

OZONE THERAPY KILLS BACTERIA AND VIRUSES!

We often hear about ozone therapy, which is used in many areas. It is used in many areas from rheumatic and joint problems to skin care. Orthopedics and Traumatology Specialist Assoc. Prof. Dr. Aydın Arslan stated that ozone therapy strengthens the immune system and kills bacteria and viruses.

As the weather starts to get cold, many people try different methods to keep their immune system strong and not get sick. Assoc. Prof. Dr. Aydın Arslan, from Istanbul Gelisim University (IGU) Faculty of Health Sciences Department of Orthopedics and Traumatology, stated that ozone therapy strengthens the body's immunity by meeting the oxygen needs of the cells and increasing blood circulation.

“OZONE THERAPY IS WIDELY USED”

The use of ozone gas, which is one of the most significant elements for human health, in the most beneficial way for the body is called ozone therapy. It is aimed to reach a healthy circulation level by increasing the oxygen input to the diseased or damaged areas. Assoc. Prof. Dr. Aydın Arslan: “Ozone therapy has a very common usage area. It is frequently applied to strengthen the immune system, eliminate rheumatic and joint problems, reduce pain caused by low back and neck hernia, strengthen body resistance, treat wounds and burns, and remove acne, spots and disorders on the skin.

There are several methods of ozone therapy, such as injecting into the muscle outside the direct blood pathway or applications on open wounds.

“IT CAN BE APPLIED BEFORE THE DISEASES TO KEEP THE PERSON NOT GETTING SICK”

The body's natural defense mechanisms are trying to maintain the body balance by fighting harmful oxidants caused by edible foods, breathing air, stress and harmful habits. The weakened defense mechanisms cause a decrease in oxygen in the tissue, the deterioration of cells and the development of diseases, thus weakening the immune system. At this point, ozone therapy strengthens the body's immunity by meeting the oxygen needs of the cells and increasing blood circulation. With ozone therapy, which has no side effects, direct treatment of diseases can be done. Assoc. Prof. Dr. Arslan said, “Ozone therapy can be applied before the diseases, so that the person does not get sick. Much more serious diseases that may occur in the future in the vital functions of the person can be prevented. Ozone therapy strengthens immunity as follows:

- Ozone activates and strengthens the body's natural defense mechanism and gives oxygen to the cells,
- Increases the oxygen capacity of the blood,
- Accelerates blood circulation,
- Activates the immune system,
- Kills bacteria and viruses.

TUSI, DESIGNED BY IGU, AT MUSIAD EXPO 2022 FAIR

Flying Car Project TUSI, designed and manufactured by Istanbul Gelisim University (IGU) Technology Transfer Office (TTO), is participating in the MUSIAD (Independent Industrialists and Businessmen's Association) EXPO 2022 Fair held between 2-5 November. While the opening was made by the leading figures of the political world such as the Minister of Treasury and Finance Nureddin Nebati and the Minister of Commerce Mehmet Muş, many companies from the business world took their place in the fair.

MUSIAD, which aims to develop trade, is working to increase the place of both Turkey and the business world in the world market. 600 companies from 24 sectors take part in the fair, which was opened to participants and visitors at TÜYAP Istanbul Fair and Congress Center between 2-5 November. The Flying Car Project TUSI, designed by Istanbul Gelisim University (IGU), Technology Transfer Office (TTO) took its place at the fair.

ZIHA (AGRICULTURAL UNMANNED AERIAL VEHICLE) DRONE

The construction of the Flying Car Project TUSI, which was exhibited at the MUSIAD EXPO 2022 Fair, started in 2018. It was developed by Turkish engineers and students within the body of Istanbul Gelisim University Technology Transfer Office. IGU stands out with its R&D studies conducted by food, energy, aviation, cyber security, health, robotics, materials and artificial intelligence technology groups, in which students and academics work. ZİHA Agricultural Unmanned Aerial Vehicle drone is also among its major projects. Aiming to use ZIHAs in the field of agricultural efficiency, IGU is working to provide increased flight time and useful load-carrying capacity by supporting it with artificial intelligence.

The IGU stand attracted great attention at the MUSIAD EXPO 2022 fair. Istanbul Gelisim University Rector Prof. Dr. Bahri Şahin attended the fair and stated that he always supported the university's research and development studies and breakthroughs in science and technology. Visitors received ideas about TUSI, international student admission, technological investment and cooperation.

FAMOUS CHEFS MET WITH IGU STUDENTS!

The GastroTalks conversations, which was held for the fourth time this month, was held with the participation of chefs from Istanbul's famous kitchens. Explaining what the students of the Gastronomy Department should do when they start their careers, the chefs also touched on what the companies they work with pay attention to in their kitchens.

