

“IGU CYBER ACADEMY” IS BEING ESTABLISHED!

Istanbul Gelisim University Office of Scientific Research Projects (IGU BAP-K) is implementing the "IGU Cyber Academy" project, which aims to employ young people in the IT sector by providing training in cyber security field with the support of the Istanbul Development Agency (IDA).

With the vision of being a prestigious "Research University", Istanbul Gelisim University, which gives great significance to both R&D studies and scientific projects on a global scale, is implementing the "Cyber Academy" project. The project, which aims to provide employment to young people in the IT sector by providing training in the field of cyber security, was entitled to be supported by IDA.

STUDIES WILL BE CONDUCTED FOR YOUNG PEOPLE WHO DESIRE TO RECEIVE TRAINING IN THE CYBER SECURITY FIELD

Standing out with the support it gives to innovative, scientific and technological projects, IGU continues its activities with the aim of becoming a "World University". The "IGU Cyber Academy" project, which will be implemented by the Office of Scientific Research Projects of Istanbul Gelisim University (BAP-K), will be carried out by Asst. Prof. Dr. Serkan Gönen, Head of the Software Engineering Department of the Faculty of Engineering and Architecture. Within the scope of the project designed to meet the needs of Turkey in the field of cyber security, distinctive courses will be given to young people who want to receive training in the field of cyber security, and various events will be organized to follow the developments in the sector in order to train qualified staff and contribute to the IT sector.

The total budget of the project is 6.5 million TL and all stages will be carried out by Istanbul Gelisim University.

INTERIOR DESIGN STUDENTS OF FACULTY OF FINE ARTS DESIGNED CONTAINERS FOR EARTHQUAKE VICTIMS

The "Living Space Design Project in Containers" organized by the Interior Design and Environmental Design (Turkish-English) Departments of Istanbul Gelisim University's (IGU) Faculty of Fine Arts was completed through a series of events held between March 17 and April 3, 2023. The process began with an informative meeting held online via Google Meet. After that, it is followed by a jury held online via Google Meet on March 31 and concluded with student submissions on April 3, 2023.

The event "Living Space Design Project in Containers" was jointly organized by the Interior Design Department and the Interior Design and Environmental Design Departments of Istanbul Gelisim University's (IGU) Faculty of Fine Arts, with the participation of Safiye Ünal from Nuriş Prefabrik, a leading company in the industry, and the faculty members and students of the Interior Design Departments. The event began with an online informative meeting via Google Meet on March 17, 2023.

After the informative meeting on March 17, 2023, the second step of the process, the "Workshop," began on March 20, 2023 with eight student groups. The design process, which started with the guidance of a consultant from the Interior Design Department and the Interior Design and Environmental Design (Turkish&English) Departments for each student group, continued with the jury held on March 31, 2023.

The jury began with an opening speech by the faculty member of the Interior Design and Environmental Design (Turkish&English) Department, Lect. Selcen Nurcan Keskin Urmak, and continued with a speech by Halil Yektaş from Ender Prefabricated as a representative of the industry. After the informative speech by the Vice Dean of the Interior Design and Environmental Design (Turkish&English) Departments, Asst. Prof. Dr. Parvin Heidari, regarding the event process, representatives of student groups started presenting their projects.

BASIC INFORMATION ABOUT THE CONSIDERATIONS IN CONTAINER DESIGN WAS GIVEN

After a week of design process conducted through online meetings, student groups presented their designs one by one. Ecem Derya and Ömer Kesimoğlu from the group of Lect. Minel Kurtuluş; Beyza Palut from the group of Lect. Büşra Babacan; Sena Ertuğrul from the group of Lect. Enver Tatlısu; Melek Çelik from the group of Lect. İbrahim Erol; Erman Yerlikaya from the group of Asst. Prof. Dr. Lecturer Adem Özer; Yağmursu Akdemir from the group of Lect. Serenay İnceoğlu; Sümeyye Gürsoy from the group of Lect. Selcen Nurcan Keskin Urmak, and Hazal Balıkcı and Ecenur Kut from the group of Asst. Prof. Dr. Parvin Heidari presented their project presentations as representatives of their respective groups. Basic information about the things to be considered in container design was also provided.

