

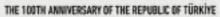




Faculty of Health Sciences









MONTHLY EVENTS AND NEWS BULLETIN

DECEMBER 2023 | ISSUE 35 | VOLUME 3





7,7 and 7,6

The epicenter is in the Pazarcık and Elbistan districts of Kahramanmaraş.

EARTHQUAKE

06.02.2023

#Get well soon
Turkiye

It is necessary to overcome pride in successes and to resist despair in disasters.

Mustafa Kemal ATATÜRK



			Faculty of Health Sciences
ſ	4	⊢⊸	HAPPY NEW YEAR
	5	-	COUNCIL OF HIGHER EDUCATION (YOK) EVALUATED UNIVERSITIES: IGU IS IN THE TOP 3 IN 6 CATEGORIES!
	6	-	GIVING WOMEN THE RIGHT TO VOTE AND BE ELECTED
	7		HUMAN RIGHTS AND SOCIAL WORK IN THE CONSTRUCTION OF SOCIAL WELFARET
	9	-	HIV / AIDS
	11	⊢ ∘	"COULD YOU PLEASE BE A BIT MORE UNDERSTANDING?"
	13	-	NEWS FROM THE FACULTY OF HEALTH SCIENCES
	14	⊢ ∘	SCIENTIFIC PAPERS
	15	-	ARTICLE & ASSIGNMENT
Ĭ	16	—	CONGRESS PARTICIPATION
֡֝֞֞֞֜֞֜֝֟֜֝֟֜֜֝֟֜֜֟֜֜֟֜֟֜֟֜֟֜֟֜֟֜֟֜֟֜֟֞֜֜֟֞֜	17	-	AS THE DEPARTMENT OF ERGOTHERAPY, WE WERE AT THE 3RD BARRIER-FREE WORLD FRIENDLY FESTIVAL!
	18		ISTANBUL METROPOLITAN MUNICIPALITY SOCIAL SERVICES DEPARTMENT CHILD SERVICES DIRECTORATE MEETS WITH ACADEMICS
	19	-	TECHNOLOGY ADDICTION AND YOUTH
	20	-	TALKING ABOUT WAR AND DISASTERS WITH CHILDREN: CHALLENGING YET IMPORTANT
	22	-	SOME FACULTY MEMBERS FROM HEALTH SCIENCES ATTENDED SEB-I ARUS CEREMONIES
	26	-	THE 'FUTURE ANXIETY AMONG UNIVERSITY STUDENTS' EVENT WAS HELD
	27	-	"COMMUNICATION WITH HEALTHCARE PROFESSIONALS" EVENT WAS HELD
	28	-	HEALTH MANAGEMENT CELEBRATED DECEMBER 18TH HEALTH MANAGERS DAY WITH FACULTY MEMBERS AND STUDENTS
	29	-	HEALTH LAW EVENT HELD ON THE 100TH ANNIVERSARY OF THE REPUBLIC
Ĭ	30		CULTURAL DIMENSIONS OF CHRONIC PAIN
Ī	31		SEMINAR TITLED 'HEARING DEVICE FROM A TO Z WITH AUDIOLOGISTS' TOOK PLACE
Ī	32	-	CULTURAL AND SOCIAL LIFE
	33	-	PUBLIC HEALTH LEADER DR. NUSRET FISEK
Ī	35	-	OUR GUEST OF THIS MONTH
[36	-	DEPARTMANTS RECOMMENDING: SOCIAL WORK
Ī	37	-	DEVELOPMENT READINGS
֓֞֞֞֞֞֞֞֞֜֞֜֜֞֜֜֜֜֞֜֞֜֜֜֜֞֜֜֞֜֞֜֜֜֡	38	-	MUSIC IS THE FOOD OF THE SOUL 40 MAKAMS OF CLASSICAL TURKISH MUSIC AND THEIR MEANINGS

■ ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

A A ew

A New Year's Wish In the hush of night, when stars alight, A year bids farewell, takes its flight. A canvas blank, a tale untold, A brand new year, pure and bold.

With fireworks bright and laughter near, We welcome in the coming year. A chance to start, a chance to dream, To mend the seams that may have seemed.

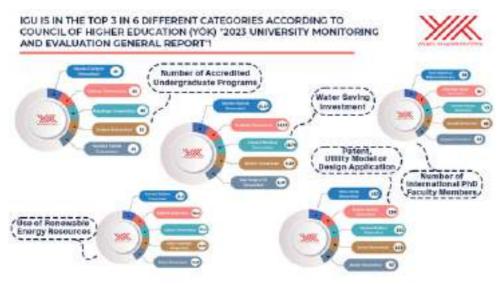


Council of Higher Education (YOK) evaluated universities: IGU is in the top 3 in 6 categories!



The "University Monitoring and Evaluation General Report-2023" prepared by the Council of Higher Education (YÖK) was published. Istanbul Gelisim University (IGU), which stands out in 6 fields, took its place at the top with its studies in the field of water saving and renewable energy in the "Sustainability" category, which is one of the evaluations made by the Council of Higher Education for the first time this year; it maintained its 1st place as the university with the most accredited undergraduate programs.

The "University Monitoring and Evaluation General Report-2023", in which the Council of Higher Education evaluated 208 universities in Turkey according to 74 different indicators, was published. Istanbul Gelisim University (IGU), which stands out with its studies in the field of sustainability and was recently ranked 14th in the list of Turkish foundation universities in the GreenMetric 2023 list, ranked 1st in the university category where the use of renewable energy resources and water conservation investment are the highest; IGU, which has taken firm steps towards internationalization, has maintained its 1st place as the university with the most accredited undergraduate programs among both state and foundation universities.



