

## **"PROTECTION FROM DISEASES IS SUPERIOR TO TREATMENT"**

Every year between September 3 and September 9, it is celebrated as Public Health Week. Stating that it is aimed to raise awareness about preventive health with information and trainings for the protection and development of public health, Public Health Specialist Dr. Nurten Elkin, referring to the connection between obesity and cardiovascular diseases, said, "Protection from diseases is superior to treatment."

Public health practices aim to ensure that the individual lives a healthy life and is protected from diseases from the mother's womb until the end of their life. Istanbul Gelisim University (IGU) Faculty of Health Sciences (SBF) Public Health Specialist Asst. Prof. Dr. Nurten Elkin, who made statements within the scope of the Public Health Week celebrated between September 3-9 every year, explained the methods of prevention from obesity and cardiovascular diseases.

## **OBESITY CAUSES MANY HEALTH PROBLEMS!**

Obesity, which arises as a result of the combination of unhealthy eating habits with a sedentary lifestyle, brings many health problems. Stating that sleep apnea, asthma, polycystic ovary syndrome, diabetes, hypertension, gout, fatty liver, irregular menstruation, migraine and various types of cancer are among these health problems, Asst. Prof. Dr. Nurten Elkin said, "Obesity is a disease that increases health expenditures all over the world and in our country; decreases the comfort of life of individuals and should be treated immediately. Physical activities must be increased to prevent obesity. In addition to avoiding unnatural sugar and paying attention to daily salt intake, calorie-dense, ready-to-eat foods should also be avoided. Food should be cooked with healthy techniques and eaten slowly. The same kind of nutrition is not good for the body all the time. Food diversity should be taken into consideration and balanced consumption should be ensured from all food types. Attention must also be paid to the consumption of saturated fats as little as possible."

## **"EXERCISE HELPS IMPROVE THE HEART'S ABILITY TO PUMP GOOD BLOOD TO THE BODY"**

Public Health Specialist Asst. Prof. Dr. Elkin, who made statements within the scope of the Public Health Week celebrated between September 3-9, said, "Research on cardiovascular disease risk factors shows that even small lifestyle changes can reduce the risks of coronary artery disease, heart attack, stroke and other cardiovascular diseases. We can prevent the risk of cardiovascular disease by making changes in our lives to eliminate modifiable risk factors such as smoking, high blood pressure, obesity, stress and

cholesterol. As we mentioned, obesity is a major factor in the development of many diseases. Research shows that being overweight contributes to the onset of diabetes and cardiovascular disease. Being overweight raises blood cholesterol, triglycerides and blood pressure. HDL lowers cholesterol and increases the risk of diabetes. An exercise program is needed to stay strong and healthy. Exercising helps improve the heart's ability to pump good blood throughout the body. Activity and exercise can lower blood pressure, high cholesterol, and reduce stress."

### **A DAY AT ALBAYRAK HOLDING WITH THE "A DAY AT WORK" PROJECT!**

Yiğit Alp, who has just graduated from the Department of Public Relations and Publicity, had the opportunity to get to know his sector closely by spending a full day with a senior manager at Albayrak Holding within the scope of the "A Day at Work" project executed by Istanbul Gelisim University Career Guidance Application and Research Center. Yiğit Alp, who spent productive hours, received a job offer at the end of the day.

In the "A Day at Work" project, which is aimed at Peer Mentors, the leaders of their departments, to get to know their sectors closely; students who spend a day in the leading institutions of the sector both see the operation and have information about the areas they are considering to work are selected by the Career Guidance Application and Research Center through an interview. Yiğit Alp, who just graduated from the Department of Public Relations and Publicity, spent a full day working on the project with Albayrak Holding, which had previously been carried out with ULS Airlines, Emin Üstün Holding, Yeşilay, and Flo.

### **GRADUATES AND STUDENTS EXPLORE THE DYNAMICS OF THE CORPORATE WORLD**

The criteria for students to participate in the "A Day at Work" project of the Career Guidance Application and Research Center, which was established to increase the awareness of Istanbul Gelisim University students about the corporate world dynamics of their graduates and to guide them to turn to business areas suitable for their knowledge and skills and to achieve their career goals, are as follows;

- Taking part in an initiative for social responsibility,
- To manage a team of at least 8-10 people,
- To coordinate the students of the department where he/she studies in the activities of the Career Guidance Application and Research Center,
- Having done at least 2 internships.

