

THIS OIL BOTH REDUCES ANXIETY AND RELIEVES INSOMNIA

Charge Nurse, Lect. İlknur Yücel from Istanbul Gelisim University Vocational School of Health Services, Dialysis Department said that a solution to the sleep disorder problem experienced by kidney failure patients can be found with the aromatherapy method.

Chronic and progressive renal failure gives symptoms such as malnutrition, pulmonary edema, cardiovascular disorders, and skin changes. For elimination of kidney failure that commonly causes sleep disorders also, Charge Nurse, Lect. İlknur Yücel from Istanbul Gelisim University Vocational School of Health Services, Dialysis Department spoke about what to do.

ALTERNATIVE MEDICINE SHOULD BE USED IN ADDITION TO MEDICAL TREATMENT!

Kidneys are one of the most important organs of our body, which provides cleaning process by filtering wastes and acids accumulated in the blood. In cases where the kidneys cannot perform their functions, substances such as urea, potassium, keratin and phosphorus rise in the blood. Hemodialysis is used to clean these harmful substances in the blood. Charge Nurse, Lect. İlknur Yücel from [Istanbul Gelisim University Vocational School](#) of [Health Services, Dialysis Department](#) emphasized that kidney failure is a chronic and progressive disease and this condition causes coma, malnutrition, pulmonary edema, cardiovascular disorders, skin changes, decrease in skin turgor, anemia, iron deficiency as well as sleep disorders as a result of deterioration in fluid-electrolyte balance.

LAVENDER OIL IS USED AS AN ESSENTIAL OIL IN AROMATHERAPY

Stating that various complementary and alternative medicine elements are used in elimination of sleep disorders in hemodialysis patients widely in Turkey and in the world, Charge Nurse, Lect. İlknur Yücel said, “Since the origination of humanity, the cure of many diseases has been sought in nature, and this has led to the birth of traditional medicine. The most frequently used essential oil in aromatherapy, which is one of the complementary and alternative practices, is lavender oil. At the same time, this oil is frequently used for sleep disorders, sedation, itching prevention, infection prevention, muscle relaxation, wound healing, vital signs regulation and relief of pain.”

TO BE ADMINISTERED BY INHALER OR MASSAGE

As a result of the research conducted, it was determined that the application of lavender oil through an inhaler (a medical device used to release of drugs into the body through lungs) or massage in hemodialysis patients increased the sleep quality of individuals. However, uncontrolled use of lavender oil can also cause nephrotoxic effects. Charge Nurse, Lect. İlknur Yücel underlined that traditional medicine cannot replace medical medicine, so it is absolutely necessary to seek help from a health institution.

SUPPORT TO EARTHQUAKE VICTIMS FROM FASHION DESIGN PROGRAM STUDENTS

Istanbul Gelisim University Gelisim Vocational School students said “Let's Do Our Best!” , and manufactured apparel for disaster victims in earthquake areas. After 7 days of manufacturing, the clothes were sent to be delivered to the region.

The wounds of the earthquake occurred in Kahramanmaraş on February 6 and caused great destruction in 12 provinces have been continued to bind up. Being by the side of disaster victims with many support and aid campaigns since the first day of the earthquake, Istanbul Gelisim University produced apparels for the disaster victims, with the [Istanbul Gelisim Vocational School Fashion Design Program](#) students, by saying "Let's Do Our Best!" Stating that volunteer students participated in the studies, Lecturer Şerif Pinar Tunçok said that many products such as tracksuits, ponchos, scarves and gloves were produced for women, men and children.

THE WORK LASTED 7 DAYS

Istanbul Gelisim University Gelisim Vocational School (IGMYO) Fashion Design Club students have swung into action, by saying "Let's Do Our Best!", for the earthquake caused great destruction in 12 provinces. The volunteer students of IGU produced tracksuits, coats, ponchos, scarves and gloves for the disaster victims in 12 provinces. In the project, where the work lasted 7 days, the cut-and-sew waste were also evaluated within the framework of sustainability, and they were used in the manufacture of mattresses and pillows for earthquake zones and as support for the filling. Lecturer Şerif Pinar Tunçok, who is the project manager, stated that they produced with a small group of 7-8 people, and that they received support from many companies for fabric and auxiliary materials in this process.

A PANEL TITLED "WOMEN EMPLOYMENT AND WOMEN'S ROLE IN SOCIETY" WILL BE HELD WITHIN THE SCOPE OF INTERNATIONAL WOMEN'S DAY (MARCH 8)!

Organized by Istanbul Gelisim University (IGU), Faculty of Fine Arts (GSF), a panel titled "Women Employment and Women's Role in Society" will be held online on Wednesday, March 8 over Google Meet.

