

BEYPAZARI BECAME THE NEW STOP OF THE FILM WORKSHOPS

Next stop of the Film Workshops, organized by the Faculty of Fine Arts of the Istanbul Gelişim University, has been Beypazarı. The workshop that was held on the dates of March 24-27, 2022 was taken part by 25 students from 4 different high schools.

TRAINING CONTINUED FOR 3 DAYS

The students from the Hatice Cemil Ercan Science High School, Nurettin Karaoğuz Foundation Anatolian High School, Beypazarı Anatolian High School, and Hacı Kazım Ozan Girls' Religious Vocational High School have voluntarily taken part in the film workshops, continued for 3 days and organized with the cooperation of the Faculty of Fine Arts of the Istanbul Gelişim University and Beypazarı Municipality.

While the first day of the workshop started with the negotiations by and between the Deputy Mayor of Beypazarı Municipality and Film Workshops, a meeting was held with the Director for the Cultural and Social Affairs of the Beypazarı Municipality within the scope of the film workshops. At the same time, an exchange of opinion was made with Mr. Bülent Erdemli, who keeps on introducing Beypazarı on voluntary basis.

THEY GOT BOTH THE THEORETICAL TRAINING AND FIELD APPLICATION TRAINING

On the first day of the film workshop that was participated by a total number of 25 students, relevant theoretical training was given by the lecturers, who are expert in their field of engagement of the Faculty of Fine Arts of the Istanbul Gelişim University and students studying in the related departments of it, on the subject matters of camerawork, acting, directing, scenario and so on. The students having participated in the film workshop under the consultancy of the lecturers, who are expert in their field of engagement, were divided into the groups according to their fields of interest by finding opportunity to discover their talents. Within this scope, they obtained the opportunity and experience of application in the field on various subject matters such as cinema, acting, sound, light, camera, behind the camera and so on.

GALA WILL BE HELD IN BEYPAZARI

The documentary film, shot by the students after the shooting and training, will be made by the lecturers of the Faculty of Fine Arts of the Istanbul Gelişim University, and the screenings of the documentary films so prepared will meet with the audiences at the gala that will again be held in Beypazarı. The participant students will be awarded with their certificates at this gala night.

The consultancy of the Beypazarı Film Workshop was conducted by Prof. Dr. Nail Öztaş; project conductor, however, was the Dean of the Faculty of Fine Arts of the Istanbul Gelişim University, Prof. Dr. Şükran Güzin Ilıcak Aydınalp; and producer, the Associate Prof. Dr. Nagihan Çakar Bikiç; and workshop conductor, Lecturer/Director, Ahmet Bikiç; and furthermore, Research Associate, Ayten Bengisu Cansever, took part in the design team; and additionally, Research Associate Eda Çekemci and the students of the Faculty of Fine Arts of the Istanbul Gelişim University, Polat Bakırtaş, Hande Pala, Enes Dalgıç, Yaren Nur Çakır, Yağmur Erdoğan, Şevval Battal, Ecem Gürol, Batıkan Karabacak in technical team; and Academic Member Dr. Bilent Deyirmenci, however, in the media relationships' directorship of the workshop.

SHOULD THE WISDOM TEETH BE PULLED OUT OR NOT?

The wisdom teeth that are nightmares of various people bring the question of whether they are a need or should be pulled out. The Orthodontist, Prof. Dr. Mehmet Oğuz Öztoprak, of the Istanbul Gelişim University told about the unknown matters about the wisdom teeth.