Peer Mentor Yiğit Alp, who has just graduated from the Department of Public Relations and Publicity, had the opportunity to explore the Corporate Communication Department by spending a full day with the senior manager at Albayrak Holding within the scope of the "A Day at Work" project. Yiğit Alp, who spent productive hours, received a job offer at the end of the day.

### **A MEETING WAS HELD WITH COMPANIES AND ENTREPRENEURS WITHIN IGUTEKMER**

Istanbul Gelisim University Technology Development Center (IGUTEKMER), which aims to contribute to the production of new technologies, held an introductory meeting with companies and entrepreneurs within IGUTEKMER with the participation of IGU Rector Prof. Dr. Bahri Şahin, Vice Rector in Charge of R&D Prof. Dr. Necmettin Maraşlı, TEKMER Board of Directors and Executive Board Members.

IGUTEKMER, which was established to establish scientific cooperation and to reveal value-added products by increasing the interaction between entrepreneurs and companies aiming at product development, held an introductory meeting with companies and entrepreneurs within IGUTEKMER with the participation of IGU Rector Prof. Dr. Bahri Şahin, Vice Rector in Charge of R&D Prof. Dr. Necmettin Maraşlı, TEKMER Board of Directors and Executive Board Members.

### **COLLABORATIONS AND AGREEMENTS HAVE BEEN REACHED**

IGUTEKMER, which offers entrepreneurs working in the fields of "basic science" and "engineering" the opportunity to work in a common field, continues to organize studies within the scope of studies and collaborations that can be carried out with companies. In the meeting held in this direction, IGU Rector Prof. Dr. Bahri Şahin informed about the future goals of the university and IGUTEKMER and the vision of establishing a Technopark, and emphasized the importance of university-industry cooperation. With the projects developed, he gave guidance to academicians, students and departments about partnerships that could be beneficial. In the meeting, while evaluating the academic consultancy needs of Arma City, which operates within the body of IGUTEKMER, in the field of composites, an agreement was reached on the works that can be carried out jointly with IGUTEKMER within the scope of the European Union Projects carried out by Prof. Dr. Ahu Ece Hartavi Karcı, who is the owner of 2RYA Automotive Information and Communication Technologies company within the body of IGUTEKMER. In addition, the companies were informed about each other's projects and took steps on bilateral cooperation.

### **"THOSE IN THE ACCOUNTING INDUSTRY SHOULD PROFIT FROM THE WIND OF CHANGE BROUGHT ON BY ARTIFICIAL INTELLIGENCE!"**

The development of artificial intelligence raises questions about the future of many occupational groups. "Is it going to take away people's jobs?" While the questions continued unabated; Asst. Prof. Dr. Ali Özbek stated that people working in the field

of accounting should keep up with the age and benefit from the wind of change of artificial intelligence.

With the rapid development of technology, artificial intelligence reveals its existence in all areas of life. In addition to its many advantages, the disadvantages of artificial intelligence applications have become a matter of curiosity about how they will affect many occupational groups. Stating that one of the professions affected by the changes is the professional accountants, Istanbul Gelisim University (IGU) Faculty of Economics, Administrative and Social Sciences, Department of Economics and Finance Assist. Prof. Dr. Ali Ozbek said, "Accountants need to benefit from the blessings of artificial intelligence while performing their professions and designing their strategies. As in many professions, following digital and technological developments closely in the field of accounting has become a necessity rather than a choice."

#### WORKLOAD DECREASES AND WORKS ACCELERATE

The latest technological developments and changes inevitably affect the accounting departments. At this point, stating that digital solutions such as e-archive, e-invoice, e-delivery note, e-producer receipt, e-trial balance, e-balance sheet come with the advantages brought by artificial intelligence instead of the business books held by professional accountants, Asst. Prof. Dr. Ali Özbek said, "Professional accountants frequently use many activities such as ensuring the execution of management accounting and cost accounting systems within the enterprise. While this is very beneficial for businesses, it reduces the workload of professional accountants and accelerates their work."

#### EMPLOYMENT CONCERNS

The use of artificial intelligence technologies in the field of accounting brings many advantages as well as disadvantages. Stating that with the spread of such technological developments, the stress and anxiety levels of professional accountants have increased and they have employment concerns, Dr. Özbek said, "The fear of losing their job can be a matter of concern for professional accountants. In order to keep up with the age and minimize the disadvantages of artificial intelligence, people who will work in the field of accounting in the future should be able to read and write accounting systems correctly, solve complex problems, apply and analyze procedures correctly, and make the outputs of the business process in a healthy and safe way. For this, they need to benefit from the wind of development and change of artificial intelligence."