IT WILL BE HELD WITH THE PARTICIPATION OF GRADUATE STUDENTS

Organized by Istanbul Gelisim University (IGU), Faculty of Fine Arts(GSF), a panel titled "Women Employment and Women's Role in Society" will be held online on Wednesday, March 8 between 11.00-13.00 over Google Meet, with the participation of our alumni. Head of Department of Communication and Design, Faculty Member Dr. Aslı Kasar will be the moderator in the panel where Graduate of Graphic Design Department Ayşe Aksu, Graduate of Radio, Television and Cinema Selin Sakman, Graduates of Interior Architecture and Environmental Design Koray Alp Kaleli, İrem Seçkin and Ruken Göngör, who will be panelists. We invite all our students and lecturers to our panel event having the theme of women employment and the role of women in society.

IGUTEKMER PERFORMED "HORIBA NANOPARTICLE MEASURING DEVICE" TRAINING

Organized by Istanbul Gelisim University Technology Development Center (IGUTEKMER), which conducts researches in basic science and engineering, "Horiba Nanoparticle Measuring Device" training was conducted.

Established to contribute to the production of new technologies and to increase interaction and cooperation between entrepreneurs and companies aiming to develop products, Istanbul Gelisim University Technology Development Center (IGUTEKMER) has added a new project to its studies. The “Horiba Nanoparticle Measuring Device” training was held by IGUTEKMER.

THE DEVICE HAS MANY AREAS OF USE

Nanoparticle device manufactured to characterize the physical properties of small particles is used to find the size, zeta potential and molecular weight of particles in colloidal solutions. The nanoparticle device has areas of use such as polymer and proteins (cluster measurements), nanoparticles, emulsion stability, wastewater treatment, ceramic processes, liquid ink and toner analysis. Organized by IGUTEKMER, the “Horiba Nanoparticle Measuring Device” usage training was held with the participation of Vice Dean of the Faculty of Health Sciences, Assoc. Prof. Dr. S. Arda Öztürkcan and IGU BAP-K Coordinator Faculty Member, Dr. Serap Yeşilkır Baydar, who are Members of the Board of Directors and Executive Board of IGUTEKMER, respectively. IGUTEKMER There was also a great interest of the instructors who work and plan to do studies in the IGUTEKMER.

“OUR WOMEN PAINTERS -1” EXHIBITION MEETS WITH ART LOVERS ON MARCH 8

Istanbul Gelisim University brings art lovers together with Painter Lect. Murat Karaova's "Women Painters 1" exhibition on the International Women's Day (8 March). The exhibition features women painters who lived in the first years of Republican period and have left their mark on the art of painting and made a name.

On the International Women's Day (March 8), Istanbul Gelisim University (IGU) puts its seal on another meaningful exhibition, too. Within the scope of “Our Women Painters -1” exhibition; Painter Lect. Murat Karaova from Istanbul Gelisim Vocational School (IGMYO) featured Semiha Berksoy, Mihri Müşfik, Şükriye Dikmen, Neşe Erdok, Eren Eyüboğlu, Fahrelnissa Zeid, Güzin Duran and Hale Asaf in his works. The exhibition featuring Turkish women painter who lived in the first years of the Republic and achieved success despite difficulties, meets with art lovers on March 8.

“THE FACT THAT THEY ACHIEVED SUCCESS DESPITE THE IMPOSSIBILITIES MAKES THEM EVEN MORE VALUABLE.”

Painter Lect. Murat Karaova who participated in many national and international solo and group exhibitions with his works and made figurative works by taking social issues as themes said, “Our Women Painters-1 series covers some of our important female artists who had a significant place and effort in Turkish art history and lived in the first years of the Republic. The fact that our pioneering and valuable female artists achieved success despite the impossibilities makes them even more valuable. I think that the exhibition is important for these artists to continue their existence also today.”

ARTISTS FEATURED IN “OUR WOMEN PAINTERS -1” EXHIBITION

In this meaningful exhibition, which will meet with visitors on March 8, International Women's Day, Karaova has included 8 women artists. The women painters, who have been featured in the works of Karaova and have left their mark on the art of painting and made a name:

Semiha Berksoy: Berksoy, known as "the woman of firsts", is the first Turkish opera singer, a primadonna, the first Turkish soprano to appear on the opera stage in Europe and a painter.

Mihri Müşfik: She is one of our first Turkish women painters. Müşfik left Istanbul in the early 1900s and went to Rome and then Paris to continue her education; and as a portrait artist, she painted names such as Atatürk, F. D. Roosevelt, Edison, Edwin Markham, D'anunzio.

Şükriye Dikmen: Before graduating from the art history department of the Ecole du Louvre in Paris in 1953, Dikmen worked with Fernand Léger for 3 years and with Sergier and Roger Chastel for 2 years, she opened her first personal exhibition in 1953, and in the following year, her first personal exhibition in Turkey was opened to visitors.

