

WARNING FROM EXPERTS: PROTECT YOUR CHILD'S IMMUNITY

Expressing that with the start of face-to-face education, protecting the immune system in children gains more importance, Quality Life Specialist Assoc. Prof. Haluk Saaklı warned families about the nutrition and lifestyle of their children. "The most important meal of children is breakfast," emphasized Assoc. Prof. Saaklı and said that activity and exercise are also important in protecting the immune system.

With the start of face-to-face education, occasional cases began to be seen in schools. Explaining the importance of nutrition in strengthening the immune system in children, Istanbul Gelisim University Quality Life Specialist Assoc. Prof. Haluk Saaklı stated that it is also very important to maintain sleep patterns, get used to breathing from the diaphragm and exercise at least 2-3 times a week. Stating that children should have adequate and balanced nutrition, Saaklı told families, "Keep your children away from fast food. Never send your child to school without breakfast. Breakfast is always the main queen of meals. As long as they don't have breakfast, they can take lessons from the best teachers, but they will not absorb the information." Emphasizing that children should not stay up until two or three at night and spend time on the computer all the time, Dr. Saaklı stated that they should sleep at least 8-9 hours.

THE SECRET OF THE RIGHT BREAKFAST

Stating that obesity has grown like an avalanche with the pandemic, Assoc. Prof. Saaklı said that everything children eat and drink should be taken care of. He told the secrets of the right and healthy breakfast as follows:

"Especially the 4 food groups should be together at breakfast. These are like the 4 wheels of the car. First group; milk, yogurt, kefir, ayran, tzatziki. Second group; red meat, chicken, fish, eggs, legumes, cheese. Third group; all vegetables. The fourth is bread or cereal, rice, pasta. Olives, almonds, walnuts, hazelnuts can be consumed to meet the need for oil."

IMMUNE STRENGTHENING BREAKFAST CURE

Suggesting a special mixture for breakfast to strengthen the immune system, Dr. Saaklı described the making of the fringed cure as follows:

"Add a teaspoon of black cumin to a teaspoon of extra-virgin olive oil. Also add a teaspoon of turmeric and the tip of a teaspoon of black pepper. Eat this mix every day."

Emphasizing that this mixture will be very natural, Dr. Saçaklı said, “Black cumin and turmeric are very rich in antioxidants. But we need extra virgin olive oil and black pepper, which will act as a mediator to facilitate their absorption from the intestines.”

A NEW CLASS FOR SPECIAL STUDENTS FROM IGU AND EDIRNE DIRECTORATE OF NATIONAL EDUCATION

As part of the European Sustainability Week, a new classroom has been established at Mimar Sinan Secondary School in Edirne by Edirne Directorate of National Education and Istanbul Gelisim University Community Service Coordinator. Values such as “awareness”, “solidarity”, “joint responsibility” and “global citizenship awareness” will be taught to children in the classroom where special students will receive education.

Edirne Provincial National Education Branch Managers Fatma Soydemir and Ozan Demiralp, Istanbul Gelisim University Community Service Unit Coordinator Asst. Prof. Aslıhan Güzin Selçuk, teachers, students and their families attended to the opening.

“WE AIM TO BE THE PIONEER IN SUSTAINABLE TRANSFORMATION”

Stating that their aim is to produce projects that touch all segments of society with the collaborations they have developed in the local, national and international arena. Asst. Prof. Aslıhan Güzin Selçuk emphasized that they aim to be a pioneer in sustainable transformation. Dr. Selçuk stated that they are working intensively on projects focused on sustainable development with the volunteer team of the university's students and graduates and the Community Benefit Volunteers (TOYAG).

the Director of Edirne Mimar Sinan Secondary School where mainly students with special needs are educated, İkrâm Kalkan stated that the class would be of great benefit in providing the students with the opportunity they need and thanked those who contributed.

“R&D ACTIVITIES AND EXPENDITURES HAVE NO EFFECT ON EMPLOYMENT”

Having signed a study on the relationship between R&D activities and employment and the contribution of R&D studies to employment, Asst. Prof. Canan Tiftik said, “Contrary to expectations, it is seen that technological developments and R&D activities do not increase general employment, but increase unemployment. It is seen that the employment-reducing effects of technology are higher than the employment-increasing effects.”