GasroTalks 4, hosted by Istanbul Gelisim University Gelisim Vocational School Pastry and Bakery Program, was held with the participation of Executive Chef Özgür Üstün, Head Chef Okan Aydemir, Executive Chef Arif Madakbaş, Executive Chef Şafak Erten and Executive Chef Mehmet Faruk Yardımcı. In the conversation, the chefs talked about the difficulties they faced when they started their career and gave advice to the students.

“ENHANCE YOURSELF WITH SKILLS THAT CAN DISTINGUISH YOU FROM YOUR COMPETITORS!”

The GastroTalks 4 conversation, held at Mehmet Akif Ersoy Conference Hall, started with the opening speech of Lect. Ibrahim Levent Demircakmak from Istanbul Gelisim University Gelisim Vocational School. Executive Chef Ozgur Ustun, Head Chef Okan Aydemir, Executive Chef Arif Madakbas, Executive Chef Mehmet Faruk Yardımcı and Executive Chef Safak Erten, who work in the prominent kitchens of Istanbul, attended the event. Students had the opportunity to ask the chefs questions about their professional life.

In the conversation, the chefs stated to the students that they had many rivals, particularly in their professional lives. They emphasized that they must have plus skills in order to distinguish themselves from their competitors. Chefs also talked about the issues that cook candidates should pay attention to in the recruitment process. They underlined that in addition to the professional development process, they should definitely improve their foreign language.

THERE MAY BE A NEW CONNECTION BETWEEN THE BRAIN AND THE SPINAL CORD

Physiotherapist Gülsah Konakoglu found that there may be a new connection between the vagus, which is the longest nerve in the body that provides the connection between the brain and the internal organs, and the corticospinal that controls motor movements in the brain. Konakoglu also added, "If this information can be proven scientifically, it will lead to a whole new era."

A new research thesis has been put forward on the vagus, also known as vagus nerve, which is the longest nerve in the body. It is considered that the vagus, which provides communication between the brain and internal organs and allows the organs to work healthier and more regularly, may have a connection with the corticospinal in the brain, which are responsible for controlling the motor movement in the opposite half of the body. It is expected that Physiotherapist Gülsah Konakoglu will take place as a new knowledge in science with her research for her doctoral thesis.

Gülsah Konakoglu from Istanbul Gelisim University, who conducted research on the doctoral thesis titled "The effect of vagus nerve stimulation on EEG and EMG measurement in healthy people", concluded that there may be a connection between the stimulation of the vagus nerve and corticospinal methods as a result of her reports on 90 people. Stating that they were surprised by the results of the studies they started for the measurement, Gülsah Konakoglu gave detailed information about her research, which could be a new finding.

Speaking primarily about the importance of the vagus nerve, Gülsah Konakoglu indicated, "The vagus nerve is the longest nerve in the body that provides a connection between the brain and internal organs. Therefore, it ensures the proper functioning of the internal organs. It is also known as the vagabond nerve. The stimulation of the vagus nerve is normally done by the body itself and the organs work in a balanced way. However, our body may sometimes not be able to perform that stimulation due to autonomic nervous system dysfunctions, that is, stress-related disorders. In such cases, therapeutic methods can be used to stimulate the vagus nerve. These are surgical procedures. Non-invasive methods can also be performed other than surgery. Surgical methods have complications. Since it is simple and cheap, non-invasive methods have come to the fore in recent years."

"STIMULATION FROM THE EAR REVEALED THE CONNECTION"

The ear, which is usually the only connection of the vagus with the outside, is preferred as the method. Hence, the people who participated in the research were stimulated from the ear. She also added the following about the thesis:

"Noninvasive methods, especially those stimulated by the ear, are more prominent. Because there are fewer side effects. In our study, we also performed an ear stimulus. In other words, we stimulated the vagus nerve by ear. When we examine at the researches, we have always been stimulated from the left ear due to the possibility of cardiac side effects. We have made it from different ears.