“FABRICATION FOODS PREVENT THE ABRASION OF TEETH”

Most of us have had problems with the wisdom teeth. Especially the unevenness, created by the wisdom teeth, reveals themselves in many people by the use of dental braces. The Orthodontist, Prof. Dr. Mehmet Oğuz Öztoprak, of the Faculty of Dentistry of the Istanbul Gelişim University, who indicated that the unevenness was not only caused by the wisdom teeth, indicated as follows: “The researches that were carried out by the well-known Orthodontist, Raymond Begg in 1950s on previous (ancient) people and Australian native people show that the teeth are bended more while chewing rough and fibrous food and as a consequence, there occur a cavity between the teeth as a result of the abrasion between two teeth. By this means, the wisdom teeth coming behind can come out easily. However, the fabricated foods that we consume at current period such as soft bread, meat that is cooked at the pressure cooker or cream cheeses do not make our teeth work. Namely, a buffer duty is not required any longer on our teeth. Therefore, the teeth cannot rub themselves against each other and abraded and no room is left for the wisdom teeth.”

SERIOUS MUSCLE PROBLEMS MAY OCCUR IN CASE WISDOM TEETH ARE NOT PULLED OUT!

Our teeth create uneven digestion and chewing disorders. Proper chewing is substantially important for proper grinding. In the event that the covered wisdom teeth do not come out, it may put pressure on other teeth and cause unevenness. When wisdom teeth are not pulled out, serious muscle problems may come out. Furthermore, under the circumstances where the teeth that cannot come out or come out half way through give harm to the neighbouring teeth or cause bad smell as a result of food remains and create cyst on the bone, the oral surgery specialist rightfully want to pull out these teeth. Prof. Dr. Mehmet Oğuz Öztoprak emphasized that it was necessary to visit a dentist on definite basis in advance of the occurrence of any pain or abscess for the wisdom teeth that come forth with unexpected swelling, abscess or inflammation.

TWO NEW TRAININGS MORE FROM THE ISTANBUL GELISIM UNIVERSITY!

Istanbul Gelişim University and Provincial Directorate of Amasya in coordination with each other organized a “Training to Raise the Professional Competences of the School Advisory Teachers”. A number of 90 educators participated in the training, held on March 28, Monday.”

2 DIFFERENT TRAININGS WERE GIVEN

The Clinic Psychologist Dr. Cansu Selin Yurtseven provided training on the subject matter bearing the topic of “Overcoming Anxiety” and Clinic Psychologist Dr. Kahraman Güler, however, the topic of “Healing the Emotions with Imagination and Chair Techniques” in the provincial city of Amasya. The National Education Director of the province of Amasya, MR. Mehmet Türkmen, has taken part in the activity.

Another leg of the 'Training to Raise the Professional Competences of the School Advisory Teachers' will be organized on the 30th day of March together with the collaboration of the Istanbul Gelişim University and Provincial National Education Directorates of Tokat.

The Clinic Psychologist Dr. Volkan Demir and Clinic Psychologist Dr. Cansu Selin Yurtseven will provide and offer training on the subject matters bearing the topics of "Therapy of Art" and "Techniques, Used in the Psycho-Therapy".

DO NOT MAKE THE FOLLOWING MISTAKES WHILE FASTING!

The changes occurring in the nutritional habits as a result of the incoming month Ramadan may cause some problems in the digestive system. Prof. Dr. Züleyha Akkan Çetinkaya indicated that it was possible to pay attention to some points and bring such complaints to minimum level.

MOST FREQUENT MISTAKE TO SKIP THE PRE-DAWN MEAL IN RAMADAN

Prof. Dr. Züleyha Akkan Çetinkaya from the Department of the Nutrition and Dietetics of the Faculty of Health Sciences of the Istanbul Gelişim University (IGU) said that one of the most frequent mistakes, made in this respect, was to eat something from the iftar (evening meal during the Ramadan) up to the pre-dawn meal during the same period of time and extension of the period of hunger and leaving the body without water further added: "It is absolutely necessary to have food and fluid intake at the pre-dawn meal (in sahur).

It is possible to have a breakfast including cheese, egg, tomato, cucumber and brown bread. The nourishment with the alternatives such as cracked wheat pilaf, macaroni and couscous, made of brown bread, yogurt, 1 portion of fruit compatible with the season will both help meeting the daily amount of energy and in the meantime, support the fibrous intake and prevent the constipation."