IGU, which progressed with the vision of "Research University" and applied for the most patents in Turkey according to 2022 data, achieved significant success in the category of "Applied patent, useful model or design" as the 2nd, in the category of "Number of publications cited in the highest 10%" as the 3rd and in the category. "The future of the world and humanity is possible with the support given to sustainability studies"

The Council of Higher Education stated that there was a significant increase in the number of both doctoral graduates and students preparing projects in universities compared to previous years and the influence of Turkish universities in the world increased according to scientific publications. Universities were examined for the first time this year under the heading of "Sustainability" in terms of whether they used natural resources consciously. Stating that they are proud of the success achieved by standing out among both state and foundation universities, IGU Rector Prof. Dr. Bahri ŞAHİN: "The future of the world and humanity is possible with the support given to sustainability studies. We proceed with a universal sense of responsibility with the incentives of Chairman of the Council of Higher Education Prof. Dr. Erol ÖZVAR to give more importance to sustainability on university campuses with the needs of the changing world. In line with our strategic goals, we actively implement projects that provide added value in the fields of more effective execution of the waste management system, our interactive activities in the fields of rain harvesting, transportation, education, research, and university-industry cooperation, science, technology, and employment. I fully believe that we will proceed with responsible production and consumption awareness and further increase our achievements in the coming periods."



GIVING WOMEN THE RIGHT TO VOTE AND BE ELECTED



The place and importance of women in society started to be discussed with the declaration of Tanzimat in the Ottoman period. With the proclamation of the Tanzimat, the influence of the West began to be felt much more clearly on the Ottoman Empire and various arrangements were made in administrative, political, educational and financial areas. The intellectuals of the period wrote articles about the backwardness of the Ottoman Empire in the face of Europe, and drew attention to the situation of women who made up half of the population and were deprived of education. For this reason, the opening of Girls' High School (Middle School) in 1859, Girls' Industrial School (Art) in 1870 and teacher schools in the same year were among the initiatives made for women.

Emphasizing the importance of Turkish women as both husband and mother for the future of the Turkish nation, it is emphasized that it is important for women to be well-educated in a cultural sense as well as being a good housewife, and to ensure this, girls should be educated. It has been treated as a theme in articles and novels. In this process, in which women are discussed from different aspects, Şinasi criticized the harms of arranged marriage in "Poet Marriage" and Ahmet Mithat criticized marrying multiple women. Namık Kemal wrote articles defending the rights of women in the newspapers "İbret" and "Tasvir-i Efkar", and Hüseyin Rahmi Gürpınar also emphasized the inequality between men and women in his works. In 1893, the "Women's Newspaper", which was published twice a week, began to be published.

It is noteworthy that women's organizations started to be established in the Tanzimat Period and the number of them increased in the Second Constitutional Period. Turkish women actively took part in resistance activities during the National Struggle and revealed their combative identity. Discussions on women's gaining political rights gained momentum in this period and were sometimes brought to the agenda of the parliament. Although women were not given the right to participate in the elections in those days, in the elections held for the establishment of the second parliament in 1923, second voters in some provinces voted for Latife, Mevhibe Galibe, Müfide Ferit Hanım and the folk hero Kara Fatma on their own initiative.

Atatürk often stated in his speeches that the republican regime would give women the respect they deserve. Important developments have been recorded in terms of women's rights within the multi-faceted reform movements put into practice with the proclamation of the Republic. In the first years of the Republic, with the adoption of "Unification of Education" and "Civil Law", the "Turkish Women's Union" made an important contribution to the acquisition of political rights. Women gained the right to participate in municipal elections in 1930, to elect and be elected as a muhtar in 1933, and finally to elect and be elected as a deputy on December 5, 1934. This important gospel was featured in the newspapers of the period, and Turkish women celebrated their happiness with great enthusiasm all over the country, from Istanbul to Ankara, from Izmir to Adana.

Human Rights and Social Work in the Construction of Social Welfaret





Asst. Prof. Yonca Güneş YÜCEL Department of Social Work

Human rights, in the broadest sense, are the fundamental rights and freedoms that an individual is born with and are recognized by the state. These rights strengthen on the basis of protecting every individual's dignity, securing their freedoms, and adhering to the principle of equality. Human Rights Week enables deeper and more profound thinking about the various ways in which human rights and social work relationships are established by reminding us of these universal values in different areas. Social work operates with the aim of increasing the welfare of individuals and society, ensuring social justice, and strengthening respect for human rights. It also carries an ethical responsibility to solve social problems and develop critical and analytical thoughts. To put it clearly, human rights are the fundamental principle of social work. It aims to respect the dignity of each individual and ensure social justice. In its efforts to reduce social inequalities, it aims to strengthen not only individuals but also many fragile social groups. In this sense, social work is an effective professional field in the protection and development of human rights.





The organic relationship between human rights and social work seeks opportunities for interactive societal strengthening with other disciplines and fields in human and social sciences in the construction of social welfare. This pursuit strengthens the potential of social work to produce sensitive, effective, and sustainable solutions to social problems. Protecting freedoms for everyone, supporting the principle of equality, and preventing both visible and implicit discrimination in various areas of life play an effective role in ensuring social justice. This is made possible by the deep and reciprocal interaction between human rights and social work, enabling an egalitarian, pluralistic transformation in the vital areas of individuals and society. A rights-based, interdisciplinary, holistic social work can expand the areas where an individual can make their own decisions and realize themselves. From another perspective, it can enable the fight against injustices and inequalities caused by systemic problems in understanding and solving social injustices. With this advocacy attitude, it encourages broad sections of society to respect each other's rights and creates collective sensitivity against social problems. In the final analysis, the rights-based perspective of social work, along with various disciplines, has the ability to fight for social justice, adopting policies and programs that anticipate social awareness and advocacy against rights violations, contributing fundamentally to the evolution of society towards a more just, equal, and rightsbased structure. In this sense, the relationship between human rights and social work both theoretically and in practice demonstrates the effective and ongoing role of social work, or social service, in social transformation.





Lecturer Seda KETEN

Acquired immunodeficiency syndrome (AIDS) was identified along with human immunodeficiency virus (HIV) in 1983. HIV/AIDS is an important current public health problem that shortens life expectancy, affects almost every age group, and requires treatment, follow-up, and care in Africa, where it was first identified, and then all over the world. Moreover, this health problem has a profound impact, affecting not only physical health but also psychological, social, and economic lives.

HIV describes HIV infection and the Human Immunodeficiency Virus that causes AIDS, while AIDS describes Acquired Immunodeficiency Syndrome.

In the early stages of HIV, there are no symptoms, and it takes a long time to weaken the immune system. HIV causes acquired immune deficiency in infected individuals, turning into a life-threatening disease. After HIV infection, depending on various factors, over time the disease progresses to the last stage of the disease, the AIDS stage, and if the disease is not treated at this stage, it generally results in death. Today, with developing treatment methods, AIDS is seen as a chronic infectious disease with increased survival expectancy.

