

## **INTERNATIONAL APPLIED SOCIAL SCIENCES CONGRESS APPLICATION DEADLINE EXTENDED**

An International Applied Social Sciences Congress will be organized by the Faculty of Applied Sciences of the Istanbul Gelisim University on the dates of March 10-11, 2022. Applications have been extended until February 11, 2022.

The date for sending the last abstracts for the scientists, who would like to take part in the congress, however, was determined as February 11, 2022. The "sustainability" concept will take the social, economic and environment themes as basis at the congress where the original and academic studies in the field of Social Sciences will be presented to the sharing of scientists.

### **THEORETICAL AND APPLIED SCIENTIFIC STUDIES WITH RELATION TO THE "SUSTAINABILITY" WILL BE INCLUDED ON THE AGENDA**

The presentations will be realized face to face and online at the congress where it is aimed to acquire new information and knowledge through the contributions of the scientists, specialized in their field of engagement. The social sciences will be handled on academic, conceptual, theoretical and applied basis at the International Applied Social Sciences Congress where the subject matter of the sustainability that is one of the most important concepts of future will be given particular importance therein. By this means, it is aimed that the congress will make contribution to the scientific studies.

The papers that will be accepted at the congress where the basic main topics will be given particular importance within 34 fields of social sciences ranging from Anthropology up to Management Information Systems, will be announced as of February 12.

## **TAYF INTERNATIONAL SHORT-FILM FESTIVAL MEETS WITH CINEMAGOERS**

The TAYF International Short-Film Festival that will be organized by the Faculty of Fine Arts of the Istanbul Gelisim University and be realized between the dates of February 24 and 27, is appearing before the picture-goers with the finalist selection consisted of special films.

The TAYF International Short-Film Festival where the leading figures of the cinema and television such as Cemal Okan, Derviş Zaim, Yüksel Aksu, Ercan Kesal, Bade İşçil and Yurdaer Okur take place among the members of the jury, will appear before the cinemagoers with 40 films due to compete at the categories of fiction, documentary, experimental and animation. The following films, titled as "*Susam*" that is one of many award-winning films of this year, produced by Sami Morhayim; and "*Kulak Misafiri*", a work of Ahmet Toğaç, shown in various numbers of festivals; and

“Service” that is the work of Ramazan Kılıç bringing criticism to social gender roles at the society; and “Kelebek Adam”, produced by Enis Manaz and is drawn attention from formal and content of point of view; and the documentary film, titled as “Çeşme” of the young producer, İlayda İşeri, are among the film shows to be realized at the Istanbul Gelisim University between the dates of February 24 and 26, 2022.

The following works that will be among the films and shown at the festivals will be as follows: “Feeling Through” of the film that is a work of Doug Roland and candidate for Oscar award; and the “Revolvykus” of Victor Orozco Ramirez that was awarded with the air date in various numbers of countries; and “The Seine’s Tears ve Yallah!” that is one of the most important animation films of this year. Following the film shows that will continue for 3 days at the TAYF International Short-Film Festival, the awards will be given to the winner works at a ceremony due to be organized at the “Four Seasons Hotel” on February 27, 2022.

#### **WHILE THE METAVERSE DESTROYS SKILLS AND ABILITIES, IT MAY INCREASE THE DOMESTIC QUARREL AND SUICIDE CASES**

From İstanbul Gelisim University, Faculty of Economics, Administrative and Social Sciences, Sociology Department, Nazar Bal, Faculty Member, PhD, evaluated the effects of the Metaverse world, which is the intertwining of virtual and real worlds, together with augmented reality.

Social media tools, which are used quite frequently, especially as a marketing tool for the last ten years, showed that even ordinary people can promote themselves and even become a phenomenon, influencer, blogger or youtuber. Although it is thought that social media tools provide a free space to people, it also makes them dependent to it, together with many varying factors. Mentioning that the psychological, sociological, economic and cultural reflections of the Metaverse are inevitable, Nazar Bal, Faculty Member, PhD, said, “Metaverse enables users to create a new world for themselves via digital glasses in a preferred room of the house. With the global culture affecting the local culture and the development of technology, individuals have become subjects who imitate and resemble each other. Under these circumstances, individuals may begin to lose their skills and abilities.”

