

HOW TO MAKE ASHURA RECIPE

With the arrival of Muharram month, Lecturer Chef Kemal Sahanlık shared the ashura recipe that can be made practically by anyone and gave his tricks.

The day of Ashura, which is the tenth day of Muharram, falls on August 8 this year. The most tiring part of ashura, which has a recipe that can be made by anyone, is that it takes some time. Kemal Sahanlık from the Department of Gastronomy and Culinary Arts at Istanbul Gelisim University, who shared a recipe for the ideal intensity, which basically includes wheat, rice, chickpeas, dried beans, sugar and water, also shared practical information and tricks.

Lecturer Chef Kemal Sahanlık reminded us that time can be saved by using the legumes that are boiled in the markets for ashura and the wheat that is boiled and put in the freezer for later use.

Ingredients:

The ingredients given for the Ashura recipe are listed as follows:

- 2 cups wheat
- 2 tbs. rice
- 2 cups chickpeas
- 2 cups boiled beans
- Dried apricots- dried figs- raisins (150 gr)
- 1,5 cups milk (optional)
- 3 cups sugar
- 3-4 pieces cloves
- A handful of hazelnut (the amount may be increased or reduced, it is optional.)
- Seasonal fruits can also be used additionally, it is totally optional.

TIPS TO AVOID BLURRED COLORED ASHURA

Before the detailed recipe, Chef Kemal Sahanlık shared some tricks for those who want the color of ashura not to be blurred: "If the water is changed several times as it becomes blurred while boiling the wheat, transparent color is obtained. If the dried fruits to be used are soaked in hot water and filtered beforehand, it can be ensured that the dessert color does not deteriorate. It is necessary not to stir constantly while cooking the ashura, otherwise legumes may go to pieces."

DETAILED RECIPE

If all the ingredients are ready to be boiled, the preparation of ashura can be started directly. If they are not boiled, wheat, chickpeas, dried beans or legumes to be used should be soaked in water the night before. Legumes, which have been waiting in water the night before, need to be boiled and partially softened before making ashura.

“First of all, you need to cook the rice with boiled wheat for a while until it is soft. Then add the other boiled legumes. On the one hand, you need to chop the dried fruits to the size you want and wait them in hot water.

While wheat, rice and other legumes are cooking, we mix milk and sugar and put them on the stove. When the sugar dissolves in the milk, we transfer a small amount of clove juice into the other aşurea mixture and mix. (You can get clove juice by boiling 5-6 cloves and 1 tea glass of water.)

If dried nuts are desired to be added, it should be waited for a while so that the crispness does not disappear, so add it at the last stage.

Then, put the ashura in bowls and waited for it to cool.

You can make it even more delicious by using dried fruits or seasonal fruits to garnish the top.”

Chef Kemal Sahanlık added the following for a traditional dessert, ashura: “It is made with traditional products and usually with at least 7 ingredients. The important thing is that you can use whatever is suitable for ashura in your home rather than the ingredients in the recipes. That is why you can make it to your palatal delight or with ingredients you have at home.”

UNIVERSITY DREAM COME TRUE AT IGU AT THE AGE OF 62!

Ayten Baran, a student of Istanbul Gelisim University Graphic Design Department, turned her dreams into reality at the age of 62. Baran, who is now a senior student and doing an internship in Beylikdüzü Municipality, emphasized that she gave up her university education to raise her children, however, it was never too late to study in university.

SHE HELD MORE THAN 50 PERSONAL EXHIBITIONS IN 22 YEARS

Ayten Baran, a senior student at Istanbul Gelisim University, fulfilled her dream of going to university at the age of 62. Ayten Baran, who is a mother of 3 children, stated that she took a break from her education life to raise her children, but that university education was a dream she always wanted. She indicated the following:

“I have been interested in painting for 22 years. I have more than 50 solo exhibitions. My painting led me to study Graphic Design Department. In this process, my children were very happy with my decision to go to university. At the same time, my university and my professors have always been supportive. I returned to my education life with great motivation.”

Ayten Baran, who is an example to many students with her determination and hard work, will graduate in the 2022-2023 academic year. At the same time, Baran plans to continue her business life after completing her undergraduate education.

3 NEW COUNTRIES HAVE BEEN ADDED TO ERASMUS+ MOBILITY

The 2022 KA-107 applications' quality evaluations led to the conclusion that the Regional Partnerships project application, which is based on exchanges with 5 countries from 4 regions and was prepared by Istanbul Gelisim University's Erasmus Coordinatorship, is found appropriate for funding. In this way, IGU personnel and students with KA-171 will be allowed to participate in Erasmus+ mobility for the first time this year in Jordan, the United States, and Indonesia.

OUR INTERNATIONALIZATION AIM CONTINUES WITHOUT SLOWING DOWN!

Istanbul Gelisim University offers its students and staff mobility opportunities with KA-107 and KA-171 programs in more countries and with more universities. Projects based on mutual department and quota agreements between universities enable students to experience the educational environment in a different country and support the personal and professional development of students and staff.