The Joint United Nations Program on HIV/AIDS (UNAIDS), which works to eliminate HIV infection from the world, estimates that 630 thousand people in the world will die due to HIV/AIDS-related causes in 2022, and approximately 39 people living with HIV will die. It has been reported that there are millions of people and 1.3 million people are infected with HIV.

The HIV can't survive in extracorporeal environments for a long time, and direct contact with body fluids such as breast milk, placenta, blood and blood products, semen, and vaginal fluid is required for transmission. Since the virus does not survive outside the body for a long time, it cannot be transmitted through situations such as hugging, holding hands, being in a common area, using a shared toilet, or insect bites.

HIV transmission mainly occurs through sexual transmission, parenteral transmission (intravenous drug use and blood transfusion), and perinatal transmission (intrauterine, at birth, and during breastfeeding). Today, the most common cause of HIV transmission in the world is unprotected sexual intercourse. Protected sexual intercourse reduces transmission even in the most risky situations. Although HIV can be transmitted from mother to baby during pregnancy, birth, and breastfeeding, HIV/AIDS can be transmitted through blood and blood products and organ transplantation from HIV-infected individuals.



ELISA (Enzyme-Linked ImmunoSorbent Assay), Western Blot (WB), and IFA (Immune Fluorescence Assay) tests are commonly used in the diagnosis of HIV infections. Early diagnosis is very important in HIV/AIDS. Early diagnosis is important to initiate appropriate treatment before the disease progresses and to prevent transmission. For this reason, it is recommended to have HIV tests in risky situations.

HIV/AIDS is a health problem that does not yet have a developed vaccine, but drugs that control the proliferation of the virus (antiretroviral drugs) are administered. The aim of antiretroviral treatment, which should be continued throughout life and without interruption; The aim is to reduce mortality and morbidity, improve quality of life, increase immune functions, and suppress viral load at the highest level and for a long time.

Since HIV/AIDS is a fatal disease that is required to be notified internationally, prevention methods should be given importance. As with other infectious diseases, HIV/AIDS is a preventable disease. Social awareness-raising activities are of great importance to prevent the spread of HIV/AIDS. The spread of HIV/AIDS can be reduced by providing information about sexual health education programs, individual contraceptive methods, safe sexual intercourse practices, and protection from sexually transmitted infections. Monogamy, protected sexual intercourse, knowing and avoiding risky behaviors, advising HIV-infected women not to get pregnant, performing the necessary tests before blood and tissue transplantation, and not allowing people in the risk group to donate blood and organs are among the precautions.

HIV/AIDS is a health problem that requires a multidisciplinary approach. A combination of strategies such as awareness-raising, prevention, early diagnosis and treatment can be effective in preventing the spread of HIV/AIDS and reducing its effects. Collaboration between individuals, societies, and governments plays an important role in the fight against this global health challenge. It should not be forgotten that knowledge, awareness, and continuing education play a key role in reducing the effects of HIV/AIDS.



COULD YOU PLEASE BE A BIT MORE UNDERSTANDING?



Asst. Prof. Emrah TÜNCER

"What the farthest distance is not Africa; not China, not India...

Not the planets, nor the stars shining at night The farthest
distance is the distance between two minds that don't
understand each other."

Can YÜCEL

"Could you please be understanding just once?" she said, lowering her face. As the Marmaray, which she boarded late at night, began to move away from an unfamiliar night towards a distant and melancholic fate. She continued her conversation, saying, "What would have been the harm if you had come to meet me at this late hour of the night?"

The distance that started with a tiny bit of snow from a hill was falling like an avalanche, growing larger and larger until it landed in their beds. First, innocence was defeated between them. They found themselves growing distant over the smallest actions. The woman thought it was her own inadequacy. She couldn't read or write; she was afraid. She was being expelled from the house, from the powerful world of men, from the modern. Pouring her screams inward, she laid her headscarf on the ground: "- Please don't throw me out," she said, "- Please be a little understanding." Her diminishing condition over time saddened her. Was she placed in paradise or hell? Who could know?

The doctor was returning from lunch at 1:00. She would glance at the line forming at his door and quietly enter her office. It seemed that the issued queue numbers were of no use. A man, tense and irritable, says, "- I've been waiting since 12:40." Right after him, a woman says, "-I'll go in first, I have food on the stove." A middle-aged woman, maneuvering from the back to the front, says, "- I need to pick up my child from school." The one who says, "-just need a prescription," has already opened the door. Something everyone could say or shout was coming out, for sure. Together, they turned towards the woman they saw as the culprit of the scheduled appointments. Just as they were about to stick their complaints on her, the woman calmly said, "- please don't. Everyone has things to do, okay. Just be understanding, that's enough!"



Houses are different at these hours, people are different... Trees, birds, streets, alleys... It was around 4:32 am, I think. She walked from the taxi to the bridge. Who knows what she had experienced? I wonder if she had a fear of heights. Perhaps she had never ascended so high before. Or, since her feet touched the ground, she had never felt this high in her life. She found people very cruel and lacking in understanding. She was saying, "There is so much pain in the world, no one understands me." Now, she was ascending and rapidly falling down. Before hitting the hard ground, she was muttering to herself, "Put on your masks and multiply your lies, you are all your own graves..."



The Marmaray had started moving. First slowly, then quickly. It was losing the perception of time peculiar to civilization as it moved. Once again, it was a journey, a constant journey. The elderly lady hadn't noticed that the Marmaray was full. The elderly lady had gently approached her and had already begun to speak in a way that everyone could hear: "Ah! The young people these days... How insensitive they are.."



In a world where some lives are not counted as lives, some people are not considered human, and even some deaths are deemed not worthy of mourning, the lack of understanding between humans was growing longer and longer. People could be many things. People could be everything. They could be one thing at home, another on the street, something else in their professions, yet another in the Marmaray, and something entirely different in the virtual world, but they could never seem to be understanding at all.





