

ASSOC. DR. AYSUN CANÇAT'S WORKS WERE EXHIBITED IN GREECE

Assoc. Dr. Aysun Cançat's works were included in the international group exhibition "Paper Works in Thessaloniki".

The exhibition, which brought together 37 artists from various countries, was curated by Pinelo Art Gallery director Cem Üstüner and Beykent University faculty member Dr. Instructor Member Burcu Pehlivan, Dr. Instructor Member Pinar Ceylan took charge. The exhibition featured works of artists in various sizes and techniques, producing for different disciplines. From the academic staff of the Graphic Design Department, Assoc. Dr. Aysun Cançat also participated in her work titled "Flow", which is an abstraction made with lava technique on 29.5x42 cm paper, produced in 2023.

THE EXHIBITION, WHICH WAS OPEN BETWEEN 15-18 JUNE 2023 AT THE ART FORUM GALLERY IN THESSALONIKI-GREECE, ATTRACTED GREAT ATTENTION

The work named "Flow", exhibited at the Art Forum Gallery in Thessaloniki, Greece, met with art lovers at the exhibition held between 15-18 June 2023. The exhibition, which attracted many participants from different countries, attracted great attention.

DRINK WATER EVEN IF YOU ARE NOT THIRSTY!

The sweltering heat affected the whole of Turkey. With the increase in temperature and humidity, the increase in body temperature has a negative effect on other vital organs, especially the brain. Nutrition and Dietetics Specialist Asst. Prof. Dr. Merve Bayram emphasized the importance of drinking water and warned that one should not be thirsty to drink water.

The intense increase in air temperature brings along certain changes in the body. Although metabolism tries to keep the increased body temperature in balance with sweating, it is not enough in extremely hot weather. Increased body temperature also negatively affects other vital organs, especially the brain. It is necessary to be very careful about the foods consumed. Asst. Prof. Dr. Merve Bayram from Istanbul Gelisim University (IGU) Faculty of Health Sciences, Department of Nutrition and Dietetics warned that especially those with chronic diseases should pay more attention to their nutrition in hot weather.

SUGGESTIONS FOR PEOPLE WHO DO NOT DRINK ENOUGH WATER

Fluid is essential for the body. Liquid supplementation, which becomes even more important especially in the summer months, is of vital importance. Sweating causes loss of fluid, minerals and electrolytes in the body. It is important to drink at least 2-2.5 liters of water a day to prevent fluid and mineral loss. Nutrition and Dietetics Specialist Merve Bayram: "People who have difficulty in water consumption can also add foods such as fresh fruit pieces, mint, lemon, ginger, cucumber into the water to make it easier to drink water. Cold herbal teas, homemade lemonade, buttermilk, kephir and mineral water can also help increase fluid consumption. Since coffee, tea and carbonated drinks reduce the tendency to consume water, it should be kept in mind that they do not replace fluid loss in the body. Whether there is sufficient fluid consumption or not can be understood from the color of the urine. If the urine color is close to colorless, fluid intake is sufficient, but if it is dark yellow, fluid intake is insufficient.

"MEDITERRANEAN DIET PROVEN TO HAVE POSITIVE EFFECTS ON BOTH HEALTH AND THE ENVIRONMENT"

Consumption of vegetables and fruits with high vitamin, mineral and water content is of great importance in hot weather. It should not be forgotten that the fruit contains fructose can have negative consequences. Asst. Prof. Dr. Bayram stated the following: "In hot weather, excessively oily, spicy and sugary foods should be avoided. Lean meats that are grilled, boiled and steamed should be preferred instead of fried foods, excessively fatty foods and offal. Care should be taken to consume fish at least twice a week. Excessively spicy foods can increase bowel movements and lead to fluid loss in the body. Instead of these, vegetables, fruits and whole grain foods rich in liquids, vitamins and minerals should be consumed. The best example of this is the Mediterranean diet, which has been proven to positively affect both health and the environment."

If possible, dinner should be eaten no later than 20:00. The day can be finished with a small snack 2-3 hours before going to sleep.

"BE CAREFUL NOT TO KEEP THE FOODS TO BE CONSUMED IN THE SUN FOR A LONG TIME"

Asst. Prof. Dr. Bayram concluded her words as follows:

"Food safety becomes even more important, especially on hot days. In hot weather, foods containing meat and meat products, chicken, fish, eggs, milk and dairy products deteriorate more quickly and can lead to food poisoning.

Care must be taken when consuming. Vegetables and fruits should be thoroughly washed. In addition, the use of unclean water and the consumption of vegetables and fruits washed in these waters can cause diarrhea. It should also be noted that the foods to be consumed should not be kept in the sun for a long time.

ANOTHER SUCCESS FROM IGU IN THE WEBOMETRICS WORLD UNIVERSITY RANKINGS!

Webometrics World University Rankings July 2023 data, the world's most comprehensive university ranking system carried out by the Cybermetris Laboratory, the research group operating within the Spanish National Research Council (CSIC), has been announced.

Istanbul Gelisim University, Webometrics World University Rankings, which proceeds with the vision of "Research University", ranked 2329th among the world universities in the second half of 2023 and rose up 213 places compared to the first half of the year. Continuing its rise in the last three years, IGU ranked 56th among the 209 Higher Education institutions in Turkey, jumping 68 places according to the July data of last year according to the January 2023 data.

Webometrics World University Rankings are one of the most well-known academic rankings of Higher Education Institutions, which provide an independent, objective and open scientific study that evaluates all universities twice a year, every six months in January and July. The main purpose of the Webometrics World University Rankings is to promote the existence of the academic web by supporting "Open Access" initiatives to significantly increase the transfer of scientific and cultural knowledge produced by universities to the whole society.

IGU RANKED 56TH AMONG TURKISH UNIVERSITIES

Istanbul Gelisim University (IGU), which advances with the vision of "Research University", attaches importance to science and R&D studies by contributing to the production of new technologies. Adding another success to its national and international achievements, IGU ranked 2329th in the second half of 2023 in the Webometrics World University Rankings and rose 213 places compared to the first half of the year.

Among the universities in Turkey, it ranked 56th compared to last year. Continuing its rise in the Webometrics World University Rankings in the last three years, IGU achieves success on a global scale with its breakthroughs in scientific, technological and cultural fields.



Istanbul Gelisim University, which has succeeded in rising in all categories in the world universities rankings published by Webometrics for the last three years, ranked 1916th in the world by rising 258 places in the Excellence Category according to January 2023 data. IGU also ranked 6861st in the Impact (Visibility) Category by rising 819 places compared to the first half of the same year.