We divided the participants into three groups of 30 people. One group is stimulated from the left ear, one group from the right ear, and the other group from both ears. The results we obtained were interesting. After performing this stimulation, we evaluated the effect of stimulation with EEG and EMG measurements we performed before and after. When we analyzed the results, we were especially surprised by the EMG results, because we found we detected an increase in activation on the right side of the body in the group we stimulated from the left ear. In the group we stimulated from the right ear, we detected an increase in activation on the left side of the body. Lastly, we found that there was an increase in activation of the muscles on both sides of the body in the group we stimulated from both ears. One side of the brain controls motor movements on the opposite side of the brain. Therefore, the results we obtained suggest that the vagus may be connected by corticospinal. Scientifically, it is not known whether there is such a connection. However, there is so much unexplored space in the brain. If future studies can prove this, this information will be a brand new breakthrough in science. "

"IT WILL BE SHARED WITH THE SCIENCE WORLD SOON"

Konakoğlu said that the study, which was taken from a prestigious science journal in Q1, will soon share with the scientific world and that this connection may be of great importance in the treatment of very different diseases in the future. Konakoglu: "When the vagus nerve is not stimulated enough, it causes autonomic nervous system dysfunctions. Stress-related disorders are one of them. Our internal organs are not functioning properly. Because the connection between the brain and our organs is disrupted. This can be counted mostly in diseases of psychosomatic origin. It can trigger fibromyalgia, migraine, parkinson and even cause cancer from rheumatological diseases. Regular stimulation of the vagus is extremely significant for our internal organs. We know that this new link that we have uncovered will be used in the treatment of many diseases in the future. I am happy that our work will give results and that we add value to science."

SCIENCE AND ADVISORY BOARD MEETING WAS HELD

The Science and Advisory Board Meeting, which evaluated the innovative and technological developments in sports and the cooperation of the Istanbul Provincial Directorate of Youth and Sports for 2021-2022 was held on November 3 at the Istanbul Gelisim University Tower campus. Istanbul Provincial Director of Youth and Sports Prof. Dr. Burhanettin Hacicaferoglu also participated.

The meeting, which was hosted by Istanbul Gelisim University School of Physical Education and Sports, was attended by the principals of the School of Physical Education and Sports in Istanbul, the deans of the Faculty of Sports Sciences, the principals of the Vocational School and their representatives. At the meeting, many topics such as university collaborations, volunteering and social work in the field of Sports Sciences and school sports activities were discussed.

INNOVATIVE AND TECHNOLOGICAL DEVELOPMENTS IN SPORTS WERE EVALUATED

The Science and Advisory Board Meeting, which evaluated the innovative and technological developments in sports and the cooperation of Istanbul Provincial Directorate of Youth and Sports for 2021-2022 was held on November 3 at the Istanbul Gelisim University Tower campus. The opening was made by Prof. Dr. Bahri Şahin, Istanbul Provincial Youth and Sports Director Prof. Dr. Burhanettin Hacicaferoğlu and School of Physical Education and Sports Manager Assoc. Prof. Dr. Mehmet Soyal.

The agenda items of the meeting were as follows;

1. Youth and sports activity suggestions of the Provincial Directorate of Youth and Sports Science and Advisory Board in Istanbul,
2. Developing volunteering and community service practices in the field of Sports Sciences,
3. Organizing professional development seminars for personnel working in youth and sports provincial and district directorates,
4. Evaluation of innovative and technological developments in sports,
5. Students studying in the field of Sports Sciences were recommended to make examinations from the perspective of administrators, coaches and athletes by conducting on-site examinations during the period when school sports activities started.

SUSTAINABILITY WAS REFLECTED IN ART, STUDENTS USED OLD MAGAZINES AND NEWSPAPERS

The Development Workshops, which bring students together with pleasant, instructive and fun activities, pursue without slowing down. Istanbul Gelisim University, which came to the forefront with the importance it attaches to sustainability, brought sustainability to the arts with its "Sustainable Collage Workshop", one of the events organized within the scope of Development Workshops this week. In the trainings given by Lect. Şermin Tepe, topics such as the use of materials and composition design were emphasized.

“OUR AIM IS TO USE RECYCLABLE MATERIALS”

Collage works, which help different artistic works to emerge, are also one of the most applied techniques. Lect. Şermin Tepe, from Istanbul Gelisim University Faculty of Fine Arts, stated that collage works made of magazine pictures, photographs, fabrics and similar materials can also be very effective for sustainability.

Lect. Tepe: “We used recyclable materials in the Sustainable Collage Workshop that we organized within the scope of Development Workshops. In this way, we have reintroduced recyclable materials into art. In the workshop, we carried out poster work on two-dimensional surface with our students. While creating our study, we used recyclable materials such as newspapers, magazines, etc. ”

IT GIVES AN AESTHETIC PERSPECTIVE!

Collages, which can reveal original designs and artistic products in project development for the ability to research, discover and establish hand-eye coordination for daily life, have opened a new field with sustainable products. Stating that collage works have a great impact on the development of hand skills and creativity, Şermin Tepe underlined that sustainability studies can be applied in the field of art as well as in every field. Lect. Tepe said, "Collage studies provide a method of expressing oneself with different objects and give an aesthetic perspective. Hence, a number of objects we use in daily life can be used in collage technique without material limitation."