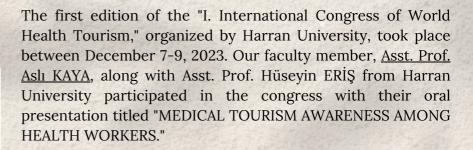


SCIENTIFIC PAPERS









https://www.worldhealthconference.org/tourism

"2nd INTERNATIONAL AHLAT SCIENTIFIC RESEARCH" congress held between 9-10 December 2023. Our faculty member Research Asisstant Hulya YAMAN and Research Assistant Beyza Aslı BİLSEL participated in the congress with their oral presentation titled "Investigation of Occupational Role Balances in Young Adults" and "Investigation of Temporal Activity Patterns in Young Adults".

"The 5th International Multidisciplinary Child Studies Congress", organized by ZDAS on December 6-7, 2023, saw the participation of our faculty members: Prof. Dr. İsmet Galip YOLCUOĞLU, Res. Assist. Fatma Türkan ÖZIRMAK, and Res. Assist. Onur Zeki ANILGAN. They presented an oral paper titled "The Importance of Social Work Intervention in the Protection of Children At Risk: A Case Study of Gabriel Fernandez."

At the fifth "International Conference on Global Practice of Multidisciplinary Scientific Studies" congress held in Baku between 10-12 December 2023; Our faculty Asst. Prof. Mehmet KARTAL participated with an oral presentation titled "The Effect of Some Morphometric Measurements in the Calculation of Carcass Weight".



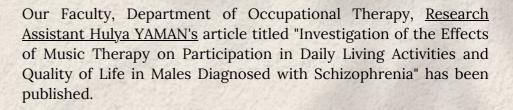
ARTICLE





The article titled "The Effect of Healthcare Workers' Suffering Violence on their Organizational Commitment During the Covid-19 Pandemic: The Case of TUrkiye" was prepared by our faculty member Asst. Prof. Aslı KAYA and Asst. Prof. Hüseyin ERIS, Assoc. Prof. Hasan BUYUKASLAN, and Lecturer Feray BUCAK from the Department of Health Management, have been published.

https://esmed.org/MRA/index.php/mra/article/view/4702





ASSIGNMENT



Asst. Prof. Dr. Aslı KAYA, Vice Chair of the Department of Health Management, has been appointed as the Corporate Communications Representative for the Faculty of Health Sciences.

CONGRESS PARTICIPATION



"OHSAD Congress - Common Solution Meetings in Health", organized for the thirteenth time by the Association of Private Hospitals and Health Organizations (OHSAD), was held in Antalya between 6-10 December this year. The congress was held with the participation of all stakeholders that shape the health sector, such as the Ministry of Health, the Ministry of Labor and Social Security, the Social Security Institution's senior representatives, managers of private, public, city and university hospitals, and academicians.



The panel discussed the following topics: "The training of health managers and the problems they face in the field, what characteristics should health managers have in the future, what are the expectations of the new generation of employees, and how can they keep up with the changing health system and rapidly developing technologies?".



We hosted many valuable guests at our stand, especially the Mayor of Bagcılar, Mr. Abdullah OZDEMIR, and the President of the Turkish Football Federation, Mehmet BUYUKEKSI. We talked about the importance of Occupational Therapy and its working areas to our protocol member guests.

A plaque of appreciation was presented to our Research Assistant <u>Hulya YAMAN</u> on behalf of Bagcılar Municipality, Feyzullah Kıyıklık Palace for the Disabled, and Istanbul Gelisim University.

ISTANBUL METROPOLITAN MUNICIPALITY SOCIAL SERVICES DEPARTMENT CHILD SERVICES DIRECTORATE MEETS WITH ACADEMICS







On November 29, 2023, between 10:30 and 15:00, a meeting was held where the Istanbul Metropolitan Municipality Social Services Department's Child Services Directorate hosted academicians from all public and foundation universities in Istanbul. <u>Asst. Prof. Nurten ELKIN</u>, serving as the Head of the Department of Child Development at the Faculty of Health Sciences and the Addiction Combat Coordinator at Istanbul Gelişim University, represented Istanbul Gelişim University at the meeting. The opening speech was delivered by Şenay GÜL, a woman who holds the position of Director of Child Services at the Istanbul Metropolitan Municipality Social Services Department.

Following the opening remarks, all academicians introduced themselves and presented their areas of work. Ms. Gül discussed the services provided in 2023, ongoing projects (such as "Our Home Istanbul" and "Online Parent School"), and emphasized potential collaborative projects with universities. She then handed the floor back to the academicians. The meeting continued with contributions and suggestions from all participants regarding potential projects related to child rights, prevention of child neglect and abuse, protection and development of child and adolescent health, and prevention of addictions, especially adolescent addictions.

The meeting concluded with plans to determine the next date for these periodic gatherings, where contributions and suggestions would be sought for ongoing and future projects in the specified areas.



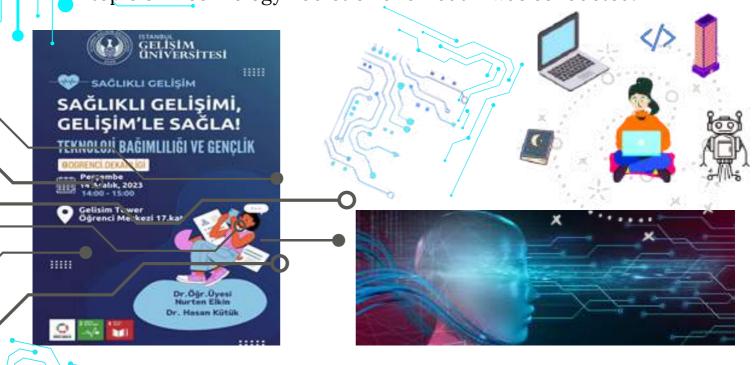




Technology Addiction and Youth

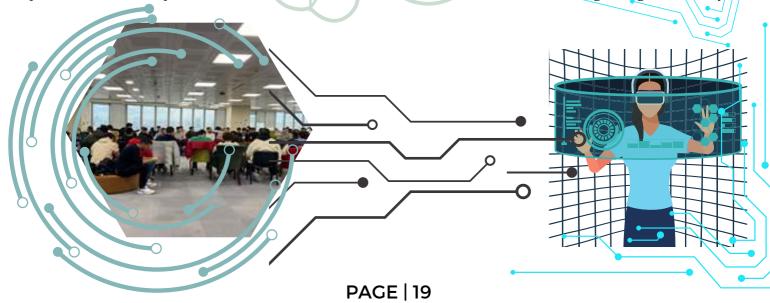


At Istanbul Gelişim University's Healthy Development Platform, an event on the topic of "Technology Addiction and Youth" was conducted.



