

GASTROMASA BROUGHT TOGETHER THE GASTRONOMY WORLD WITH THE "SUSTAINABILITY & BIODIVERSITY" THEME

The first session of Gastromasa, one of the most significant conferences of gastronomy world, started today. Assoc. Prof. Dr. Serdar Egeli, Secretary General of Istanbul Gelisim University, academicians and students of the Gastronomy and Culinary Arts Departments attended the conference held at the Halic Congress Center.

The 7th International Gastromasa Gastronomy Conference is meeting with its visitors this year with the Sustainability and Biodiversity theme. At Gastromasa, where world-famous chefs, speakers, investors, and leading names in sustainability and biodiversity are present, visitors also have the opportunity to get to know hundreds of companies that support sustainability by opening stands.

HUNDREDS OF COMPANIES PARTICIPATED TO SUPPORT SUSTAINABILITY!

Gastromasa Gastronomy Conference, which was held for the 7th time this year, brought together the gastronomy industry with the concepts of Gastromasa Bar, Gastromasa Pastry, Gastromasa Hospitality. Standing out with its sustainability efforts, Istanbul Gelisim University also joined Gastromasa. IGU, which will inform its visitors and explain how sustainability is applied once again, will continue to meet with its visitors on the second day of the event with the stand it opened.

In addition to the famous chefs of both Turkish and world cuisine, there are also brands that have made their names known in the international arena at the conference and stands. Many companies that apply sustainability in every field, from cuisine to gastronomy tourism, will take their place in the workshops of the gastronomy sector on the second day of the event.

THESE MEASURES MAKE IT POSSIBLE TO SAVE ON NATURAL GAS AND ELECTRICITY BILLS!

As winter is approaching, the use of natural gas has also increased. Asst. Prof. Dr. Ekrem Süzen explained how natural gas can be saved in living spaces.

In our country, where energy efficiency has become a necessity, many measures can be taken individually in our living spaces. Asst. Prof. Dr. Ekrem Süzen from Istanbul Gelisim University (IGU) discussed ways to pay less for natural gas and electricity this winter.

THE MOST SIGNIFICANT MEASURE: INSULATION

Asst. Prof. Dr. Ekrem Süzen: "The most significant precaution to be taken in order to achieve savings in the heating area is to insulate the living spaces. Among the individual measures that can be taken on energy efficiency are the use of natural gas and electricity. Winter is coming. Most of the houses are uninsulated. Insulation should be done in order to save on heating.

Roofs, windows and exterior walls are the places where heat loss is experienced the most. Replacing these places with insulated materials can save up to 30%.”

The boiler setting should be kept at the lowest level when you are not at home. There is approximately 10 liters of water in 1 meter of tube of radiators. In cases where there are 5 radiators in a house, approximately 50 liters of water must be heated. Energy savings can be achieved if the combi boiler is not turned off during the day when individuals are not at home.

CONDENSING COMBI BOILERS PROVIDE 30% SAVINGS!

Another precaution taken for natural gas is the use of thermostatic valves on the radiator.

Asst. Prof. Dr. Ekrem Suzen stated: “Thermostatic valves play an important role in equalizing the heat distribution. These valves prevent the boiler from being activated frequently. Thus, it provides approximately 15% savings. Moreover, thanks to the value adjusted to 1 degree lower temperature in the thermostatic valve, approximately 6-7% natural gas savings can be achieved.

CONSCIOUS ENERGY USE HAS TO BE HABITUATED

Another saving issue is electricity consumption. Especially when the combi boiler is operating, there is an increase in the electricity bill. Asst. Prof. Dr. Ekrem Suzen emphasized that the following should be done in order to save electricity in living spaces:

- When purchasing electrical appliances, attention should be paid to the energy efficiency statements on the products. Class A power tools should be preferred.
- Even if the power button is not turned on, products such as chargers, plugged-in televisions, kitchen appliances, music systems that are left in the sockets consume electricity. Hence, unused but still plugged-in devices must be pulled out of the socket.
- New generation lighting with low energy consumption but high luminous intensity such as LED should be used.

VISIT FROM AVCILAR DISTRICT DIRECTOR OF EDUCATION TO IGU

Cevat Dervişoğlu, Avcılar District Director of Education, visited Prof. Dr. Bahri Şahin, Rector of Istanbul Gelisim University, in his office. In the meeting, issues such as carrying out studies to provide industry, university and public collaborations were discussed and project collaborations on the dissemination of vocational education were also evaluated.