DESIGN STAGE COMPLETED

As part of the "Container Living Space Design" project aimed at proposing a design proposal for container cities to be established for earthquake victims whose houses were damaged in the February 6 Kahramanmaraş earthquakes, each group started the design process with the concept they determined with the support of their advisors. The designs were completed during Google Meet meetings held within the groups for a week. In the final stage of the design process, critical comments were given to the designed projects in the jury. After the projects were finalized according to the criteria, they were submitted on April 3, 2023. The submitted projects are planned to be presented at an exhibition to be held in the coming weeks. In addition, students from the teams will have the opportunity to experience the container production process through a technical visit to be organized by a leading container company that invited them. All students involved in the project will be presented with a participation certificate in their name as a thank you for their efforts.

INTENSIVE PARTICIPATION OF THE STUDENTS

The jury was held with the intense participation of about 40 students and faculty members from the Interior Architecture and Environmental Design Department, including Department Chair Asst. Prof. Dr. Parvin Heidari, Department Vice Chairs Assistant Professor Doctor Selcen Nurcan Keskin Urmak and Assistant Professor Doctor Ibrahim Erol, and other faculty members such as Assistant Professor Doctor Adem Özer, Lect. Serenay İnceoğlu, Lecturer Enver Tatlısu, Lecturer Büşra Babacan, and Lecturer Minel Kurtuluş, as well as research assistants Tuğçe Öztürk, Eliz Mutlu, and Mustafa Dallı.

ALTHOUGH FOOD FRIED WITH AIRFRYER IS HEALTHIER, BEWARE!

The airfryer is one of the most popular kitchen appliances of the last period. There are also questions about whether the Airfryer, which provides the opportunity to cook many different types of food in a practical and short time, is really healthy. Food Engineer Asst. Prof. Dr. Sema Aydın stated that although Airfryer fried food is technically healthier than deep frying, it has potential harms.

Airfryer, which has become the choice of those who do not want to spend a long time in the kitchen, offers the convenience of preparing many types of food in a short time with the savings it provides. Cooking foods faster with high heat also brings questions like "Does it cause a loss of value in nutrients?". It causes less value loss of food cooked with Airfryer compared to other cooking methods. Asst. Prof. Dr. Sema Aydın, Food Engineer from Istanbul Gelisim University (IGU), Faculty of Applied Sciences, Department of Gastronomy and Culinary Arts, remarked that frying with Airfryer may cause the formation of some compounds related to cancer development, such as acrylamide.

“EVEN THE HEALTHIEST FOODS CAN LOSE ESSENTIAL NUTRIENTS DURING THE COOKING PROCESS”

The Airfryer, which has become an easy way to cook in a short time without using very little oil, sometimes even no oil, has become the most popular kitchen appliance of the last period. The Airfryer, which allows food to cook faster with high heat, creates less nutrient loss compared to other methods. Asst. Prof. Dr. Sema Aydın: “Even the healthiest foods can lose essential nutrients during the cooking process. Vegetables and meats that are boiled or grilled can lose 40 percent or more of their nutritional value. In addition, the cooking baskets used in the Airfryer prevent the food from coming into direct contact with the heat source. The method of circulating dry heat, combined with the fryer's cooking zone design that protects the food, ensures less loss of essential nutrients in food than with other cooking methods.”

THERE IS NO CERTAIN INFORMATION THAT IT CAUSES CANCER!

Evaluating the health impact of using Airfryer, Dr. Aydın stated: “Even though food fried with Airfryer is technically healthier than deep frying, fried food has potential harms. Using air fryers Daily can cause weight gain, type 2 diabetes, heart disease and other ailments. It is considered that cooking meat products at high temperatures increases the risk of cancer. There is no certainty that Airfryer causes cancer.”

Asst. Prof. Dr. Sema Aydın also added: “Frying with air may cause the formation of certain compounds associated with cancer development, such as acrylamide. Acrylamides are chemicals classified as possible carcinogens. Moreover, polycyclic aromatic hydrocarbons and heterocyclic amines can be formed from high-temperature cooking of meat.”