The event was attended by 1st-year students and faculty members from the Vocational School's Electrical Department. The event took place on the 17th floor of Tower on December 14, 2023, between 14:00 and 16:00. Istanbul Gelişim University's Addiction Combat Coordinator <u>Asst. Prof. Nurten ELKIN</u>, and a faculty member from the Faculty of Health Sciences, Department of Child Development <u>Asst Prof. Deniz YILDIZ</u>, took on the roles of educators. During her speech, ELKIN discussed the coordination, its objectives, and the importance of preventing addictions before handing the floor to YILDIZ.

Asst. Prof. Deniz YILDIZ explained basic terminologies related to addiction and addressed questions such as the benefits and harms of technology: is it possible to give up technology, for what purposes we use technology in our lives, how much time we spend with technology daily, do you think you are addicted to technology, how is screen exposure in childhood, and how can it be limited? Answers were sought and provided for these questions. The event concluded with feedback from students regarding the activity.



Talking About War and Disasters with Children: Challenging Yet Important



The Department of Child Development, English Section, hosted a significant knowledge-sharing conference titled "How to Talk to Children about War and Disasters" on December 12, 2023. The conference received substantial interest from faculty members of the department and students studying child development and psychology. The organizing institution became a valuable resource for the event, thanks to the experiences shared by Developmental Pediatrician and Early Childhood Specialist <u>Prof. Dr. William MOISER</u>, who led the conference.

Prof. Mosier, an expert who has worked with children in the Iraq and Syria wars, emphasized the profound impact of wars and disasters on children during the conference. He pointed out that these adverse childhood experiences could negatively affect children's physical and psychological health, behaviors, and learning processes.

Highlighting the challenging process children face in dealing with emotions such as violence, fear, loss, and uncertainty caused by wars and disasters, Prof. Mosier indicated that this situation could have long-lasting detrimental effects on children who are unable to emotionally process such experiences. Points to be mindful of in communicating with children included using age-appropriate language, assisting them in understanding their emotions, and encouraging emotional expression through games when necessary. The importance of understanding and expressing emotions, especially in situations where intense feelings like guilt may arise, was emphasized. Examples were provided during the conference to encourage children to express these experiences through games.

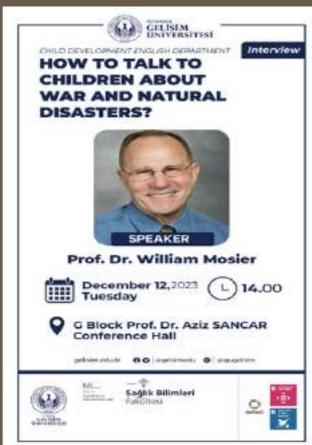
https://sbf.gelisim.edu.tr/tr/akademik-bolum-cocuk-gelisimi-(ingilizce)-haber-cocuklarla-savas-ve-afetler-hakkinda-konusmak-zor-ama-onemli

Talking About War and Disasters with Children: Challenging Yet Important













The conference provided participants with an opportunity for Q&A, addressing professional boundaries and responsibilities for child development specialists and psychology students. Due to the broad nature of the topic, requests for advanced studies, workshops, and conferences emerged.

Emphasizing that helping children make sense of such experiences early on, without trauma, can positively impact the community's mental health, the importance of professionals being trained in this field was underscored. Therefore, professionals being educated in this area can contribute to reaching a broader audience.

We extend our gratitude to Prof. Mosier for providing this valuable opportunity to our university through his insightful presentation. Additionally, we thank all participants for their sensitivity, contributions, and questions that enriched the event.

https://sbf.gelisim.edu.tr/tr/akademik-bolum-cocuk-gelisimi-(ingilizce)-haber-cocuklarla-savas-ve-afetler-hakkinda-konusmak-zor-ama-onemli

Some faculty members from Health Sciences attended SEB-I ARUS Ceremonies



Text and images: Asst. Prof. A. Yuksel BARUT

HZ. MEVLANA'S ARK





Mevlana Jalaluddin Rumi, whose real name is Muhammad Jalal al-Din, was born on September 30, 1207, in the city of Balkh, which is now within the borders of Afghanistan. Emphasizing the foundation of profound understanding and looking at each other with tolerance, Mevlana Jalaluddin frequently highlighted that his life perspective was based on the Qur'an and the path of Prophet Muhammad (peace be upon him). He passed away in Konya on December 17, 1273, Sunday, at the age of 66. Mevlana Jalaluddin considered the day of his death as the moment of reunion with Allah, whom he regarded as the greatest beloved, so he referred to that night as "Şeb-i Arûs," meaning the "Wedding Night."

The International Commemoration Ceremonies for the 750th Anniversary of Mevlana's Union with the Divine (Şeb-i Arûs), organized under the auspices of the Ministry of Culture and Tourism of the Republic of Turkey, took place at the Mevlana Cultural Center Semâ Hall in Konya between December 7-17, 2023. Faculty members from the Istanbul Gelişim University (IGU) Faculty of Health Sciences participated in the ceremonies along with their families. Witnessing the Semâ performances and attending various cultural and artistic events in Konya, the IGU Faculty of Health Sciences family had the opportunity to explore the principles of Mevlevism and the historical and cultural richnes of the region.



PAGE | 22

MEVLANA MUSEUM

<u>ŞEB-İ ARÛS</u>











The goal in Mevlana's Sufism is to strive for spiritual maturity and to reach the highest of moral principles. His mysticism is maturation in the world of wisdom, love and attraction. Mevlana always sees the realities of life, does not give up on them, rejects idleness, and makes life live within life.

ALAADDIN MOSQUE







PEACOCK FATHER TOMB

HAGIA ELENIA CHURCH



SILLE DEVIL BRIDGE





*Life cannot be entrusted to those who do not know how to win someone's heart.

*If you have a prayer to be everywhere, enter people's hearts; Because those who love carry their loved ones in their hearts.