Neşe Erdok: Known as painter, academician, professor of fine arts, Erdok's paintings took place in various museums and private collections in Turkey and abroad, including Mimar Sinan Fine Arts University, Istanbul State Painting and Sculpture Museum, Istanbul Modern Art Museum, Norton Simon Museum. Erdok participated in more than 100 group exhibitions with her works.

Eren Eyüboğlu: She deepened her painting education at the Andre Lhote workshop in Paris. Shee opened her first exhibition in Paris in 1933. She took part in the Edinburgh Festival in 1957 and the Hamburg Turkish Women Painters Exhibition in 1958 with her works. She opened her first personal exhibition in Istanbul in 1941. Besides painting, she had also interested in ceramics. Many of her works are included in many official and private collections, besides collections of Painting and Sculpture Museum, and the National Library.

Fahrelnissa Zeid: Fahrünnisa was an artist who exhibited her works in every corner of the world. She had exhibitions in Istanbul on different dates. After two exhibitions in which her works were exhibited in 1944 and 1946, an exhibition in the Academy of Fine Arts in 1964 and the exhibition in the Hittite Museum in Ankara in the same year attracted great attention. There are paintings bearing her signature in the known museums of the world. Fahrünnisa Zeyd was influenced by every painting movement and styles in her works, and created unique works with the knowledge she gained in her art.

Güzin Duran: Being the protector of calligraphy and Istanbul cults in her works, Duran mainly focused on landscapes and still lifes, she also made portraits and nudes. She also created a porcelain collection, by also making calligraphy and ornaments. There are more than two hundred watercolor paintings of Duran in the Topkapı Museum Painting Collection.

Hale Asaf: She is one of our first Turkish women painters. Taken painting lessons at the Istanbul Fine Arts Academy, Asaf went to Paris (1927) after graduating from the Academy and enjoyed the works of painters such as Matisse and Raoul Dufy. When she returned to Turkey, she worked as an art teacher in Bursa and organized her first exhibition in Ankara Ethnography Museum in 1929.

THE EXPERT ANSWERED: WHAT WILL HAPPEN TO THE DAMAGED VEHICLES IN THE EARTHQUAKE ZONE?

The earthquake disaster that deeply saddened Turkey has caused loss of thousands of lives. Buildings are not the only ones among the material losses. Many vehicles remained under the buildings became unusable. Assoc. Prof. Dr. Hakan Özcan stated that the compulsory traffic insurance does not cover the damage to the vehicles after the earthquake; and he said that the damage will be covered by automobile insurance policies which cover the earthquake damage.

After the earthquake disaster, which deeply affected our country and has caused loss of thousands of lives, Turkey is trying to heal its wounds. Besides the destroyed buildings, many vehicles remained under the buildings became unusable. Stating that in 11 provinces severely damaged by the earthquake, approximately 50 percent of the total 3 million motor vehicles were automobiles, Assoc. Prof. Dr. Hakan Özcan from Istanbul Gelisim University (IGU) Faculty of Applied Sciences (UBF) Banking and Insurance Department said that it is estimated that one third of these vehicles were damaged in various ways.

“IF AUTOMOBİLE INSURANCE POLICIES COVER THE EARTHQUAKE DAMAGE, THEN THE DAMAGE MUST BE PAID”

In everyone's mind, there is the question "what will happen to these vehicles?" It is said that the exact numbers of how many of these vehicles were damaged or severely damaged by the earthquake will become clear in the coming days. Stating that the damage costs of those with automobile insurance will be paid quickly by the insurance companies, Assoc. Prof. Dr. Hakan Özcan said, “There is a misconception among car owners. They think that the compulsory traffic insurance covers the damages to the vehicles after the earthquake. However, these damages will be met from motor insurance policies. If the insurance policies cover the earthquake damage, the damage must be paid. If there is partial damage to the vehicle, the repair costs are paid, and if the vehicle is heavily damaged, the fair value is paid after the legal deductions.” Özcan said that if the owner of the vehicle died, the payments will be made to his/her heirs.

“IT IS SEEN THAT UNDAMAGED OR DAMAGED VEHICLES ARE PUT UP FOR SALE DUE TO THE NEED FOR RESOURCES.”

Due to the extraordinary situation resulted from the earthquake in the region, it is thought that fair market value will be paid by applying the total loss procedure in motor insurance damages, excluding partial damages. Assoc. Prof. Dr. Özcan said, “Diminished value claims for damaged vehicles are cases where the amount of damage caused by the faulty party to the faultless party is paid in reciprocal accidents and is covered by the traffic insurance policy. No diminished value payment will be made in this case as s/he is not faulty. It is seen that undamaged or damaged vehicles are put up for sale by many of our citizens who survived the earthquake, due to the need for resources.”