

THIS FOOD SUPPLEMENT LOOKS PROMISING FOR CANCER AND OBESITY

Probiotics, also known as beneficial bacteria in the body's digestive system, also play a significant role in protecting the immune system. Istanbul Gelisim University (IGU) Specialist Dietitian Münevver Başak Onat stated that recent studies on probiotics may also be beneficial for cancer, obesity and nervous system diseases in the future.

Probiotics, which are also used as food supplements, are indispensable for gastrointestinal health. The amount of use and the whole beneficial bacteria are products that are produced in a controlled manner with fermented products and in a laboratory environment, are very crucial. Dietitian Münevver Başak Onat from Istanbul Gelisim University Faculty of Health Sciences talked about what should be considered in the use of probiotics.

"PROBIOTICS PROVIDE EASE OF USE FOR THOSE WHO CANNOT HAVE A HEALTHY AND BALANCED NUTRITION"

While winter months approach, the susceptibility to getting sick increases. Probiotics consumed in sufficient amounts have antiallergic and antimicrobial effects, while helping to regulate the flora and functions of the digestive system and strengthen the immune system. Probiotic products, which are offered for sale in forms that can be consumed quickly and do not require preparation, provide great ease of use and time savings.

Dietitian Münevver Başak Onat: "It is possible to include probiotics in our diet with sources such as fermented dairy products, fruits and vegetables. In addition, there is also the controlled production of probiotics in a laboratory environment. The high number of live microorganisms they contain makes these probiotic supplements the reason of choice for modern people and industrial societies who are away from healthy and balanced nutrition and have to turn to fast foods due to working hours and conditions. Moreover, it is very easy to include fast-consuming probiotics such as capsules, sachets and chewable tablets into daily life."

THESE MUST BE CONSIDERED WHEN CHOOSING THE IDEAL PROBIOTIC

Storage of probiotic products in the appropriate environment and temperature after purchase, and use of the recommended amount and frequency are just a few of the issues that need to be taken care of. Probiotics should not have disease-causing properties and should be sensitive to antibiotics.

Expert Dietitian Onat listed the ideal probiotic properties as follows;

- It should produce lactic acid and antimicrobial substance.
- It should be compatible with the intestinal surface.
- It must be genetically stable.
- It should be food safe and safe for clinical use.
- It must be permanent in the gastrointestinal tract.
- It must be able to tolerate acid and gall.

"SUSTAINABLE VOLUNTEERING DAY" FROM IGU

Within the scope of the "Sustainable Volunteering Day" organized by the Alumni-Members Coordinatorship and Career Development Center of Istanbul Gelisim University (IGU), executives working in non-governmental organizations met with students and graduates. Information was given to students and graduates at the stands set up by non-governmental organizations.

"Sustainable Volunteering Day" was held by Istanbul Gelisim University (IGU) Alumni-Members Coordinatorship and Career Development Center. Executives of prominent non-governmental organizations such as ICF Turkey, "İyiliğe Uçanlar", "Sosyal Ben", "Basic Needs Association (TİDER)", TEMA (The Turkish Foundation for Combating Erosion Reforestation and the Protection of Natural Habitats), "Sağlık İçin Hareket ve Değişim Liderleri" participated.

"1.3 BILLION TONS OF FOOD IS WASTED"

Istanbul Gelisim University (IGU), which works towards the United Nations Sustainable Development Goals, brought together the managers of Turkey's prominent non-governmental organizations, students and alumni as part of the "Sustainable Volunteering Day". Nil Tibukoglu, General Manager of the Basic Needs Association (TİDER) gave information about both volunteering and what needs to be done for sustainability. She stated the following: "We are an association that fights waste and poverty. We bring waste products to those in need. 1.3 billion tons of food is wasted every year in the world. These can be used in energy, however, it goes to waste. Planned production should be done to prevent waste. Awareness should be raised by reducing production. If we cannot reuse something, we should recycle it."

ASSOCIATIONS GAVE INFORMATION ABOUT THEIR ACTIVITIES

Sema Basol, Founder of the DLD Association stated the following: "We are moving forward with the aim of raising young women who know themselves and are sensitive to the problems of society. Our association works towards the 17 goals of the United Nations Sustainable Development Goals. We support young women who find solutions to the problems around them and who want to participate in social responsibility projects." Sinem Güldal, founder of the "İyiliğe Uçanlar" Association indicated: "We are an association based on volunteerism and we work for disadvantaged children between the ages of 5-15. We have high hopes for young people and we have a lot to do together. We want to carry out social responsibility projects with the aviation clubs of universities."

Arif Gürel, on the other hand, Deputy Head of TEMA Organization and Field Management Department said: Our main activities in the last period are the climate crisis. We invite everyone to volunteer to improve nature, air and quality of life.

BORDERLINE PERSONALITY DISORDER MAY BE THE REASON FOR ANGER IN ADOLESCENTS

Clinical Psychologist Asst. Prof. Dr. Haydeh Faraji from Istanbul Gelisim University (IGU) emphasized that the origin of personality disorders occurs in childhood and adolescence. She also stated that the

most prominent features of borderline personality formation and disorder are feelings of abandonment and anger.