She also warned that the dry fruits such as almond, walnut and so on, extended the period of the feeling of fullness and become useful for health as a result of oils, contained by them, and it was necessary to consume the portion amounts of the dried fruit in a controlled manner.

BRAIN SHOULD PERCEIVE THE FEELING OF FULLNESS

In the event that one eats fast after a long period of hunger, it may cause the feeling of postprandial bloating and discomfort. In order to prevent these kinds of discomforts, Mrs. Çetinkaya proposed to start with the iftar (evening meal during the Ramadan) with a soup, provided not to contain very high fat and get rid of the lack of liquid by water-buttermilk drink (ayran)-kephir and so on, and start with other meals gradually and added: "The brain will perceive the feeling of fullness during the time so elapsed and this, as a consequence, will protect us from consuming excessive foods."

It is necessary to keep away from the fatty, highly mixed and creamy meals as much as possible. The boiled and grilled meat, chicken or fish foods turn out to be a good alternative at the iftar tables as well as the preference of milky or fruit desserts from the point of health, but not the nectared and heavy desserts **DIGESTION STARTS IN MOUTH** Since the fact that the digestion commences in the mouth, it is necessary not to forget the necessity of chewing all foods/meals properly.

The importance of a light (slow) walk 1-2 hours after the iftar is emphasized as an effective method in the protection of the heart health and also for the digestion.

ATTENTION TO THE LOSS OF WATER!

Upon warming of the air, the loss of water at medium degree may occur in the majority of people subject to the long period of hunger. As a consequence, this brings the complaints of headache, fatigue and concentration problems along with it. Prof. Dr. Züleyha Akkan Çetinkaya, who indicated the importance of plenty of liquid intake after the iftar, advised to keep away from acidic and gaseous beverages during the Ramadan and further indicated that it was possible to ensure the sufficient liquid intake with water-buttermilk drink (ayran)-kephir, fresh-squeezed fruit juices, composts containing low degree of sugar and so on.

Prof. Dr. Züleyha Akkan Çetinkaya completed her words as follows: "It would be convenient for those of people suffering from chronic illnesses to consult their physicians. The fasting of those, who suffer from active gastric ulcer, ulcerative colitis, intestinal diseases such as crohn and so on, or hepatic cirrhosis or cancer, will be inconvenient."

TRAINING FOR THE AWARENESS OF CHILD ABUSE FROM THE ISTANBUL GELİSİM UNIVERSITY

The activity, titled as "Please Hear Me My Teacher" and organized in coordination with the Counselling and Research Centre of Avcılar and the Counselling and Research Centre of Beylikdüzü and Istanbul Gelişim University was completed. The trainer, Dr. Bülent Tansel, made trainings bearing the topic of "Sexual Abuse of the Child and Psycho-Social Approaches" in the activity, continued for a period of two days.

A NEW ONE WAS ADDED TO THE IGU & RAM COLLABORATIONS

The Istanbul Gelişim University has added a new one to its trainings, organized with the Counselling and Research Centres. The activity that has been organized with relation to the psychological counsellors serving duty at the schools, located at the towns of Avcılar and Beylikdüzü was held at the university organization between the dates of March 30-31.

THE CHILDREN SHOULD SAY 'MY FAMILY PROTECTS ME'!

Dr. Bülent Tansel made explanations about various numbers of matters with relation to the sexual abuse, faced by the child, in the said trainings that have been supported by the National Education Directorate of the town Avcılar and also National Education Directorate of the town Beylikdüzü. Mr. Tansel indicated as follows: "It is necessary for the families to take part in every moment of the lives of their children. In this respect, it is also requisite for the child to feel that his/her mother and father are always accessible for him/her. If the child feels at ease and in comfort, he/she can tell about any event he/she may come face to face, not only the sexual abuse. The child would be able to say 'whatever I may face and whatever happens to me, my family could help me get out of that trouble'".

Dr. Bülent Tansel, who emphasized that the sexual instruction to be given to the children especially in the pre-school period was significantly important, has indicated that there were private points on the bodies of the children and the most convenient period to tell about the fact that everyone could not touch them, was the 3 year-old period.

