

MEDICAL TOURISTS COME MOSTLY FOR EYE DISEASES

As for medical tourism, Turkey is among the first countries that come to mind. Asst. Prof. Dr. Fatma Özçelik Heper stated that Turkey ranks 9th in the world in medical tourism and medical tourists mostly come for eye diseases.

Many foreign tourists visit Turkey for reasons such as long waiting lists at hospitals in their own countries, high costs, receiving quality health care services and benefiting from tourism activities along with health. Medical tourism, which spreads tourism over 12 months and positively affects the public opinion of the country, is a sector with high development potential, which is heavily invested by public and private sector entrepreneurs in our country, due to its positive contributions to employment and economy.

“MEDICAL TOURIST PROFILE CHANGED DURING THE PANDEMIC”

According to the studies carried out by the International Medical Tourism Association, Turkey ranks 9th in the world in health tourism, despite the negativities brought by the pandemic. Asst. Prof. Dr. Fatma Özçelik Heper, a faculty member at Istanbul Gelisim University (IGU) Faculty of Economics, Administrative and Social Sciences, Department of Tourism Guidance stated: “The most preferred treatments for patients coming to Turkey are eye surgeries, hair transplantation, aesthetic-plastic operations, dental treatments, obesity, IVF and infertility. During the pandemic, the medical tourist profile coming to Turkey changed. While Germany, Russia, Iran, England and Arab countries were the leading countries in the category of countries with the highest number of medical tourists before the pandemic, the countries with the highest number of medical tourists during the pandemic changed to Arabia, the Middle East and the Turkic Republics.

TURKEY IS IN ADVANTAGED POSITION FOR 2023 TARGETS

The fact that Turkey is close to Western Europe, which constitutes a great potential market for medical tourism, particularly Germany, the fact that some diseases are not covered by insurance in these countries play an active role in the preference. Dr. Heper also added: “Turkey aims to increase the level of 25-30 billion dollars from the 2.5 billion dollars medical tourism income it targets for 2023. In order to achieve these goals, it is necessary to attend medical fairs, pay attention to internet promotions, and ensure that health institutions serving in medical tourism receive accreditation.”

IGU GAVE "SPEED READING TECHNIQUES" TRAINING TO TEACHERS IN ŞANLIURFA

Istanbul Gelisim University gives "Speed Reading Techniques Training" to 200 advisory teachers in Şanlıurfa, which lasted for 2 days. Prof. Dr. Bahri Şahin, Rector of Istanbul Gelisim University, who participated in the program, stated that the duty of universities is to be in the field.

Istanbul Gelisim University, in cooperation with Şanlıurfa Guidance and Research Center and Eyyübiye Guidance and Research Center, provided "Speed Reading Techniques Training" for advisory teachers in Şanlıurfa. The program, which lasted for 2 days in total, was carried out with the participation of approximately 200 advisory teachers, Fevzi Kurt, Şanlıurfa Provincial Director of National Education, Prof. Dr. Bahri Sahin, Rector of Istanbul Gelisim University, Asst. Prof. Dr. Bülent Değirmenci, Head of Corporate Communication and Public Relations Department, Hüseyin Çelik, Southeastern Regional Manager of Istanbul Gelisim University and lastly, managers of Şanlıurfa Guidance and Research Center.

"UNIVERSITIES' MISSION IS TO BE ON THE FIELD, TO BRING ALL ELEMENTS OF EDUCATION TOGETHER AND SOLUTIONS TO PROBLEMS"

Making the opening speech of the program, Prof. Dr. Bahri Şahin, Rector of Istanbul Gelisim University, thanked the participants. By making a statement to the press after the opening speech, Prof. Dr. Bahri Şahin referred to the importance of their programs throughout Turkey and indicated the following: "We brought together all the stakeholders of education here. In other words, our Provincial Director of National Education, our Counseling and Research Center Director, branch managers, advisory teachers are here. We came from Istanbul as a university. This is not our first program. Similar programs were held in all provinces of Turkey. We believe that the duty of universities is to be on the field, to bring together all the elements of education and to bring solutions to problems. Our biggest problem is the quality of the educator. Universities have a great responsibility to increase this quality of educators. Therefore, all universities should be in the field on this issue. We, as Istanbul Gelisim University, have taken this as our duty, and we desire to bring together these educators and academicians at the university in every province of our country to ensure mutual interactive knowledge sharing."