*If the moon does not rise on your face, if the sun does not shine on your window, do not look for fault in the sun or the moon! Open the curtains of your eyes!

*Be like the sun in mercy; Be like a stream in generosity; Be like the earth in humility; Be like the night in covering the faults and flaws.

*You are a guest in this house, my heart. Laugh with what you find, not with what you hope for. Whatever the owner of the house says happens, do not reproach anyone, do not be sad.

*Don't let it bother you that my head is on the ground while walking. My only concern is; Don't worry about your fallen manners.

*Be careful who you travel with and who you make friends with. Because the nightingale leads to the rose, and the crow leads to the garbage dump.

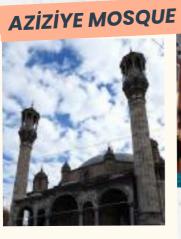
*If you have fear on one hand and hope on the other, you have two wings. You can't fly with

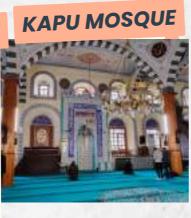
one wing anyway.

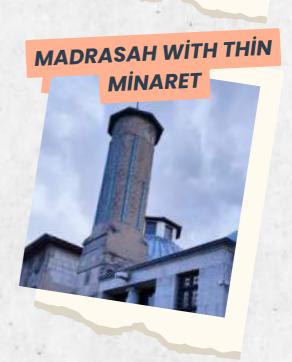


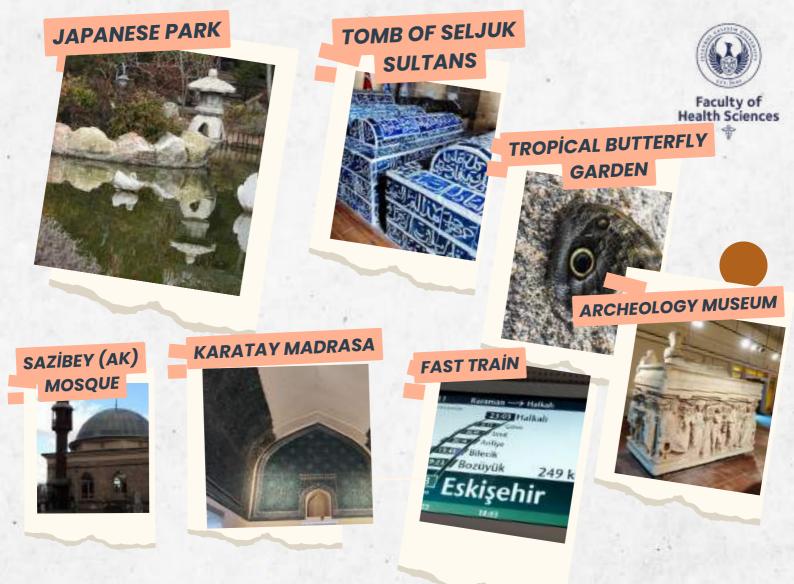










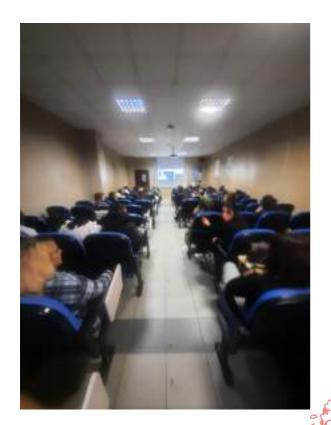


- *Be careful who you travel with and who you make friends with. Because the nightingale leads to the rose, and the crow leads to the garbage dump.
- *If you have fear on one hand and hope on the other, you have two wings. You can't fly with one wing anyway.
- *Love and compassion, humanity; Anger and lust are also attributes of animals.
- *If you don't know someone, look at who and what they are after! You understand...
- *He said he was in the rebellion. No, it was during the exams. If he had noticed, he would have been saved.
- *Even if a person whose heart and words are not the same has a hundred tongues, he is still considered mute.
- *Before you discipline your tongue, discipline your heart; As the promise comes from the heart, it goes out from the tongue.
- *Not speaking the same language, share the same feelings who may agree.
- *Give the rose to the one who laughs. Give your heart to the one who loves you. Loving is a beautiful thing. Give it to those who appreciate it.
- *Even tears have their duty. Then he cleaned up for the next smile.
- *Not more than three words, my whole life is these three words; I was raw, I was cooked, I was burned.
- *Oh soul; Don't offend anyone. There is nothing heavier than words. The body can bear many burdens, but the heart cannot bear every word.
- *Don't think that the problem is only with you... There are also those who consider your problem as a blessing!
- *We don't need a person to give advice, but a person to take as an example. There are many people who give fatwa, but there are few people who live with piety.

THE 'FUTURE ANXIETY AMONG UNIVERSITY STUDENTS' EVENT WAS HELD



<u>Lecturer and Clinical Psychologist Selin KALABAŞ</u> from the Faculty of Health Sciences at Istanbul Gelişim University conducted the 'Future Anxiety Among University Students' event organized by the Department of Child Development on Wednesday, November 29, 2023, at 15:00.



In the event, KALABAŞ mentioned that future anxiety is prevalent among university students. She expressed that such anxiety might stem from uncertainties related to post-graduation job seeking, career choices, financial stability, relationships, and overall life success. Regarding the observed future anxiety among university students, KALABAŞ discussed the following topics: Uncertainty and pressure, Competitive Job Market, Financial Concerns, Social and Personal Expectations, and Mental Health Effects.

Throughout the session, Kalabaş emphasized the significance of supportive environments, counseling services, mentorship, and career guidance as resources to help students address uncertainties about their future and develop strong future plans.

Moreover, Kalabaş elaborated on strategies within the Cognitive Behavioral Therapy (CBT) paradigm that could assist in coping with difficulties, combating stress, improving academic performance, and promoting emotional well-being associated with future anxiety. The event concluded with an interactive session where all questions from the students were addressed.





"Communication with Healthcare Professionals" Event was Held

The event called "Communication with Healthcare Professionals" organized by Istanbul Gelişim University Faculty of Health Sciences, Department of Health Management, was held on December 5, 2023. Valuable speakers Asst. Prof. Mustafa METE and Patient Relations Specialist Serap YILMAZ attended the event.