SUSTAINABLE TRAININGS AND PROJECTS WILL BE ORGANIZED!

During the meeting and the protocol meeting, many issues such as education, culture, technology development, joint project construction were discussed.

Istanbul Gelisim University, which stands out with its quality education, sustainability and internationalization studies, signed a protocol with the Avcılar District Directorate of National

Education for the purpose of developing joint strategies and sharing mutual experiences. Meeting includes the following subjects;

- Realization of regular and sustainable education and projects to increase the welfare level of the society,
- Providing guidance and consultancy support to projects,
- Raising awareness and conducting seminars for the protection of the physical and mental health of individuals,
- Carrying out projects that will serve development with the Thematic Research Groups established at Istanbul Gelisim University,
- Bringing students together with the IGU Technology Transfer Office and contributing to the development of students in projects and R&D,
- Realization of project collaborations for the dissemination of vocational education,
- Developing joint strategies by creating a future mission and vision, such as providing academic support that will add value to TUBITAK (Scientific and Technological Research Council of Turkey) project applications

IGU STUDENTS WILL COMPLETE THEIR CAREER DEVELOPMENT EVERY YEAR WITH THE "INTERNSHIP FINDING TECHNIQUES TRAINING"!

Istanbul Gelisim University Career Development Center gave "Internship Finding Techniques Training" to IGU students with its "Career Development Every Year" slogan.

In the training where 4 significant topics such as academic career, self-employment, career in the private sector and career in the public sector were discussed, it was also reviewed how students can shape their career journeys.

4 DIFFERENT TOPICS HAVE BEEN DISCUSSED

Istanbul Gelisim University (IGU) Career Development Center brought IGU students together with "Internship Finding Techniques Training". The training was held on the Gelisim Tower, 17th floor. The training was given by Trainer Recep Bozan, Vice Director of IGU Career Development Center, and Tuğçe Başakçı, Career Development Specialist. In the training, where academic career, self-employment, career in the private sector and career in the public sector were discussed, the trainers made the following suggestions to the students in order to find an internship easily;

- Meet with the Peer Mentor in the departments from the first grade and participate in the training and activities organized by the Career Development Center, take part in social activities,
- Must have a good level of foreign language knowledge,

- By participating in the "Career Days" event organized by the Career Development Center, networking can be established by meeting with the leading companies and managers of the sector,
- They can make a difference in their job search by having knowledge of current issues such as finance, accounting, digital marketing and social media management,
- Up-to-date postings can be followed by registering to the "Talent Gate" and the National Internship Program of the Presidential Human Resources Office.

HONORABLE MENTION TO "SÜREÇ" FROM THE STUDENT WORLD IMPACT FILM FESTIVAL!

The short film "Süreç" directed by Berk Köse, a student of Istanbul Gelisim University, Faculty of Fine Arts, Radio, Television and Cinema Department, was awarded with the Honorable Mention at the Student World Impact Film Festival, which was held in New York, USA.

At the Student World Impact Film Festival, which brings together student films from 130 different countries of the world, the short film named Süreç shot by Ferit Doğan, a student of Istanbul Gelisim University, was awarded the "Honorable Mention" among 5000 films. The script was written by Berk Köse and Ferit Doğan together. The short film was directed by Berk Köse; produced by Berk Köse, Beyza Sude Yüksel, Buğra Cihan Çakır, Ferit Doğan, İsmail Akbal and Senanur Sevim.

The short film, whose team consists entirely of students from the Faculty of Fine Arts, Department of Radio, Television and Cinema, tells the story of a screenwriter who has achieved many successes at an early age, experiencing difficulties in production and his disconnection from reality during the writing process. "Süreç" will make its first domestic screening at Bornova Short Film Days in December. It previously had success at Lift-Off, First Time Filmmaker Sessions and Bornova Short Film Days. Buğra Cihan Çakır was the cinematographer and Ferit Doğan was the artistic director. Names such as Ferit Doğan, Beyza Sude Yüksel, Mekan Orazov, Uğur Berat Kaya and İsmail Akbal took part in the film.