"PROGRAMS ON OTHER SUBJECTS MAY CONTINUE IN THE FUTURE"

Rector Şahin also added, "Today's program is in Şanlıurfa. "Speed Reading Techniques Training" will be given to approximately 200 advisory teachers in Şanlıurfa within 2 days. In our next programs, there may also be subjects related to educational psychology or problems of secondary education. We want to bring together our expert lecturers at the university with our teachers on this subject. I saw great excitement and joy in teachers and that makes us very happy".

PARTICIPANTS FOLLOWED THE TRAINING WITH GREAT ATTENTION

Educator Ferhat Şahin, who took the stage after the opening speeches, gave "Speed Reading Techniques" training practically to advisory teachers. In the program, which was quite entertaining, the advisory teachers tested themselves by getting information about speed reading techniques in line with Ferhat Şahin's instructions.

IGU GAVE "SPEED READING TECHNIQUES" TRAINING IN DIYARBAKIR

Istanbul Gelisim University provided "Speed Reading Techniques" training to advisory teachers both in Şanlıurfa and Diyarbakır. More than 250 advisory teachers participated in the 2-day training. In the programs attended by Prof. Dr. Bahri Şahin, Rector at Istanbul Gelisim University, applied training was given to the advisory teachers.

Istanbul Gelisim University continues its education within the scope of "Speed Reading Techniques" training. Istanbul Gelisim University Rector Prof. Dr. Bahri Şahin, Asst. Prof. Dr. Bülent Değirmenci, Head of Corporate Communication and Publicity Department, Hüseyin Çelik, Istanbul Gelisim University Southeastern Regional Officer participated in the trainings held in Şanlıurfa and Diyarbakır between 2-5 June 2022.

DIYARBAKIR TRAININGS COMPLETED ON 5 JUNE

The "Speed Reading Techniques" training organized by Istanbul Gelisim University Continuing Education Center within the scope of the "Teachers Who Are Open to Development Project" was held on 4-5 June. Making the opening speech of the program, Istanbul Gelisim University's Rector Prof. Dr. Bahri Şahin stated the following: "We organize similar programs in all provinces of Turkey. As Istanbul Gelisim University, we believe that the duty of universities is to be in the field. Our aim is to bring together all the elements of education and bring solutions to problems. Our biggest problem is the quality of the trainer. Universities have a great responsibility to increase this quality of trainers. We, as Istanbul Gelisim University, have made it our duty to increase the quality of trainers."

Educator Ferhat Şahin gave the 2-day trainings in the program in which 100 advisory teachers in Diyarbakır participated. Şahin stated that the trainings will continue in the coming weeks.

TWO NEW TRAININGS FROM ISTANBUL GELISIM UNIVERSITY

Another Speed Reading Techniques training was held in Şanlıurfa recently. Şanlıurfa Provincial Director of National Education Fevzi Kurt and Şanlıurfa Guidance and Research Center managers participated in the training organized by Istanbul Gelisim University in cooperation with Şanlıurfa Guidance and Research Center and Eyyübiye Guidance and Research Center. 200 advisory teachers who participated in the program tested themselves by getting information about speed reading techniques in line with the instructions of Educator Ferhat Şahin.

It is planned that the programs where the expert educator staff of Istanbul Gelisim University meet with the advisory teachers will continue with the trainings to be held in Malatya and Adıyaman in the coming days.

THINK TWICE BEFORE EATING A TURKISH BAGEL

Bagel, which is a very rich food with the minerals and vitamins it contains, is indispensable particularly for breakfast. However, Asst. Prof. Dr. Ayşe Huri Özkarabulut, a faculty member at Istanbul Gelisim University, stated that a bagel is equal to 4 slices of bread and warned those who would add the bagel to their diet list.

Ankara bagel, Izmir bagel, street bagel (bagels sold on the street) or patisserie bagel. Although its name has changed, the bagel, which is indispensable for breakfast, has been discussed by nutritionists with its high nutritional value. The expert told how the bagel, which contains many vitamins and minerals that strengthen the immune system, should be consumed.