#### **“METAVERSE WILL MAKE EMERGE OF NEW OCCUPATIONAL GROUPS”**

In social media tools, where we witness the reflection of artificial, fictional and pretend lives, a perception of making money hand over fist has also been arisen. The fact that users, who disregard the privacy of their private lives and transform their daily lives into commodities in the public sphere, create new occupational groups points out that the same situation will undoubtedly be true also in Metaverse, even more enhanced ways. It is expected that these new occupational

groups will emerge from areas such as auditing, security, design, graphics, artificial intelligence, robotics, economics, health and social relations.

#### **“DOMESTIC QUARREL AND SUICIDE CASES MAY INCREASE”**

As Metaverse may attract the attention of individuals from different status, it may have a greater impact on individuals of disadvantaged groups such as the elders, children, young people, disabled people, and single-parent families. Mentioning that in the Metaverse universe that may have much more different effects especially on children, who are the most vulnerable group, it may cause domestic quarrels and generational conflicts at points where generations cannot understand each other, Nazar Bal, Faculty Member, PhD, said, “Such problems will not limited to the digital world drawn by Metaverse itself, but may go so far as occurrence of cases such as suicide. Just as the footprints we leave on social media are followed and observed by someone, we will be followed by someone also in the Metaverse world; at this point, the issue of security is very important.”

#### **THIS DIET STYLE CAUSES WEIGHT LOSS AND REDUCES EDEMA!**

Evaluating the raw food diet, which makes the vital digestive organs to rest, Murat Doğan, Faculty Member, PhD, from İstanbul Gelisim University, Faculty of Fine Arts, Gastronomy and the Culinary Arts Department, stated that thanks to this diet, which can be applied for a short period time, the body can be purified of toxins.

The most effective ways to reach the ideal weight are to have a healthy and balanced diet and to increase daily activity. However, it is known that sometimes surprising the body by trying different diets accelerates the weight loss process. A new one has recently been added to the diet lists which need to be applied under supervision of a specialist: Raw food diet.

Drawing attention to the foods rich in protein, carbohydrates, fats and vitamins that should be taken daily in a healthy diet, Murat Doğan, Faculty Member, PhD, said, “ Before applying raw food diet programs, you should definitely consult your nutritionist if this diet is suitable for you or not. If it is seen appropriate, you can purify your body of toxins in a short time by practicing the diet and speed up your weight loss process. However, the raw food diet should be applied for a short time. In the long run, you may not get the protein, vitamins and minerals your body needs during raw food diet. Therefore, such diets are more effective and give better results in the short term.”

#### **IT IS POSSIBLE TO REST THE LIVER BY EATING RAW FOOD INTERMITTENTLY**

Raw food diet, accepted as getting back to basics in the world, ensures a gut-friendly life by increasing fibers in the diet. A healthier life is possible with this diet that helps cleansing of the liver, which is very important for our body, to rest in a way. When it

comes to raw food diet, although the first thing that comes to mind is the consumption of food without cooking, it can also be consumed by processing the food at 40-45 degrees by soft cooking method. In this way, soft cooked foods will not disturb the stomach and intestines.

**“ADD OIL SEEDS AND NUTS TO THE RAW FOOD DIET”**

Another important point to be considered in the diet style with raw food, which is very effective in short-term applications, is not to deprive the body of the vitamins and minerals needed by it for a long time. You can be healthier with slimming diets that are spread over time, do not start suddenly or stop suddenly. While lifelong slimming diets lead to an unhealthy life, products such as almonds, hazelnuts and walnuts, which contain protein, must be added to a raw food diet program.

### **IGU STUDENT, NATIONAL WEIGHTLIFTER, DUYGU ALICI, IS RANKED FIRST ONCE AGAIN**

National weightlifter Duygu Alıcı, student of Department of Sport Management at Istanbul Gelisim University's Gelisim Vocational School, who participated to the Seniors Weightlifting Championship of Turkey, is ranked first at the category of 55 kg.

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### **SHE RE-BROKE THE NATIONAL RECORD OF TURKEY!**

Duygu Alıcı, making our country proud by ranking 4<sup>th</sup> at the World Juniors Weightlifting Championship in 2021, re-broke her own national record of Turkey and is ranked first once again at the Seniors Weightlifting Championship of Turkey. National weightlifter who was competing at the category of 55 kg in Seniors Weightlifting Championship of Turkey; added new successes on top of her previous ones by lifting 105 kg at clean and jerk category and by lifting 80 kg at snatch category. Aiming to be the world champion, Duygu Alıcı is riding high in tournaments.