

AZERBAIJAN TELEVISION PROGRAM HOSTED IGU RECTOR PROF. DR. BAHRI SAHIN

Prof. Dr. Bahri Şahin, Rector of Istanbul Gelisim University, was connected live to the program on the Azerbaijan ATV channel. Making statements about the advantages that IGU provides to its students, Sahin stated that they have a record number among Turkish universities in the field of internationalization with the number of international students and accredited programs.

“WE HAVE 65 INTERNATIONALLY ACCREDITED PROGRAMS”

Prof. Dr. Bahri Sahin, Rector of IGU, stated: “I would like to share the numerical data of Istanbul Gelisim University with you. We currently have 34,000 students at our university. 5000 of these students are international students. 65 of our programs have internationally accredited. Our students should choose an internationally accredited program for whichever university they choose since the accredited program has international validity. We have agreements with 125 universities from 24 countries. Moreover, within the scope of the Erasmus program, our students can go to European countries.”

“WE WANT TO LEAVE A PRESTIGIOUS UNIVERSITY IN THE FUTURE”

Prof. Dr. Bahri Sahin also added the following: “Istanbul Gelisim University is a foundation university. Its mission is not to make money off students. We want to leave a prestigious university for the future. We are currently trying to establish a good foundation university model in Turkey. We are also at the top of international degree organizations in Quality Education. IGU is also a social university in terms of urban transportation and dormitory opportunities.”

IGU BECAME THE PATENT APPLICATION CHAMPION IN THE FIRST HALF OF 2022!

Turkish Patent and Trademark Office (TURKPATENT) announced the universities that made the most patent applications in the first half of 2022. Istanbul Gelisim University (IGU) ranked first among 333 patent and utility model applications from 14 universities. IGU, which was chosen as the university that made the most patent applications in 2021 with the number of patent applications reaching 564, continues to maintain its success.

IGU RANKED FIRST AMONG 14 UNIVERSITIES

The number of patent applications made by universities (including research centers) in Turkey in the first half of 2022 has been announced. Istanbul Gelisim University (IGU) ranked first by applying for patents with 17 national and international projects in the field of technology and engineering that were created and developed in its own research center laboratories, according to the results announced by the Turkish Patent and Trademark Office (TURKPATENT) based on January-June 2022 data.

According to TURKPATENT data, Istanbul Gelisim University, which achieved first in 2021 by making the most patent applications, pursues to hit the headlines in the education sector with its university-industry cooperation approach and scientific projects with a total of 603 patents.

[Click](#) to access the data announced by TURKPATENT.

IT CAN CAUSE HEART ATTACK IF NECESSARY PRECAUTIONS ARE NOT TAKEN

Quality Life Specialist Assoc. Prof. Dr. Haluk Saçaklı, who gives advice on steroid drugs used to build muscle, stated, "Those who try to increase muscle mass by taking steroids should be careful since steroids can cause a heart attack by occluding the arteries leading to the heart."

MEDICINES USED TO BUILD MUSCLE OCCLUDE THE ARTERY BLOOD VESSELS LEADING TO THE HEART

Assoc. Prof. Dr. Haluk Saçaklı, head of the Department of Exercise and Sports Sciences at Istanbul Gelisim University (IGU) School of Physical Education and Sports, indicated the following:

"Muscles built with anabolic steroids are just muscle mass devoid of strength. When lifting weights, the muscles are overloaded, which can lead to micro tears in the muscle fibers. Lifting heavy weights and performing short sets of low repetitions are required to improve muscular development and strength. Such workouts drive the body to adapt while providing the best micro-tearing for building strength. Some athletes take too many steroids unconsciously to build muscle and mend these microtears. With the help of natural methods and rest, muscle fibers can be restored in 48 hours. Steroid use results in the formation of a muscle mass that lacks strength. However, steroids narrow the arteries that flow to the heart. It may result in a heart attack if the proper precautions are not taken.

Steroid, which causes hardening of the heart vessels and can form a plate on the vessel walls, can also cause a stroke by entering one of the smaller vessels if it causes one of these plates to rupture.

INDIVIDUALS GAIN WEIGHT AFTER STOPPED DOING SPORTS

The amount of calories that an athlete should take while training and the amount of calories that s/he should take after stop doing the sport are different. After stopping sport and adopting a sedentary lifestyle, athletes who continue to eat at the same rate have the issue of excessive weight gain. Quality Life Specialist Assoc. Prof. Dr. Haluk Saçaklı made suggestions for a healthier sports adventure and to prevent weight gain after quitting sports.

- 1- Rest your muscles: To avoid loss of muscle strength and size, you should not keep the rest period too short before re-activating a muscle group. Two major muscle groups should not be worked in the same day.
- 2- Strengthen your muscles with conscious nutrition: A strong body and the growth of sufficient muscle mass should be achieved daily. When the body requires them, which is before and after activity, carbohydrates should be consumed. To avoid an increase in body fat, choose healthy cooking oils. It is crucial that the muscles are not dehydrated because between 50%-65% of them are composed of water.
- 3- Your resistance exercise duration should not exceed 45-60 minutes: Testosterone and growth hormone decrease, and cortisol (the hormone that regulates stress level) hormone increases in trainings where the exercise duration exceeds 1 hour. Therefore, the duration of exercise should not exceed 1 hour.