Having Erasmus agreements with 155 universities from 24 countries, IGU offers university staff and students the opportunity to participate in mobility in the United States, Azerbaijan, Indonesia, Ukraine and Jordan with the KA-107 project. Azerbaijan and Ukraine partnership project has been successfully carried out by the Erasmus Coordinatorship. Efforts for granting by adding new partners from different countries pursue.

IT'S TIME TO BE ENVIRONMENTALLY CONSCIOUS IN INSURANCE!

Climate change and natural disasters due to climate change have started to enable many sectors to invest in the future of the world. For a healthier and greener world, sustainability studies in the insurance sector are given importance. Asst. Prof. Dr. Hakan Ozcan stated that the risk maps prepared by the insurers will provide convenience to both policyholders and the public.

With the increasing global risks, many sectors have started to gain awareness about the environment and sustainability. The insurance industry, which is one of them, enables the increase of sustainable living spaces with risk analyzes and early warning systems. Insurance companies prepare risk reports for new policies and make recommendations in line with these reports. Those insured who comply with these criteria are rewarded with a premium reduction. The same is valid for climate change and natural disaster risks.

DIGITAL ERA REDUCED PAPER USE

Insurance companies have a great responsibility in informing and warning the insured against high damages that may occur. This process is also significant in terms of acquiring new insured to the system. Asst. Prof. Dr. Hakan Ozcan from Istanbul Gelisim University, Faculty of Applied Sciences, Department of Banking and Insurance, stated the following: "The risk maps prepared by the insurers provide convenience to both policyholders and the public. The digital revolution has started a transformation in the insurance sector, as it has in all sectors. Above all, it reduced the use of paper."

INSURANCE POLICIES FOR ELECTRIC VEHICLES

Significant savings are achieved in paper usage by presenting the prepared policies to the insured through e-mail. The use of motor insurance policies for electric vehicles has also started. Insurance companies issue these policies with a risk premium rate parallel to the vehicle value. Asst. Prof. Dr. Hakan Özcan also added, "The policy coverage structures of electric vehicles are wider than other fuel vehicles. In the near future, there will be developments in sustainability with the cooperation of the banking and insurance sectors. Environmentally conscious products will be prepared with risk analyzes, particularly in policies such as motor insurance, housing-workplace, environmental pollution, and guidance can be made at the preferences of the insured. For instance, the insured will be rewarded at the electric vehicle bank loan rate and motor insurance policy pricing."

"QUALITY AT IGU" TRAININGS CONTINUE!

Istanbul Gelisim University (IGU), which has recently registered its "Student Satisfaction" by TSI, not only resolves the expectations and complaints of its students in a short time but also aims to increase the satisfaction level of the services and activities offered to the students.

Istanbul Gelisim University provided training to students on the TSE ISO 9001:2015 Quality Management System, which has the most validity at the international level. IGU, which has registered its quality by obtaining the "ISO 10002 Customer Satisfaction Management System Certificate" by the Turkish Standards Institute, continues its studies.

TRAINING CONTINUED FOR 2 DAYS

Istanbul Gelisim University continues its efforts to register its quality. TSE ISO 9001:2015 Quality Management System training was held between 8-9 August with the participation of 67 students. The training was given by Trainer Semra Şenel from the Turkish Standards Industry Education Directorate.

Senel answered the "what is quality in education?" with the students. The place and importance of the concept of quality in our lives, national and international quality management systems, quality management and formations in institutions and TS EN ISO 9001:2015 Quality Management System conditions were discussed. The students participating in the training were entitled to receive the TSI-approved TS EN ISO 9001:2015 Quality Management System Basic Training certificate. Participants had a pleasant time in the training, in which all standard items were handled one by one and transferred

DUYGU ALICI MARKED THE FIFTH ISLAMIC SOLIDARITY GAMES!

In the 5th Islamic Solidarity Games held in Konya, national athlete Duygu Alici, a student of Istanbul Gelisim University, competed in the 49-kilo competitions. Duygu Alici, who won 3 gold medals, competed in 78 kilos in the Snatch, 96 kilos in the clean and jerk, 172 kilos in total.

Duygu Alici, a student of Istanbul Gelisim University, Vocational School Sports Management Program, competed in the 5th Islamic Solidarity Games held between 9-18 August. She won 3 gold medals in the Snatch, Clean and Jerk and Total.

3 MEDALS IN 49 WEIGHT COMPETITIONS

The fifth of the Islamic Solidarity Games hosted by Turkey is held in Konya. Istanbul Gelisim University students national weightlifter Duygu Alici and world aerobics gymnastics champion Ayse Begüm Onbaşı also participated in the competitions where 4200 athletes from 56 countries will compete for medals.

In the games with a total of 24 sports categories, from 3X3 Basketball to swimming/paralympic swimming, Duygu Alici won three gold medals in 49 kg competitions with 78 kg in Snatch, 96 kg in clean and jerk and 172 kg in total.

Ayşe Begüm Onbaşı will compete in the Aerobic Gymnastics category on August 13-14 in the 5th Islamic Solidarity Games, which will continue until August 18.