The event started with the opening speech of Head of Health Management Department <u>Asst. Prof. Bumin Çağatay AKSU</u>. After the opening speech, Patient Relations Specialist Serap Yılmaz conveyed her 20 years of field experience to the students with the presentation she prepared. Stating that the most important point in communication with the patient is listening, Yılmaz stated that listening to the patients sincerely is the best key to solving problems.

The event continued with the presentation of Asst. Prof. Mustafa Mete. Mete started his presentation by emphasizing the importance of communication with Yunus Emre's quote "Words can End War". During his presentation, Mete shared his experiences in his 33-year management career with the students and emphasized that effective communication should be one of the primary characteristics a manager should have. In his presentation, Mete explained with real-life examples what the consequences of not having health managers at the head of health institutions would be, and completed his presentation by answering the questions from the students

The event ended with the Head of Health Management Department Asst. Prof. Bumin Çağatay AKSU and Department Deputy Head <u>Asst. Prof. Aslı KAYA</u> presented plaques to the speakers and thanked them for their presentations and the important information they shared.



Health Management Department Celebrated December 18th

Health Managers Day with Faculty Members and Students

The 60th anniversary of the Health Management profession was celebrated at the event held with the participation of the Deputy Deans of the Faculty of Health Sciences, faculty members of the Department of Health Management and department students. The event started with the opening speech given by Department Head <u>Asst. Prof. Bumin Çağatay AKSU</u> regarding the meaning and importance of the day. Later, department vice president <u>Asst. Prof. Aslı KAYA</u>, one of the faculty members of the department, <u>Asst. Prof. Turgay KARALİNÇ</u>, and Deputy Dean of the Faculty of Health Sciences, <u>Asst. Prof. Abdullah Yüksel BARUT</u>, made their speeches.

In the opening speech of the event, Asst. Prof. Bumin Çağatay Aksu talked about the importance of the health sector and stated that the importance of health workers in the COVID-19 pandemic is better understood and that health managers have important duties. Asst. Prof. Aslı KAYA mentioned that health is a critical factor in human life and that being a health manager and working in the field requires dedication. Asst. Prof. Turgay Karalinç gave examples of how students can reach important positions in healthcare institutions and emphasized the importance of internships during their student years. Asst. Prof. Abdullah Yüksel Barut talked about the requirements of being a good health manager based on his experiences and congratulated the day of health administrators with the words "A good manager should manage himself first, know the regulations well, and therefore be able to protect himself and his institution well against risks."

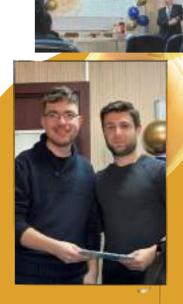
The event ended with the department faculty members presenting books to the students.

On this happy day of the Health Management profession, we wish happy December 18th Health Managers Day to all our colleagues who are members of this honorable community and all our students who are growing up on this path.











Health Law Event Held on The 100th Anniversary of The Republic





The event titled "Health Law in the 100th Anniversary of the Republic", organized by Istanbul Gelişim University Faculty of Health Sciences, Department of Health Management, was held on December 20, 2023. Valuable speaker Lawyer İpek BİTER GÜNDÜZ participated in the said event.

The event started with the opening speech of Asst. Prof. Aslı KAYA, Deputy Head of Health Management Department. After the opening speech, Lawyer İpek Biter Gündüz started her presentation by saying that health law is a branch of law that regulates the relations between those who demand health services and those who provide this service. In her presentation, İpek Biter Gündüz touched upon the rights and legal responsibilities of healthcare professionals and shared her experiences throughout her career as a lawyer with the participants. Talking about the importance of health management department students' knowledge of laws and regulations in legally protecting healthcare professionals and healthcare institutions, İpek Biter Gündüz emphasized the importance of obtaining informed consent from patients in accordance with the procedure.

Answering the questions after the presentation, İpek Biter Gündüz expressed her happiness with the interest of the participants in the subject and completed her presentation by saying that the students of the health management department were very lucky for this opportunity offered to them by Istanbul Gelişim University.

The event ended with Istanbul Gelişim University Deputy Dean Asst. Prof. Neşe KISKAÇ presenting her plaque to Lawyer İpek Biter Gündüz and thanking her for her presentation and the important information she shared.



CULTURAL DIMENSIONS OF CHRONIC PAIN

On December 25, 2023, Asst. Prof. Bahar TAYMAZ, the Head of the Department of Social Work at Istanbul Esenyurt University, participated as a speaker in the event titled "Cultural Dimensions of Chronic Pain," organized by the Department of Social Work and Club of the Faculty of Health Sciences at Istanbul Gelişim University. In her presentation, Taymaz examined how individuals culturally perceive, define, and attempt to manage Conducting qualitative research fibromyalgia patients, she discussed how the pain experiences of these patients vary according to gender, education, age, and socio-economic factors, and how social environment and gender roles influence this experience.

The event garnered interest from numerous faculty members and students. At the conclusion of the event, <u>Prof. Dr. İsmet Galip YOLCUOĞLU</u>, the Head of the Department of Social Work at Istanbul Gelişim University, expressed gratitude to Taymaz and presented her with a certificate of appreciation.





A seminar titled "HEARING AID FROM A TO Z WITH AUDIOLOGISTS" was held by Istanbul Gelişim University (IGU) Faculty of Health Sciences, Department of Audiology.



The scientific event, in which Prof. Dr. Bülent ŞERBETÇİOĞLU, Asst. Prof. Eyüp KARA, Audiologist Cenk CABA and Audiologist Taha ULUĞ participated as speakers, which was held on December 15, 2023, between 10.00-17.00 at G Block Prof. Dr Aziz Sancar Conference Hall. The Department of Audiology's program began with a reading of the Turkish National Anthem, followed by a moment of silence honoring Gazi Mustafa Kemal Atatürk and all of our martyrs. The first speaker was <u>Asst. Prof. Neşe KISKAÇ</u>, who is the head of the Department of Audiology.

