

“PUNISHMENT DAMAGES THE RELATIONSHIP BETWEEN THE FAMILY”

About 19 million students in pre-school, primary and secondary schools affiliated to the Ministry of National Education (MEB) got their school reports last week and went on summer vacation. Mentioning the importance of making a situational assessment of students' grades, Clinical Psychologist Lect. Selin Kalabaş stated that punishment methods are not instructive.

As every semester, students received their school reports this semester. While some were excited on that day, others were anxious. Clinical Psychologist Lect. Selin Kalabaş from Istanbul Gelisim University (IGU) Faculty of Health Sciences, Department of Child Development, stressed the importance of assessing the situation by investigating the reasons for students' low grades.

“AFTER THE CAUSES ARE DETERMINED, APPROPRIATE SOLUTION STEP CAN BE STARTED”

Having low grades on the school report does not mean that the person is "unsuccessful", "inadequate" or "useless". Clinical Psychologist Lect. Selin Kalabaş, who stated that only getting a low grade meant that person could not do the course due to various factors. “First of all, families should talk about the course in which their children got low grades and find out the reasons behind it. Reasons for their children's low grades may be caused by a problem such as being above the level, being below the level, not finding it interesting, not making sense, lack of motivation, emotional factors or distraction. Once these reasons are identified, a solution can be made appropriate to the situation.”

“JUSTICE AND CRITICISM MUST BE AVOIDED”

Many parents often resort to punishment methods in child education. Stating that punishment is not instructive, Kalabaş said: “Penalty is just a control mechanism. The punished child does not learn anything about the situation. In addition, it is seen that people continue to behave undesirable when the control mechanism is removed. Punishment also damages the relationship between the family.” Adding that the appreciation of the smallest effort of children creates a positive effect on the child, Kalabaş also mentioned: “Children's smallest efforts should be appreciated and their potential should be trusted. Children should be guided and functional alternatives should be offered. Judgement and criticism must definitely be avoided.”

“MAKE YOUR CHILDREN FEEL THAT YOU HAVE UNCONDITIONAL LOVE FOR THEM”

Investigating the reasons behind children's low grades and finding common solutions with children play an important role in their success in the future. Mentioning that children should express their “shame” and “guilt” feelings, Clinical Psychologist Lect. Selin Kalabaş: “A specialist should be consulted when necessary. Children's potentials should be analyzed correctly and should not be approached with high expectations. Children should be made to feel loved under all circumstances and care should be taken to keep strong relations with children.”

Adding that a study program can be prepared for the summer vacation after determining the reasons for the low grades of the children, Kalabas made the following recommendations:

“Sports events to exercise the body, mindfulness and yoga exercises can be done. It is possible to participate in aid projects. You should be in touch with nature and rest. Most importantly, it should not be forgotten that children are more valuable than grades. Make your children feel that you have unconditional love for them.”

DO NOT OVER-STRESS THE ANIMAL!

Feast of Sacrifice is just days away. When discussing the factors to be taken into account before, during, and after cutting in order to achieve quality meat, Food Engineer Instructor Eda Sensu Demir indicated that the animal should be brought to the cutting point 1-2 days before to the slaughter in order to avoid stress.

Many individuals were scrambling to find an animal to sacrifice in preparation for the forthcoming Feast of Sacrifice. Meat is a significant dietary item that includes numerous vitamins and minerals in addition to its high protein content. It also contains microbes. Inst. Eda Sensu Demir, Food Engineer at Istanbul Gelisim University (IGU), Istanbul Gelisim Vocational School (IGVS), Department of Food Technology, stated that hygiene and sanitation rules should be considered in the cutting and storage stages in order not to increase the microbial load on meat.

“THE PERSON PERFORMING THE CUTTING PROCEDURE SHOULD WEAR CLEAN, APPROPRIATE CLOTHING AND EXERCISE GOOD HAND HYGIENE.”

There are things to consider before, during, and after cutting in order to produce a quality cut of meat. Stating that the environment where the animal

will be slaughtered and the tools to be used should be made hygienic before slaughter, Food Master Engineer Instructor Eda Senu Demir said, "The person who will perform the slaughter process should wear clean clothing suitable for the slaughter and pay attention to hand hygiene. In this approach, the quantity of germs in the meat may be controlled, and contamination from various environmental bacteria can be avoided. Another factor that will affect the quality of meat is the stress of the animal during slaughter. When an animal is under stress, it burns off the body's stored glycogen, leaving no nutrients for the environment to employ in scent and flavor creation responses. The animal should be brought to the slaughter point 1-2 days before slaughter and rested. Seeing slaughtered animals or smelling blood will also cause stress. This should be prevented as much as possible."

"THE CUT MEAT SHOULD BE BROUGHT INTO CONTACT WITH SOME AIR"

After the animal is slaughtered, it must be rested properly to provide the desired aroma and flavor. Stating that the animal must complete 3 different stages in order for the muscle tissue to turn into meat, Demir said, "The first phase is the hot meat phase that lasts between 6-8 hours. In this process, meat should be kept at +16 degrees. Afterwards, it should be stored at +4 degrees and then lowered below +4 degrees to ensure the maturation of the meat. One of the important issues that we should mention is that the cut meat is in pink-red color. In order to achieve this desired color, the cut meat should be brought into contact with some air. That is, if we put it in the bag as soon as we cut it, the meat will turn dark brown. For this reason, open containers that can receive fresh air should be preferred while carrying the meat."

"WE RECOMMEND CONSUMING MEAT WITHIN A PERIOD OF 6-8 MONTHS"

If there is a large amount of meat and it will be stored for a long time, the freezing method, which is the best quality and healthy preservation method, should be preferred. Stating that the point to be considered in this process is not to try to freeze a large amount of meat at the same time, Instructor Eda Senu Demir said, "In order to obtain a quality frozen food, the freezing process should be carried out quickly. For this reason, meat can be frozen in small portions and a rapid freezing can be achieved. In addition, even if frozen foods have a long shelf life, there is a loss of aroma and taste when kept for a long time. We recommend consuming meat within a period of 6-8 months. The most important point is that frozen products should not be frozen again after thawing. This is especially dangerous for meat. Apart from freezing, it can also be stored in the form of roasting by applying heat treatment."



RECTOR PROF. DR. BAHRI SAHIN VISITED THE MAYOR OF AVCILAR IN HIS OFFICE

Istanbul Gelisim University Rector Prof. Dr. Bahri Sahin visited Avcilar Mayor Attorney Turan Hancerli in his office.

Istanbul Gelisim University (IGU), which is renowned for its quality education and contributions to society through science, trains the next generation in the use of science and technology by working on joint initiatives and partnerships in this area.

In order to meet and congratulate the upcoming Sacrifice Feast, Istanbul Gelisim University Rector Prof. Dr. Bahri Sahin visited Avcilar Mayor Attorney Turan Hancerli in his office. In the meeting, possible collaborations and projects between Avcilar Municipality and Istanbul Gelisim University were also discussed.