STUDENTS WHO BORROWED THE MOST BOOKS İN 2021 AWARDED

58th Library Week was celebrated by awarding the students who borrowed the most books, which have become tradition at the Istanbul Gelişim University, with various gifts. At the ceremony held in the Health Sciences Library on March 31, the gifts of the students were awarded by Prof. Dr. Nail Öztaş, Deputy Rector of Istanbul Gelişim University.

“APPRECIATE THE VALUE OF TIME WHILE LIVING YOUR LIFE!”

The students who borrowed the most books from the library of Istanbul Gelişim University in 2021 have been announced. Awarded at the ceremony held on March 31, the students also came together with Prof. Dr. Nail Öztaş, Deputy Rector of Istanbul Gelişim University.

Congratulating students for their love of reading, Oztas said:

“Reading is very important regardless of the topic. Today, there is the internet, there is the social media, and these take a lot of our time. We still need to spare time to read. I asked each of you what you read. I listened to your answers. And it made me very pleased. Let’s appreciate the value of time while living our life. In your spare time, watch conferences, attend exhibitions, write articles and read lots of books. The more books you read, the more you go to the exhibition, the more you participate in events, the more your horizons will be broadened. In the end, you will be both happy and successful.” Stating to the students that the missing books in the library can be purchased if they contact to the librarians, Öztaş also emphasized that all services are for students.

“LIBRARY AWARENESS IS VERY IMPORTANT”

In the event, also attended by A. Şenol Armağan, Head of Library and Documentation Department, Istanbul Gelişim University, all questions of the students were answered. Meanwhile, talking with the students, Armağan expressed the following about the Library Week: ‘

‘The library is the memory of humanity. It fulfills a very critical function in the process of transferring information from yesterday to today and tomorrow. There would be no progress if no libraries existed. That's why library awareness is so important. If you ask what is library awareness: It is the awareness that we can reach the most accurate and reliable information that we need thanks to the library.’

As part of the Library Week events, Sümeyye Güzelaydın ranked first with the highest number of books borrowed, The most borrowed books were; Burhan Aykaç and Şenol Durgun's Contemporary Political Systems and İnci Aral's Safran Sarı (Saffron Yellow).

THE ATHLETES OF THE IGU RETURNED HOME WITH SUCCESSES

Our students returned with significant successes from the Turkey's Interuniversity Wushu Championship and in the meantime, Turkey's Interuniversity Taekwondo Championship, organized by the Federation of University Sports of Turkey and participated by the various numbers of athletes from different universities.

OUR STUDENTS CAME IN SECOND AT THE INTERUNIVERSITY WUSHU CHAMPIONSHIP OF TURKEY

The Interuniversity Wushu Championship of Turkey, participated by 280 athletes from the universities, was organized in the province of Ağrı, and İlayda Nur Bulut, who is the student of the Vocational School for Sporting Management (MYO), with 52 kgs and Servet Kamancı, who is the student of the Department of Recreation of the School of Physical Education and Sports (BESYO) with 60kgs, ranked in second at the "Wushu Sanda" branch of the competition. At the same organization, Esra Kalaycıoğlu, who is the student of the Department of Exercise and Sporting Sciences of the School of Physical Education and Sports (BESYO) with 52 kgs, ranked in first at the "Wushu Taolu Taichi" branch and in second at the "Taichi Fan". The student of the Department of Recreation of the School of Physical Education and Sports (BESYO) with 80 kgs, succeeded to rank in third "Sanda" branch.

ANOTHER SUCCESSFUL RESULT FROM THE INTERUNIVERSITY TAEKWONDO CHAMPIONSHIP OF TURKEY

At Interuniversity Taekwondo Championship of Turkey, organized by the Federation for the Sports of University of Turkey in the province of Hatay, Seher Kapıcıoğlu, who is the student of the Department of the Coaching Education/Training of the School of Physical Education and Sports (BESYO) with 62 kgs, ranked in second at the "kyorugi" category and went on the success platform