SESAME DOUBLES UP THE CALORIES OF BAGEL

Bagel, which is indispensable for Turkish breakfast on weekends, is not recommended in many diet lists due to its high calories. However, Asst. Prof. Dr. Ayşe Huri Özkarabulut, a faculty member at Istanbul Gelisim University, Faculty of Health Sciences, Department of Nutrition and Dietetics, stated that even while dieting, bagels can be eaten in cheat days and also added the following:

“One of the indispensables of Turkish cuisine, the bagel is consumed in many meals of the day. Bagel is made from a combination of refined wheat flour, salt, water and yeast, and is baked with a mixture of molasses and sesame. It is nutrient-rich. It provides only a small amount of fat and protein. There are 275 calories in 100 grams of sesame bagel. A quarter bagel (25 g) is 69 calories. 100 grams of sesame bagel contains 57.14 grams of carbohydrates, 10.71 grams of protein, 3.57 grams of fat and 3.6 grams of fiber. One bagel is equal to 4 slices of bread. Since sesame doubles up the calories of the bagel, it should be consumed in a controlled manner instead of bread for weight control.”

Emphasizing that the amount to be consumed should be adjusted well in order not to bring to a halt the diet in terms of calories in the bagel in weight loss processes, Özkarabulut also underlined that sesame does not have a cholesterol-raising effect.

PEOPLE WITH SESAME ALLERGIES

Asst. Prof. Dr. Özkarabulut also indicated the following: “Sesame, which contains antioxidant compounds, is rich in vitamins A, E and C, and lecithin and iron minerals that are beneficial for brain and nerve cells. In addition, sesame can cause serious allergic reactions. People who have itching, redness and rash on their skin after consuming sesame foods should be careful. Individuals who are allergic to sesame may prefer the bagel varieties covered with sunflower seeds, flax seeds or poppy.

IGU HIGH SCHOOL SUMMER SCHOOL IS STARTING!

Istanbul Gelisim University will organize High School Summer School for high school students between 20-24 June this year. High school students will receive training from courses in many different departments from Dentistry to Advertising Design, from Aviation to Gastronomy.

THE DEADLINE FOR APPLICATION IS 17 JUNE!

Organized by Istanbul Gelisim University (IGU), High School Summer School will be held between 20-24 June this year. Students will receive both theoretical and practical training in many different fields in this program, which will contribute to their future career choices.

Students will be able to apply free of charge to the High School Summer School, which can serve as a roadmap in their education and career, from the university's website until 17 June.

THERE ARE MANY COURSE OPTIONS FROM DIFFERENT FIELDS

In the High School Summer School, which will help shape their future career goals, students will get to know the simple anatomy of the tooth, learn dough preparation and presentation techniques, get the opportunity of vocational orientation in aviation, receive training in robotics and programming, and gain knowledge by experiencing the design and implementation period of a commercial film, will gain awareness of the basic issues of cyber security, will have information about the design stages of an aircraft.

The courses that will take place in the summer school are listed as follows:

- 3-D Jaw Modeling Workshop In Dentistry Workshop
- Gastronomy Pastry Workshop
- Aviation Workshop
- Cyber Security Workshop
- Aircraft Engineering and design Workshop
- Robotic Technology and Coding Language Workshop
- Digital Advertising Design Workshop

For detailed information and application: summerschool.gelisim.edu.tr

ISTANBUL GELISIM UNIVERSITY 9TH MEDIA AWARDS FOUND THEIR OWNERS

The 9th Media Awards organized by Istanbul Gelisim University found their owners. The media veterans selected by the votes of university students were presented with their awards at the ceremony.

The 9th Istanbul Gelisim University Media Awards, which are traditionally held every year, took place. The award ceremony held at the Mehmet Akif Ersoy Conference Hall was attended by the arts, sports and media community. Students had fun times as they came together with sector veterans. At the award ceremony presented by the successful presenter Hilal Ergenekon, the Lifetime Honorary Award was given to Orhan Gencebay, the Best Director award was given to Ali Efitmez, the Honorary Award to Murat Sancak, who is Adana Demirspor Football Club Chairman, and the Best News Agency award was given to İhlas News Agency. The awards were presented in 52 categories in total by Abdülkadir Gayretli, Chairman of the Board of Trustees, Prof. Dr. Bahri Şahin, Rector at Istanbul Gelisim University, and university lecturers.