BOTH MENTION AWARD AND JURY MEMBER OFFER

Berk Köse, who directed and produced his film, also received a "Student Jury Membership" offer for the "Student Films Category" from the festival. Expressing that he will experience the festival jury for the first time, he stated that the whole team is very happy for him. Köse stated that a collective production was carried out in the film, and that he sees the success they achieved as a team as a result of coming together as a group of people who listen to each other, care about each other's ideas. Köse also emphasized that they are after making original works and said that they are currently working on a horror short film.

INADEQUATE AND MALNUTRITION AFFECT MENTAL DEVELOPMENT

Istanbul Gelisim University (IGU) brings its students together with many social, sportive, cultural and artistic activities, enabling them to both learn and socialize. At the IGU Coffee Talks event held as part of the Development Workshops this week, the students discussed the

"Importance of Nutrition" with Asst. Prof. Dr. Merve Bayram. Bayram stated young people who do not have adequate and balanced nutrition experience retardation in terms of physical, mental and social development and deterioration in the immune system.

Istanbul Gelisim University (IGU) brings together students throughout the year with Artistic Development, Sportive Development, Cultural Development and IGU Coffee Talks events, contributing to their education and socialization in different fields. Students discussed the "The Importance of Nutrition" topic this week with Asst. Prof. Dr. Merve Bayram from the Department of Nutrition and Dietetics, Faculty of Health Sciences.

MALNUTRITION MUST BE AVOIDED

Nutrition means an adequate and balanced intake of essential nutrients that the body needs in order to maintain health and improve the quality of life. When there is no adequate and balanced food consumption, malnutrition occurs due to lack of energy and non-renewal of tissues. Asst. Prof. Dr. Merve Bayram: "If more nutrients are taken than the body needs, every food taken in excess becomes dangerous for health as it is stored as fat, which is defined as malnutrition. As a result of it, deterioration in people's health may occur.

THE EATING HABITS OF TEENS ARE VERY UNHEALTHY!

Eating one type of food and especially the consumption of simple carbohydrates, has become common nowadays. All foods containing refined sugar such as biscuits, candy, chocolate, cake, soft drinks, corn syrup, high fructose syrup, pasta, rice, all foods made from white flour and white flour, pastries and fruit juices are examples of simple carbohydrates. Consumption of simple carbohydrates causes blood sugar levels to rise and fall rapidly, causing fatigue, restlessness, confusion and drowsiness. Another and significant reason for inadequate and malnutrition is the consumption of industrial foods that have become widespread in the society.

Asst. Prof. Dr. Merve Bayram remarked, "Scientific studies show that our young people should be very careful about their nutrition. Since brain development continues until the age of 25, healthy nutrition is crucial for the body and brain health of young people. In young people who do not have adequate and balanced nutrition, retardation in terms of physical, mental and social development and deterioration in the immune system occur. Moreover, obesity is the biggest problem of inadequate and malnutrition and brings with it the risk of many diseases.

YOUNG GREEN CRESCENT CLUB VISITED RECTOR PROF. DR. BAHRI SAHIN IN HIS OFFICE

Istanbul Gelisim University (IGU) Young Green Crescent Club visited Rector Prof. Dr. Bahri Şahin at his office for the 24 November Teachers' Day.

IGU Young Green Crescent Club, which supports the Green Crescent activities aiming to raise awareness of the society in order to combat addictions, visited Prof. Dr. Bahri Şahin in his

office and celebrated the 24 November Teachers' Day. Aiming to raise awareness of the youth with activities to be held within the university regarding addiction, which is a universal problem, club members consulted with Prof. Dr. Bahri Şahin about what can be done about "Fight Against Addiction". Club members stated that their main goal is to make people free from addiction, good and healthy. They also stated they will accelerate their awareness-raising efforts.

THIS TYPE OF CANCER IS MOST COMMON IN MEN!

Lung cancer-related deaths, unfortunately, rank first among cancer deaths both in our country and in the world. Chest Diseases Specialist Asst. Prof. Dr. Aygün Gür made a statement within the scope of "Lung Cancer Awareness Month" to draw attention to the issue. She stated 80% of lung cancer is related to smoking.

Every year, 18 million people around the world get cancer and about 9.5 million people die because of it. Asst. Prof. Dr. Aygün Gür, a Chest Diseases Specialist from Istanbul Gelisim University Vocational School of Health Services, stated lung cancer ranks first among cancers seen in men all over the world and third in women.

