frequently in recent years. Although it is not produced industrially today, some food companies have started activities in pilot-scale facilities. Asst. Prof. Dr. Murat Doğan stated it will take 30 years for cultured meat to take its place on the market shelves.

It is often said that as the cultured meat market expands, behaviors will radically change and production and consumption will take on a new dimension. Asst. Prof. Dr. Murat Doğan, a faculty member at Istanbul Gelisim University (IGU), Faculty of Fine Arts, Department of Gastronomy and Culinary Arts, stated due to the nature of the more efficient production process, cultured meat has more advantages than traditional animal husbandry. He also added that the ecosystem will be protected by using less soil and water.

WHAT IS CULTURED MEAT?

Real animal tissue cells from the real animal are multiplied to create cultured meat. The requirement to raise animals for their flesh is abolished by this new production technique. For instance, since cells with tissues that resemble or are structurally comparable to those of beef are used, the palate-friendly flavor and nutritional components are replicated. Food businesses in developed nations have now invested over 450 million dollars in the creation of cultured meat. The cultured meat industry, which is supposed to alter everyone's habits in the future, appears to be receiving additional funding.

VEGANS CANNOT EAT CULTURED MEAT

The production of cultured meat begins with the taking of stem cells from the animal concerned and storing them under appropriate conditions. These cells are then grown with high volumes and volumes of bioreactors. Hereupon, Dr. Doğan stated the following: "As cultured meat is no different from real meat in a cellular sense, it cannot be consumed by vegans. From a health point of view, it will not cause a problem as it is not different from real meat. I also think that cultured meat will contribute to the reduction of deforestation caused by excessive agricultural activities and animal-related epidemics."

PRODUCTION STARTED IN PILOT-SCALE FACILITIES

A number of complex challenges need to be resolved, such as planning large facilities for cultured meat production and cost. In some developed countries, Singapore for instance, regulations have been made for cultured meat. Asst. Prof. Dr. Murat Doğan also indicated: "Some food companies started production in pilot-scale facilities. I estimate that it will take 10-15 years for the development of cultured meat activities. Furthermore, it will take another 15 years to produce at an affordable price. In short, my guess is that it would take 30 years for cultured meat to be on the market shelves. Of course, I say this by ignoring the consumer acceptance part. In order to solve all these difficulties, governments and the private sector need to invest money in this work, encourage scientists related to this issue and open new research centers."



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