

VITAMIN D DEFICIENCY MAY BE THE CAUSE OF YOUR UNHAPPINESS!

We say goodbye to sunny days, as days pass. The sun's rays, which are the biggest source of vitamin D, help protect people from depression. Asst. Prof. Dr. Ayse Huri Ozkarabulut stated that vitamin D deficiency increases the risk of many diseases.

Vitamin D taken with food constitutes 10% of the total vitamin D in the body. Asst. Prof. Dr. Ayse Huri Ozkarabulut from Istanbul Gelisim University (IGU) Health Sciences Faculty Nutrition and Dietetics Department remarked the following: Egg yolk, beef liver and fish oil are the best-known sources of vitamin D. 90% of the vitamin D in the body is synthesized in the skin under the effect of sunlight.

VITAMIN D DEFICIENCY INCREASES THE RISK OF MANY DISEASES

Most of the vitamin D needed by the body is obtained from sunlight. With the winter months approaching, paying attention to the level of vitamin D in the blood these days is necessary. Asst. Prof. Dr. Ayse Huri Ozkarabulut indicated, "There is a link between vitamin D deficiency and an increased risk of many diseases. For instance, cancer, cardiovascular diseases, osteoarthritis and autoimmune diseases, even type-2 diabetes and depression are linked to vitamin D deficiency. It has been determined by research that the sun's rays protect a person from depression. Sun rays reduce melatonin secreted by the brain and increase serotonin, which is known as the happiness hormone.

VITAMIN D IS PRODUCED 75% LESS IN THE ELDERLY

The level of vitamin D varies according to exposure to sunlight, the altitude of the region above sea level, the density of pigmentation in the skin, age, and the amount of vitamin D taken with nutrition. Lifestyle, age, race and other factors pose a risk for vitamin D. According to a study, it is estimated that 40-100% of people over 65 years old in America and Europe have vitamin D deficiency. Asst. Prof. Dr. Ayse Huri Ozkarabulut, "Low vitamin D level has been found together with dementia and other cognitive diseases. In clinical studies, it has been determined that although the elderly are regularly exposed to the sun, their skin produces 75% less vitamin D than young people. Moreover, numerous studies show a link between vitamin D deficiency and obesity."

BE CAREFUL IF YOU FEEL TIRED AND EXHAUSTED!

People with digestive system diseases (for example, Crohn's, celiac and other intestinal diseases) are faced with low vitamin D levels. These diseases cause difficult absorption of vitamin D from food sources. If there is a vitamin D deficiency, muscle and bone pain, fatigue, weakness and depression can be seen. Asst. Prof. Dr. Ozkarabulut also added, "The most well-known symptom in children is rachitism, which occurs in the form of leg curvature. In adults, it is osteomalacia that occurs with an easy bone fracture. The standard treatment for vitamin D deficiency is supplementation. Despite being given the right foods, most scientists think that food cannot compensate for the deficiency. If vitamin D is taken excessively, it can cause poisoning. Furthermore, staying in the sun for a long time increases the risk of skin cancer as well.

SUSTAINABILITY-THEMED COLOR AND PAINTING EVENT WITH KINDERGARTEN STUDENTS WAS HELD

Under the leadership of Istanbul Gelisim University (IGU) Faculty of Fine Arts (FFA) Interior Architecture and Interior Architecture and Environmental Design Departments, the "Color and Painting Activity with Sustainability Theme with Kindergarten Students" project was carried out with children aged 5-6 years studying at Private Seyrantepe Masal Ağacı Kindergarten.

The "Color and Painting Activity with Sustainability Theme with Kindergarten Students" project is held between 20 September 2022 - 23 November 2022 as two different workshops and an exhibition. The project of IGU, which set out with the slogan "Places Become Colorful with Children", aimed to support the development of children's visual perceptions and to raise awareness of sustainability, was carried out on September 20, 2022. Education and painting activities were held with 5-6 year old children studying in kindergarten.