- 4- Those who want to stop doing sports should continue to exercise: Exercises should be turned into a lifestyle, provided that they are slow-paced. You should walk at least 3 to 5 times a week for 30 to 60 minutes. It is necessary to prevent muscle wasting by doing resistance training from 10-15 minutes to 20-30 minutes at least 2 or 3 times a week.
- 5- 10,000 steps should be taken every day, including physical activity and exercise.
- 6- Excessive weight gain should be avoided.
- 7- Muscles should be protected with resistance exercises.

“PROFESSION CHOICE MUST BE YOUR PRIORITY WHEN CHOOSING A UNIVERSITY”

After the announcement of the YKS (Higher Education Institutions Exam) results, it is now time for the preference period. Clinical Psychologist Ünal Erdem Elli, who warned the candidates that they should evaluate this process properly, which will shape their future, stated that the priority should be the profession choice.

YKS results carried out by Student Selection and Placement Center have been announced. With the announcement of the results, the candidate students embarked on a path to determine their future. Clinical Psychologist Ünal Erdem Elli, Psychological Counseling Unit Coordinator at Istanbul Gelisim University gave advice to university candidates entering the preference marathon to evaluate this process well and stated the following: “When making a decision, two things should be taken into account. The technical aspect of the decision is the first component. Creating the preferred list based on the order of the candidates. The other element is if the selection is appropriate for the candidate. Additionally, it is crucial that they obtain information about the professions they want to pursue from counselors and advisor teachers at the career development centers of the institutions they intend to attend before making a preference.”

“THE PROFESSION IS ONE OF THE MOST SIGNIFICANT ELEMENTS OF A PERSON'S IDENTITY”

Ünal Erdem Elli indicated, “The most significant factor in the preference process is that the candidates should choose the profession that suits them. One of the dilemmas for students is whether they should prioritize their choice of profession or school. I think that the priority should always be the profession they want to do. Occupation is one of the most essential elements of a person's identity. Young people aged 17-18 have to make a career choice, so they need a thought process about it. Students can get some information from people working in their targeted professions. If they can provide this, they can choose the professions that are most suitable for them”.

THE CHOICE MUST BE MADE ACCORDING TO THEIR SUCCESS RANKING

"Since this is a ranking test, they should value ranks over test results when making choices. They must create a preference ranking that puts the universities that have admitted applicants with lower rankings at the top, taking into account the choices established in prior years. They should work with an expert to create their preference lists.”

“CANDIDATES SHOULD CONSIDER THE COMPATIBILITY OF THE UNIVERSITY AND THEIR GOALS”

Clinical Psychologist Ünal Erdem Elli, who is Istanbul Gelisim University Psychological Counseling Unit Coordinator, touched upon the points that candidates should pay attention to while choosing a university. “If the candidate has a goal like abroad, s/he should check whether the university s/he will choose has international projects. If a university cooperates with international organizations through internationalization, it prefers to be evaluated by them. There are also some qualifications that a university with an internationalization project should have. The first of these is to be accredited by reputable accreditation institutions. This means the registration of the internationalization of the university. At the same time, the validity of the diploma makes a great contribution to working abroad and graduate education. Students who want to pursue their profession in the future should look at the resumes and studies of the teachers working in the field of practice. In addition to that, they need to be in active interaction with them during the studentship process.”

“UNIVERSITIES THAT RELY ON THEIR EDUCATION QUALITY ACCREDIT THEIR DEPARTMENTS”

“Accreditation ensures that the student is confident of the education he or she will receive. Accreditation bodies audit universities for certain parameters. It invites accredited institutions to inspect themselves since the parameters related to education are world-class and they think they are assertive in this regard. The fact that a university is accredited primarily means that it trusts the quality of the education it provides. In addition, the student should be sure of the education s/he will receive from his/her school rather than thinking about what to do next. Being accredited by internationally reputable organizations actually guarantees this to the student. Moreover, these accredited documents are a factor that facilitates acceptance from abroad for students who have plans to study or study internationally. As a matter of fact, Istanbul Gelisim University has tended to two main areas in recent years. The first is to become international and the other is to become a research university. 65 departments of our university have internationally accredited.

“THE INDIVIDUAL WHO DOES NOT MAKE THEIR OWN CHOICES CANNOT BE EXPECTED TO BE SUCCESSFUL IN THEIR CAREER”

Ünal Elli warned parents that they should respect their children's choices during the preference and not force them and also added the following: “We know that in many cases, parents try to realize their dreams through their children and tend to direct or even force their children to do what they cannot do. If a parent directs their child to do their own job, it means that the child is not making her/his own choice. Children who do not make their own choice cannot be expected to be successful in their career. It also has psychological consequences as it points to an incomplete, blocked identity. Therefore, parents need to realize that their children are adults now and they have to make their on life plans.