

EARLY INFLUENZA PANDEMIC MAKES PEOPLE SCARED

As the seasonal transitions took effect rapidly, infectious diseases such as the common cold began to emerge. Tugba Türkcan, Nutrition Specialist of Istanbul Gelisim University, talked about the ways to be protected from flu-derived diseases, which have increased particularly in recent days.

While the sudden changes in air temperatures and seasonal changes have taken their effect recently, the risk of catching diseases such as colds has also increased. Emphasizing that protecting against infectious diseases is strengthening immunity, Istanbul Gelisim University Nutrition Specialist Res. Asst. Tugba Türkcan explained how often vitamins should be used while giving an immune-enhancing soup recipe.

STRESS AND ANXIETY WEAKNESS IMMUNITY!

The epidemic, which spreads faster in environments where the use of masks is reduced, manifests itself with symptoms such as nasal flow, cough and fever. Tugba Türkcan, Nutrition Specialist from Istanbul Gelisim University Faculty of Health Sciences, Department of Nutrition and Dietetics, stated immune system fights everything from the common cold to serious conditions such as cancer and added the following:

“Some additional ways to enhance your immune system are to eat well, be physically active, maintain a healthy weight, get enough sleep, not smoke, and avoid excessive alcohol use. At the same time, reducing stress and anxiety is key to immune health. Drinking water is also very crucial for the immune system, as always. Vitamin C-rich ingredients should be consumed to reduce the duration of the common cold. Therefore, you should include fruits such as oranges and strawberries in your diet, as well as foods such as tomatoes, broccoli and spinach.”

The most significant way to strengthen the immune system is to take the vitamins in fruit, vegetables and meat products into the body through natural nutrition. Moreover, vitamins such as C, D, and Zinc, which should be taken under the control of a doctor during periods of illness, are also known to shorten the healing process of the disease.

A CURE-ALL: CHICKEN BROTH SOUP

Stating that chicken broth soup supports the immune system as it contains vitamins A and C, magnesium, phosphorus and antioxidants that help strengthen the immune system, Nutritionist Türkcan gave a recipe for immunity-enhancing soup that can be easily made at home during illness.

Ingredients

3 tablespoons of olive oil

1/2 large onion (sliced)

1/2 cup carrots (sliced)

1/2 cup celery (sliced)

1 large deboned chicken breast (cut into small pieces)

2 cloves of garlic

5 cups chicken broth

1-1/2 teaspoons thyme

5-6 leaves of spinach

1 handful of beans

Preparation

Heat the oil in a saucepan. Add the carrot, celery, onion, and chicken and cook over medium heat until the chicken is browned, about 3-4 minutes. Add garlic and cook for 1 more minute. Mix in chicken broth and thyme. Let it simmer for about 5 minutes, stirring occasionally until the chicken is fully cooked. Add the spinach and beans to the pot and cook for another 5 minutes until the beans are tender.

TRANSFORMATION AND DEVELOPMENT MOBILITY IN THE KITCHEN STARTED WITH “MINIMAL KITCHEN TRAININGS”

The first of the "Transformation and Development in the Kitchen: Minimal Kitchen Trainings" hosted by Istanbul Gelisim University was held recently. In the event, which introduced the children in the 7-12 age group to the field of gastronomy. It was also ensured that the children were conscious of issues such as zero waste management and recycling.

The first of the Transformation and Development in the Kitchen: Minimal Kitchen Trainings, which was held under the leadership of Istanbul Gelisim University Fine Arts Faculty, Radio Television, Cinema and Gastronomy and Culinary Arts departments, was held on 1 October. Children in Bahçelievler Şeyh Zayed Child Home Complex participated in the training, which will also be held in November and December.

CHILDREN ARE ALSO AWARE OF ZERO WASTE AND RECYCLING

The first of the Transformation and Development in the Kitchen: Minimal Kitchen Training was held in cooperation with Istanbul Gelisim University (IGU), Faculty of Fine Arts, Radio, Television and Cinema Department & Gastronomy and Culinary Arts Department and Bahçelievler Şeyh Zayed Children's Houses Site for children with limited opportunities to enter social environments.

Along with the project, which aims of ensuring that children are involved in the production process, children were made aware of the value of producing, while raising awareness on issues such as zero waste and recycling. In the event held in Istanbul Gelisim University Block C Gastronomy Kitchen, children prepared cookies using natural coloring methods and molds in different shapes. The next event of the project, in which the students of the Department of Radio, Television and Cinema and the Department of Gastronomy and Culinary Arts participated voluntarily, will be held on October 22.

IGU STUDENTS STARTED THE NEW ACADEMIC YEAR WITH "WELCOME FEST 2022"

Istanbul Gelisim University, advancing with the vision of a research university, welcomed the 2022-2023 academic year with "Welcome Fest 2022". Standing out with its quality education and sustainability efforts, Istanbul Gelisim University (IGU) welcomed the 2022-2023 academic year with "Welcome Fest 2022".

In the festival, which was prepared in accordance with the Sustainable Development Goals, the students made a good start to the new academic year with live music, DJ performance, various games and competitions.

STUDENTS HAD A GOOD TIME AT THE FESTIVAL

Istanbul Gelisim University (IGU), which is included in the 2022 ranking of the world's leading higher education rating agency Times Higher Education (THE), ranks 16th in the world and 1st in Turkey in the "Quality Education" category in line with the United Nations Sustainable Development Goals. Moving forward with the vision of a research university, IGU both supports sustainability and offers living spaces for all living things. Starting the 2022-2023 academic year, Istanbul Gelisim University (IGU) students had a fun time with live music, DJ performance, various games and competitions.