CHILDREN'S WORKS WILL BE EXHIBITED ON 23 NOVEMBER

Organized by Istanbul Gelisim University (IGU) Faculty of Fine Arts (FFA), the "Color and Painting Activity with Sustainability Theme with Kindergarten Students" project was held, in which the lecturers of the Interior Architecture, Interior Architecture and Environmental Design Departments took part as educators. In the project, which aimed to strengthen the visual perceptions of children with color, form, line and texture studies through interior visuals, an informative presentation was made about the concept of "sustainability" and "sustainable materials" before the workshop. The event, which was held with children aged 5-6 years studying at the Private Seyrantepe Masal Ağacı Kindergarten, it is aimed to raise awareness of children about energy and the resources of the world and to inform them about sustainable materials that can be used. The second event will be held on October 5, 2022. On 23 November 2022, an exhibition with children's works and event photos will be opened at Istanbul Gelisim University Art Gallery.

TALES IMPROVE CHILDREN'S SOCIAL COMMUNICATION SKILLS

Tales, which have been transmitted in different ways for centuries, also ensure that social feelings and behaviors continue for generations. Assoc. Prof. Dr. Nezire Gamze Ilıcak and Asst. Prof. Dr. Fatih Bal from Istanbul Gelisim University stated that with their studies, fairy tales increase children's social communication skills and are guiding for children.

Childhood is one of the periods when the child's perceptions are most clear. Just as the child imitates his/her parents in social skills, s/he also takes the behaviors and sees them as role models. Assoc. Prof. Dr. Gamze Ilıcak from Istanbul Gelisim University (IGU), Faculty of Economics, Administrative and Social Sciences, Department of Turkish Language and Literature and Asst. Prof. Dr. Fatih Bal from the Department of Psychology, stated fairy tales improve the language skills of the child, it also creates an awareness in the child against national and universal values based on culture.

TALES PREPARE CHILDREN FOR THE FUTURE!

The studies conducted by Assoc. Prof. Dr. Gamze Ilıcak and Asst. Prof. Dr. Fatih Bal Istanbul Gelisim University with 32 children aged 4-6 who were educated in kindergarten revealed surprising results. It was observed that tales gained social skills in children who were given "Tale Therapy" for 15 days, and

thus contributed to healthy communication in the socialization process, particularly in bilateral relations. Stating that fairy tales have a positive effect on the psychology and development of the child in this respect, Asst. Prof. Dr. Fatih Bal indicated, "Fairy tale is an educational and entertaining genre that directs the life of its reader/listener, guides the person to goodness and truth. Fairy tales are products that are guiding especially for children. Childhood is the most significant period in which the individual's view of the world and his/her personality begin to form. The positive completion of the child's linguistic, physical, spiritual and mental development also affects his/her future life. Therefore, fairy tales prepare children for the future."

SOCIAL COMMUNICATION SKILLS DEVELOP IN THE KINDERGARTEN PERIOD

Stating that there is a strong connection between the fairy tale and the child, Assoc. Prof. Dr. Gamze Ilicak remarked, "Through fairy tales, children learn right from wrong, good and bad, reward and punishment. In addition, words such as idioms and proverbs in fairy tales also contribute to the expansion of the listener's/reader's language repertoire. It can also be said that the motifs in the fairy tales play a guiding role at the point of the plot. Social communication skills are skills acquired through education. Learning these communication skills at an early age will contribute to the development of the child."

CHILDREN WHO FEEL ADAPTABLE TO THE SOCIAL ENVIRONMENT, DEMONSTRATE THEIR POTENTIAL AT THE HIGHEST LEVEL

Asst. Prof. Dr. Fatih Bal, on the other hand, said, "There is a real connection between fairy tales and psychology. Children's social communication skills can be observed better in the kindergarten period when they join the first social group. The school period is much more crucial as they are mostly in touch with technological devices and only their parents before they start school. Since fairy tales are directly related to one's attention and perception skills, children's social communication skills can be supported by fairy tales during the school period. In this way, if the child is identified with the bad in the process of listening to the tale, s/he will feel the comfort of destroying the evil in him/her at the end of the tale. If s/he is identified with the good, s/he will enjoy the victory and will apply these in his/her behaviors."