Making a statement about her article titled "The Effect of Technology-Based Research and Development (R&D) Activities on General Employment: Systematic Compilation Study", Asst. Prof. Canan Tiftik said, "According to the research results; R&D activities and expenditures, which are included in the economic activities of the countries, have no effect on employment."

"TECHNOLOGY BRINGS ALONG UNEMPLOYMENT"

In her statement on the subject Dr. Tiftik said, "Within the scope of Research and Development (R&D) and innovation studies; Robotic technology, digitalization and artificial intelligence applications enter all areas of life and economy and affect people in some way. These developments also increase the likelihood that employees and job seekers will not be able to find a job. Technological developments that save labour and employment are criticized because the competition between labour and mechanization leads to an advantage in the name of mechanization and brings along a unique technology-induced unemployment problem."

"HIGHER SHARE OF THE PUBLIC SECTOR"

Comparing the European Union (EU) average and the R&D expenditures in Turkey in 2015, Dr. Tiftik said, "It is seen that the EU spends approximately 2 percent on R&D, while Turkey spends approximately 0.9% on R&D. The ratio of Turkey-based R&D expenditures cannot reach the ratio of developed countries and even the one percent accepted as the threshold value. While research and development studies in EU countries are mostly carried out by private enterprises, the share of the public sector is higher in Greece, Turkey and Poland and similar countries."

MACHINES REPLACE PEOPLE, UNEMPLOYMENT INCREASES

Stating that the general judgment that technology provides economic growth, increases labor force participation and improves welfare is not fully supported, Asst. Prof. Canan Tiftik said, "Thanks to the use of technological opportunities and innovations, the number of products produced is increasing. Despite the fact that the products resulting from production are efficient in terms of quantity and quality, technology reduces the workforce in production processes and unemployment increases as people are replaced by machinery and automation."

"The increase in employment or the increase in unemployment due to the increase and use of technological R&D activities may vary according to the sector or line of business," said Dr. Tiftik and ended her words as follows:

"As a sector with a high technology density, research results examining the relationship between the increase in the use of technological banking channels and employment predict that there will be a decrease in the number of employed employees. Technology also enables women to spend less time on housework and makes their work easier. Thus, technology increases women's participation in the workforce and employment opportunities. This finding supports the argument that labor markets are becoming more flexible and transparent for disadvantaged groups."

FESTIVAL JOURNEY OF THE MOVIE 'AZER' CONTINUES

From Istanbul Gelisim University (IGU) Faculty of Fine Arts (FFA) Radio, Television and Cinema Department Lecturer Ali Kemal Çipe's film 'Azer' will be screened at the Noble Film Festival to be held in Bangalore, India.

'Azer' is a mid-length film that deals with three different stories in the main focus of a legacy story. Stating that he creates layers with symbols, names, actions and dialogues in the film, director Kemal Çipe questions the psychological factors behind the events in social life.

Erkan Bayfidan is the cinematographer, Mustafa Yazıcıoğlu is the sound designer, and the music was made by Atakan Ilgazdağ for the film "Azer", which includes important names such as Erhan Yazıcıoğlu, Murat Prosciler, Halil Kumova, Bahar Hacıbektaşoğlu, Ali Yaylı and Barbaros Ergün. The gala of the movie was held at Fitaş Cinema. Premiered at the Antakya Film Festival, the film was included in the 2021 selection of the Lift Off Global Network after its success in the International Meihodo Visual Media Festival and Asian Cinematography Awards. The film, which will be screened at the Noble Film Festival to be held in Bangalore, India, continues its festival journey.

Following his success with the film "Azer", which continues its journey in international festivals, Director Asst. Prof. Kemal Çipe stated that he continues to work on new projects and said:

"Unfortunately, the film could not participate in festivals in the country due to its duration. Almost all domestic festivals do not include mid-length films. Its journey abroad has just begun. In this context, we received good feedbacks in a short time. The issue of awards

is a different matter. I think it is important that the film meets its audience at the primary stage, and if we get awards from festivals afterwards, we would not say no to it. Although awards are motivating, they should not be a short film's primary goal. I think it goes against its spirit. Without a new project? Someone who loves cinema and makes movies is always in new projects with new ideas. Of course, sometimes it is possible to implement it, sometimes it is not. I continue to work on new projects."