"WE PROTECT THE ENVIRONMENT BY CONTRIBUTING TO RECYCLING AND WE OFFER A HAPPY LIVING SPACE TO STRAY ANIMALS"

Welcoming the new academic year with the "Welcome Fest 2022" prepared in accordance with the "Healthy and Quality Life", "Quality Education" and "Terrestrial Life" categories of the Sustainable Development Goals, IGU once again showed that it attaches great significance to ecological balance with the activities carried out in the festival area. The food and water containers placed for stray animals both in the festival area and in the faculties received full support from the students as well. IGU supports the project of giving cat and dog food in exchange for plastic waste, organized by Avcılar Municipality, with recycling bins placed in faculties. Stating that they have implemented plastic waste bins, Abdülkadir Gayretli, Istanbul Gelisim University Chairman of the Board of Trustees, indicated the following: "As Istanbul Gelisim University, we attach great importance to sustainability. We put boxes at certain points of our university for plastic waste. Our students, academicians and administrative staff will throw their plastic waste into these boxes, and we will buy cat and dog food in return for the plastic waste we collect. In other words, we both protect the environment by contributing to recycling and offer a happier living space for stray animals."

IGU 2022-2023 ACADEMIC YEAR OPENING CEREMONY WAS HELD

Istanbul Gelisim University (IGU) 2022-2023 academic year Opening Ceremony was held. Rector Prof. Dr. Bahri Şahin, who made the opening speech, stated that IGU is advancing with the vision of a research university.

Istanbul Gelisim University (IGU) 2022-2023 academic year Opening Ceremony was held on 4 October. The ceremony, which started with a moment of silence and the Turkish National Anthem, continued with the opening speeches of Rector Prof. Dr. Bahri Şahin and Abdülkadir Gayretli, Chairman of the Board of Trustees. University Climate Ambassador Emir Dişçeken and Student Council President Talat Canberk Ötumlu also made speeches. Participating in the ceremony, TÜBA (Turkish Academy of Sciences) President Prof. Dr. Muzaffer Şeker held the opening lecture of the new academic year on "Interaction of Science Disciplines".

“OUR PRIORITY IS TO DEVELOP THEMATIC RESEARCH AREAS”

Stating that internationalization is very significant for a university, Rector Prof. Dr. Bahri Şahin also remarked the following: “We are the university with the highest number of internationally accredited programs in Turkey. We want to accredit all our departments by increasing this number. Our university has a high number of international students and academicians. We will continue the success of our university. We have also implemented university and industry collaborations. It is very crucial for us to establish cooperation between the industry in our region and our university. We support renewable energy sources and we will pursue to support them as IGU. Our priority in the upcoming period is to develop thematic research areas. We will expand our vision of being a research university with our Satpark, Technopark and Sociopark structuring efforts.”

“WE WORK TOGETHER AND FOCUS ON SUCCESS”

Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University, stated, “We need to work together for quality education and quality generation. I consider all of our students as my own children. Their success is very crucial for all of us, for our future. We must focus on success by working together for quality life, quality education and quality generation.” TÜBA (Turkish Academy of Sciences) President Prof. Dr. Muzaffer Şeker gave the opening lecture of the new academic year on "Interaction of Science Disciplines". Şeker talked about the change of the world from the Industrial Revolution to Industry 4.0. He also added the following: “New technologies are advancing at a pace that humanity is not sure it can handle. The digital revolution is creating tensions between privacy, freedom and security. It is on the agenda to predict the potential outputs and effects by directly considering the application areas that are expected to provide solutions with the emerging technology trends.”

18 MILLION CHILDREN MAY BE AT RISK!

Illegal processing of unused electronic devices (e-waste) puts the health of children, teenagers and expectant mothers around the world at risk. Asst. Prof. Dr. Emre Gündoğdu from Istanbul Gelisim University stated that the health of children and pregnant women are at risk due to e-waste exposure.

E-waste, which creates a new business area thanks to the precious metals and mines it contains, causes both human and environmental health problems due to inappropriate disposal methods. As the World Electronic Waste Day approaches, Asst. Prof. Dr. Emre Gündogdu from the Department of Political Science and International Relations at Istanbul Gelisim University evaluated the situations that arise in the transformation activities of digital waste. According to the World Health Organization (WHO) report on toxic threats from digital waste, there is a direct link between e-waste recycling activities and health problems.

ILLEGAL PROCESSING OF UNUSED ELECTRONIC DEVICES IS DANGEROUS

E-waste, which covers almost every household or work item with a power cable, battery, electrical components or circuit, is crucial in the recycling process. Asst. Prof. Dr. Emre Gündogdu emphasized the increasing threat to children's health of the World Health Organization's (WHO) "Digital Waste" research and added the following:

"According to the report titled "Children and Digital Waste: E-waste Exposure and Child Health" published by the World Health Organization (WHO) on the toxic threats from digital waste, the health of children, young people and expectant mothers around the world is at risk due to illegally using electronic devices. Informal methods of extracting precious metals from these wastes in the recycling process of e-waste especially negatively affect children, young people and pregnant women who are in critical stages of their physical and neurological development. At the same time, approximately 18 million children and adolescents and 12.9 million women working in landfills are likely to be at risk from health problems associated with e-waste recycling."

Stating that this report is also a call to action to prevent children from being exposed to risks arising from harmful e-waste activities, Asst. Prof. Dr. Emre Gündogdu underlined that governments should take binding initiatives to ensure the safety of those operating in the process of eco-friendly recycling of e-waste.