LUNG CANCER IS A PREVENTABLE DISEASE

Smoking is one of the leading causes of lung cancer. Asst. Prof. Dr. Aygün Gür: "Apart from cigarettes; passive smoking and even electronic cigarettes are reported to be effective in the development of lung cancer. Moreover, environmental and occupational exposure to toxic substances such as asbestos, radon and air pollution, genetic predisposition, family history also cause lung cancer. The most effective method in the fight against lung cancer is not to start smoking in the first place. Smokers must also quit smoking at any age.

ATTENTION TO THESE SYMPTOMS!

Lung cancer occurs when normal cells in the lung tissue multiply out of control and form a tumor. The mass grows and first spreads to the surrounding tissues and to other organs such as the brain and liver through circulation. Lung cancer may not show symptoms in the early stages. Chest Diseases Specialist Dr. Aygün Gür indicated, "Symptoms such as persistent and increasing cough, coughing up blood or bloody sputum from the mouth, shortness of breath, chest pain, hoarseness, weakness, anorexia, persistent and recurrent lung infection can be seen."

For diagnosis, after the mass is detected by imaging methods such as chest x-ray and computed tomography, the way in which the sample will be taken is determined by reaching the mass. After determining the type and stage of cancer, treatment is planned. Dr. Gür: "Early diagnosis is very significant in lung cancer. It increases the chance of treatment and reduces the death rate. The treatment is planned in the light of factors such as the patient's age, clinical condition, type and stage of cancer, and one or more of the surgery, chemotherapy or radiotherapy programs are applied."

IGU FACULTY OF DENTISTRY “2022-2023 ACADEMIC YEAR WHITE COAT CEREMONY” WAS HELD

Istanbul Gelisim University (IGU) Faculty of Dentistry “2022-2023 Academic Year White Coat Ceremony” was held. Students took their first steps to become future dentists.

Istanbul Gelisim University (IGU) Faculty of Dentistry organized the “2022-2023 Academic Year White Coat Ceremony” for students who have just started the faculty this year. The ceremony, which started with a moment of silence and the National Anthem, continued with the speeches of Chairman of the Board of Trustees Abdülkadir Gayretli, Rector Prof. Dr. Bahri Şahin, Dean of the Faculty of Dentistry Prof. Dr. Mahir Günday and President of the Istanbul Chamber of Dentists Prof. Dr. Sertaç Peker. After the opening speeches, Soner Can Dinler gave a violin concert.

“SUCCESS BRINGS SUCCESS WHEN YOU ARE OPEN TO IT”

Chairman of the Board of Trustees Abdulkadir Gayretli stated the following: “As the Istanbul Gelisim University family, we are always with the student’s side. We will do everything to improve their abilities in unity and solidarity with our teachers as long as you are willing. Istanbul Gelisim University is an awareness and privilege. As the IGU family, we will continue to be with you when you graduate from the university. Some of you will become academicians and you will train students here. We always say 'Be Open to Progress'. When you are open to it, success brings success.”

“WE PREPARE OUR STUDENTS FOR THE FIELD”

Prof. Dr. Rector Bahri Şahin made a speech at the “2022-2023 Academic Year White Coat Ceremony” held for the first-grade students of Istanbul Gelisim University Faculty of Dentistry. Prof. Dr. Bahri Şahin: “Our students made the right choice by choosing Istanbul Gelisim University. Although it has been established for 3 years, our faculty with the most investment is the Faculty of Dentistry. We also opened the Dental Hospital, which is equipped with the latest technology, where our students will receive hands-on training and benefit society. We are a university that cares about quality. The department with the most internationally accredited in Turkey is our university. We are on the way to becoming a research university, which is our biggest goal. We prepare our students for the field.”

“MEDICINE IS A SACRED PROFESSION”

Dean of Faculty of Dentistry Prof. Dr. Mahir Günday, to the students: “You will graduate as a "Dentist" after 5 years. In this regard, we have created a good faculty with our valuable teachers and laboratories. In the following periods, you will perform clinical applications at the Dental Hospital. Medicine is a sacred profession. You should make an effort to learn this profession in the best way. When you wear this uniform, remember the responsibilities it entails.” Prof. Dr. Sertaç Peker, President of the Chamber of Dentists, who attended the ceremony, also wished success to the students.