Clinical Psychologist Asst. Prof. Dr. Haydeh Faraji from Istanbul Gelisim University Faculty of Economics, Administrative and Social Sciences, Department of Psychology: "Borderline personality traits indicate a future development of borderline personality disorder. If it is detected and intervened in young individuals, the related problems can be solved before they turn into a disorder."

EARLY DIAGNOSIS IS SIGNIFICANT

Borderline personality disorder, which is a disorder in which there is a persistent imbalance in the person's sense of identity, relationships and behaviors, causes many psychosocial and financial problems, including dysfunction in professional life and social relationships. Having a severe borderline personality trait, especially in adolescents, can negatively affect skills as they move into adulthood. Asst. Prof. Dr. Haydeh Faraji: "Emotions in borderline personality disorder (BPD) are negative, intense, and volatile. In particular, anger plays a key role in emotional lability. At the same time, borderline adolescents may seem very happy one moment, become angry, tearful or excited the next, and quickly become calmer. Determining the early manifestations of the disease at an early age is very crucial in reducing the individual and social costs of the disease.

BIPOLAR DISORDER IS MOSTLY ACCOMPANIED BY ANXIETY DISORDERS!

According to research conducted in 2018, borderline personality trait levels were significantly higher in 78% of suicidal adolescents who admitted to the emergency department. Asst. Prof. Dr. Faraji: "Borderline personality disorders are accompanied by various disorders such as anxiety disorders, mood disorders, eating disorders, alcohol/substance abuse and addiction. The disorder is mostly accompanied by anxiety disorder. At the same time, people with borderline disorders receive less educational qualifications since they receive more treatment than those with other psychiatric disorders. Therefore, more unemployment problems are encountered."

THIS WEEK'S SPORTIVE DEVELOPMENT ACTIVITY WAS ZUMBA!

Students joined Zumba class with Lect. Duygu Koca at the Sportive Development event held within the scope of Development Workshops.

Istanbul Gelisim University's Artistic Development, Sportive Development, Cultural Development and IGU Coffee Talks events bring students together throughout the year, enabling them to both receive education and socialize in different fields. With the training given by Lect. Duygu Koca within the scope of Sportive Development on Wednesday, October 26th, students had a pleasant time.

"ZUMBA POSITIVELY AFFECTS PHYSICAL AND MENTAL HEALTH"

Zumba, which has a positive effect on physical health in a short time by combining dance and fitness exercises with Latin music and world music with its exciting, dynamic and regular practice, also contributes to the socialization of people. Lect. Duygu Koca stated, "Students loved the Zumba exercise. Their interests and positive energies were at the forefront. A healthy life starts with sports. Zumba has a positive effect on physical and mental health.

If attention is paid to a balanced diet, calories are burned with Zumba and both weight control is achieved and people have a great time.

IGU WON THE BLUESKY AWARDS ONCE AGAIN

Bluesky Awards, one of the significant awards of the aviation industry, announced the 2022 winners. Winning the "Aircraft Engineering Department of the Year" and "Aviation Green Innovation Project of the Year" awards, Istanbul Gelisim University (IGU) added a new one to its achievements in the aviation field.

Bluesky Awards, the organization of aviation awards, announced the results of 2022, in which it evaluates institutions and organizations that aim to raise the standards of product and service offerings in the aviation industry. Istanbul Gelisim University, which was deemed worthy of 4 awards by the Bluesky Awards in 2021, won both the "Aviation Green Innovation Project of the Year" award with its "Bio-Based Jet Fuel Production by Transesterification of Nettle Seed" project and the "Aircraft Engineering Department of the Year" award this year.

THEY BRING SUSTAINABILITY TO AVIATION!

Air transport and travel, vital in a globalized world, connect people and businesses across continents. The issue of global climate change, which has become more prominent recently, has focused attention on the CO2 emission volumes of aircraft. The project titled "Bio-Based Jet Fuel Production by Transesterification of Nettle Seed", in which Asst. Prof. Dr. Sinem Gürkan Aydın is the project manager, and the project team includes Asst. Prof. Dr. Arzu Özgen and Oktay Polat, will contribute to the targets of reducing emissions against global problems.

IT WILL CONTRIBUTE TO GOALS REDUCING EMISSIONS AGAINST GLOBAL PROBLEM

Asst. Prof. Dr. Sinem Gürkan Aydın stated the following: "Aviation is expected to need approximately 450-500 million tons of sustainable aviation fuel by 2050. Greenhouse gases produced from the fuels used in flights negatively affect global climate change when released into the atmosphere. Aviation is likely to need around 450-500 million tons of sustainable aviation fuel per year by 2050. This can be achieved with strong sustainability criteria. Jet fuels produced using renewable bio-based are important for the aviation industry. In our project, we made biojet fuel, which is produced using nettle seed oil, a sustainable resource, a candidate product for development and commercialization."

The winners of the "Aviation Achievement Awards" and "Aviation Project Awards" will receive the Bluesky Awards on November 26.

Please [click](#) here to see Bluesky Awards 2022 winners.