Orhan Gencebay stated: "I am so proud to have received such an award and that they have deemed me worthy of it. Thank you very much. I wish you all the best." Gencebay gave advice to younger as well and said: "They are already learning as they live, but we have ancestral values. Families and schools, especially mothers, have great responsibilities in their education. Turkish society is different about life, our language has an identity. We have our religion, our tradition, our own unique features. We must continue to develop them without forgetting them. In other words, we should know our identity well before telling the young people. We must develop and preserve that identity as well. As our ancestors said, we can elevate beyond the level of contemporary civilizations. We must work hard with love, respect and indulgence."

"A NEW SINGLE IS COMING"

Gencebay also announced that he will be working on a new single next week and added: "I'm planning a single album in the coming weeks. I had not done it for a long time. This time there will be five songs in this single. Normally, there should be two songs in a single. I want to do it as soon as possible. I am about to enter the studio for recording".

"WE WILL REWARD OUR SUCCESSFUL VETERANS WITH APPRECIATION"

Abdülkadir Gayretli, Chairman of the Board of Trustees, stated the following: "With such events, there is now an opportunity to put those hard times of the pandemic behind because now people need to return to normal life and give importance to art and science. We have made a start with these media awards. From now on, we have goals to become more successful and of higher quality in science, art and tourism. At the same time, by acting together with our media veterans, we want our students to be successful and come together with those in their own sectors. Today, we will both bring our students together with people who can become idols in the industry, and reward our successful veterans with appreciation".

NESİDE JOURNAL MEETINGS WERE HELD AT IGU

"Neşide Journal Meetings" was held at Istanbul Gelisim University. Kemal Inan, Avcılar District Governor, Canan Yazıcı, who is Istanbul Provincial Director of National Education's wife, Cevat Dervişoğlu, Avcılar District Director of National Education, Mahmut Bıyıklı, Turkish Writers Union Istanbul Branch President, also attended the event.

In order to bring poets, writers, readers and students together, "Neşide Journal Meetings" organized by Neşide Journal, the media organ of Avcılar National Education Directorate, were held at Istanbul Gelisim University. At the event attended by Kemal Inan, Avcılar District Governor, Prof. Dr. Bahri Şahin, Rector at Istanbul Gelisim University, Canan Yazıcı, who is the wife of Istanbul Provincial Director of National Education Levent Yazıcı, Cevat Dervişoğlu, Avcılar District Director of National Education and Mahmut Bıyıklı, President of the Istanbul Branch of the Writers Union of Turkey; "Sezai Karakoç Poetry Reading Contest" awards found their winners, and a painting exhibition and a music recital took place.

STUDENTS MET WITH AUTHORS AND POETS

The "Neşide Journal Meetings" program was held in partnership with the Istanbul Branch of the Writers Union of Turkey and with the support of Istanbul Gelisim University. At the event hosted by IGU, Avcılar District Governor Kemal İn an, Istanbul Gelisim University's Rector Prof. Dr. Bahri Şahin and Avcılar District Director of National Education Cevat Dervişoğlu made their opening speeches. Dervişoğlu stated that this issue of Neşide Journal is dedicated to Sezai Karakoç, who passed away last year.

In the event, which continued with "Sezai Karakoç Exhibition" visit in the exhibition area of Istanbul Gelisim University, the participants also had the opportunity to visit the exhibition.

The awards of the "Sezai Karakoç Poetry Reading Contest" organized among high schools in Avcılar district in the "Neşide Journal Meetings" event found their owners. In the event where the writers and poets of Neşide Journal came together with their readers, a multi-faceted event was held by including many fields of art such as painting, music and conversation.

"WE WANT TO BE IN TOUCH WITH EVERY SEGMENT OF SOCIETY"

Prof. Dr. Bahri Şahin, who has just been appointed as Rector of Istanbul Gelisim the University, said in his speech about the event: "Due to the pandemic, we could not distribute our awards. As a university, we want to be in touch with all segments of society. Media and artists are also one of our shareholders. We will continue to cooperate with our shareholders from many sectors and fields. Together we want to support solving the problems of society. Today, we are here to reward both our successful artists and significant names in the media community. Ingenuity is subject to compliment."