

IGU RANKED AT THE TOP WITH ITS NUMBER OF ACCREDITED UNDERGRADUATE PROGRAMS!

“University Monitoring and Evaluation General Report-2022” prepared by the Council of Higher Education (YÖK) has been published. Istanbul Gelisim University ranked at the top with the number of accredited undergraduate programs.

Council of Higher Education published the “University Monitoring and Evaluation General Report-2022”. In the report, in which the general evaluation of universities in Turkey is made in line with 2021 data, Istanbul Gelisim University (IGU), which is taking firm steps towards internationalization, ranked 1st among both state and foundation universities as the university with the most accredited undergraduate programs.

“WE TAKE STRATEGIC STEPS IN LINE WITH GLOBAL VISION”

Moving forward with the goal of becoming a "world university", Istanbul Gelisim University stands out with its activities in the international arena. Stating that they are proud to have the most accredited undergraduate programs among universities in Turkey, Istanbul Gelisim University Chairman of the Board of Trustees Abdülkadir Gayretli said: “Our university is at the top of internationalization with its international students and academics. With the encouragement of Higher Education Council President Prof. Dr. Erol Özvar for internationalization, we are moving forward by taking strategic steps in line with our global vision. University-industry cooperation, being scientific and employment are among the issues we prioritize. As a university, we adopt the "UN Sustainable Development Goals" in order to leave a better world for future generations. The future of the world and humanity is possible with the support of sustainability studies. For this purpose, we attach special importance to education and research.”

HAPPY ENDING IN EFFECTIVE COMMUNICATION EDUCATION

“Persuasion and Body Language Training”, which is the third and final stage of the “Effective Communication Training” project, organized by Istanbul Gelisim University (IGU), Faculty of Fine Arts (FFA) and the project manager was undertaken by Asst. Prof. Dr. Aslı Kasar, will be held at Sabancı Maturation Institute on December 15, 2022. took place. At the end of the completed project, certificates were presented to the participants.

The third and final stage of the “Effective Communication Education” social responsibility project, organized in cooperation with [Istanbul Gelisim University](#) (IGU), [Faculty of Fine Arts](#) (FFA) and Sabancı Maturation Institute operating in Istanbul's Üsküdar District, to contribute to the production of institute students and support their development. It took place on December 15, 2022 with intense participation. In the project, which set out with the slogan of "Lifelong Learning", "persuasion and body language" training, which is one of the sine qua non of effective communication, was given.

In the training, which drew attention to the art of persuasion and the importance of persuasion for effective communication, Asst. Prof. Dr. Aslı Kasar taught the participants how to use body language in a way that best reflects them, with body language and persuasion methods. Kasar expressed the importance of body language, which is an indispensable part of an effective communication process, with these words:

“...If what the body language conveys while in verbal communication is understood, communication gains integrity. We are less likely to misunderstand and interpret the other person. Therefore,

analyzing body language removes interpersonal communication barriers and lays a good foundation for establishing healthy relationships.”

IGU FFA COMPLETED ANOTHER SOCIAL RESPONSIBILITY PROJECT!

At the end of the social responsibility project, the last stage of which was realized, certificates were presented to the participants who participated in all 3 stages. After the third phase was completed, the “Effective Communication Training” social responsibility project came to an end. Stating that they are happy to have completed another social responsibility project, Kasar thanked the Dean of the Faculty of Fine Arts and the teaching staff of the Department of Communication and Design for their support in the project. Noting that they have plans to reunite with many stakeholders for different projects in the future, Kasar expressed his excitement for the new social responsibility projects to be realized in the future.

THIS DISEASE IS ALSO SEEN IN DESK JOB WORKERS: ACID REFLUX

Acid reflux, which is caused by factors such as wrong diet, smoking and alcohol use, is a burning sensation that happens when some of the acid content of the stomach flows up into the esophagus as a result of bending over or lying down after eating. If care is not taken, it can cause problems such as burning in the anterior region of the rib cage, difficulty in swallowing and coughing. Specialist Dietitian Hasan Fatih Akgöz from Istanbul Gelisim University underlined that this disease can be seen in individuals with low physical activity.

ONE SHOULD NOT OVEREAT IN MAIN MEALS

Reflux is one of the most common public health problems. Specialist Dietitian Res. Asst. Hasan Fatih Akgöz from the [Department of Nutrition and Dietetics, Faculty of Health Sciences, Istanbul Gelisim University](#), stated that the incidence of acid reflux disease is increasing day by day and that wrong lifestyle practices are the most significant problem for this disease. Akgöz also added the following:

“Eating high-fat foods, spicy foods, acidic foods and drinks, foods high in sugar and salt increases the occurrence of reflux. In addition to the frequent consumption of these foods, reflux can also be seen in those who consume cigarettes and alcohol, and in individuals with low physical activity who work at a desk.

7 NUTRITIONAL RECOMMENDATIONS TO PROTECT FROM ACID REFLUX

The incidence of obesity increases after a while in individuals who are generally fed with fat and carbohydrate. Thus, the mechanism between the stomach and the esophagus is disrupted, and as a result, burning and stomach acid contents flow up. Specialist Dietitian Res. Asst. Hasan Fatih Akgöz made 7 nutritional recommendations to prevent reflux:

- Meals should not be consumed quickly, very hot or very cold foods should be avoided.
- One should not go to sleep right after the meal. Food consumption should be stopped 2-3 hours before bedtime.
- A balanced diet with low-fat, high-fiber and protein-rich foods should be preferred instead of a diet that includes foods rich in fat and carbohydrates.
- Fatty foods such as margarine, butter, mayonnaise and cream should be avoided.



- Fatty fried foods, roasting, fermented meat products (sausage) and offal products should be avoided.
- Consumption of foods such as spices, tomatoes, onions, garlic, pickles and citrus fruits that may irritate the esophagus must be minimal. Tea and coffee consumption should be paid attention to.
- Water consumption should be given importance, consuming water frequently during the day has a positive effect on acid reflux complaints.