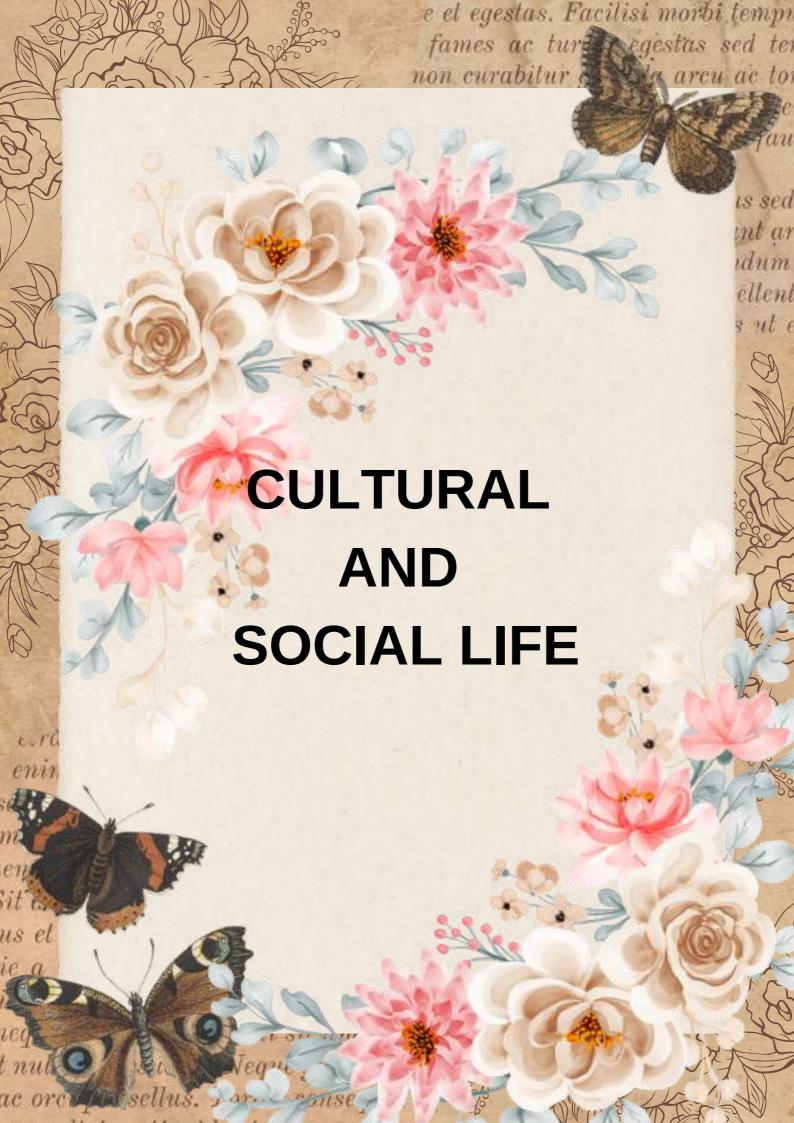
During his conversation, Prof. Dr. Bülent ŞERBETÇİOĞLU shared case reports by talking about the indications of hearing aids, types of hearing aids, the importance of bilateral hearing/aidment and the approach to the patient with hearing loss.

After that, Asst. Prof. Eyüp KARA discussed how to fit hearing aids and what to do when making adjustments. He discussed candidacies for hearing aids, sensory deprivation, and sensory experience. He talked about the many kinds of hearing aids and their advantages for those with hearing loss, based on the model.

The session was adjourned after the presenters received their plaques from Neşe KISKAÇ, Head of the Audiology Department. Following the intermission, Cenk CABA and Taha ULUĞ, audiologists, presented the selection of hearing aids and fitting adaptations. The applications REM (Real Ear Measurement) and RECD (Real Ear Coupler Difference) were carried out.

As the event titled "Hearing Aids from A to Z with Audiologists" organized by the Department of Audiology came to an end, Deputy Head of the Department, <u>Lecturer Nur AKTAN</u>, presented the plaques to the speakers.





WHO IS WHO?

Prepared by Res. Asst. Semanur OKTAY





PUBLIC HEALTH LEADER <u>DR. NUSRET FIŞEK</u>

"The health and well-being of the Turkish citizen, to whom the revolution and revolutionism has given various and vital duties, is our national problem that will always be carefully considered." Mustafa Kemal Atatürk

"What is entrusted to us is human life. While protecting this trust, you should keep in mind that it is impossible to consider life that is not lived humanely, or life that is lived under physical and psychological difficulties, as 'Life'."

Dr. Nusret Fişek



Dr. Nusret FİŞEK was born in Sivas on November 21, 1914, as the first child of Hayrullah Fişek and Mukaddes Fişek. He completed his primary, secondary and high school education in Istanbul. He was from the first generation to graduate from the 1933 University Reform and graduated from Istanbul University Faculty of Medicine with the first degree, receiving 'Excellent' grades in all courses during his six-year education. This was a striking success, so much so that the Dean's Office of the Faculty of Medicine said that the only student with this success was Dr. Nusret FİŞEK and congratulated him.

He started his career as a Course Physician at Adana Malaria Institute. Then he became an assistant in the Bacteriology branch at the Central Hygiene Institute of the Ministry of Health. After receiving his specialty in bacteriology, he fought against smallpox, one of the most important diseases of the period, as a smallpox vaccine specialist.

Dr. Nusret FIŞEK became the first Turkish physician to earn the title of doctor in the field of Bacteriology, Immunology and Statistics at Harvard University. He became an associate professor in the microbiology department in 1955 and a professor in the public health department in 1966. He served as a biology standardization expert for the World Health Organization in 1955, and as Director of Ankara Hygiene School and Undersecretary of the Ministry of Health from 1958 to 1965. Dr. FİŞEK would be an indomitable soldier of the medical army throughout his life...

Dr. Nusret FİŞEK worked devotedly throughout his life to increase people's health levels. He started his contributions to the country's health by being the architect of the Law on Socialization of Health Services. The law in question was an important law that stated that health services in Turkey were the duty of the State, clearly stated that everyone should benefit from health services equally, regulated basic health services and determined the form of organization. Dr. FİŞEK described this law as "a revolution in the footsteps of Atatürk".

He became the founder of the Public Health discipline in Turkey. He showed that his goal is always ahead, with his important services in the preparation of the Turkish Population Planning Law, the organization of health services according to modern principles, and his services in transforming medical education into a form of social education.

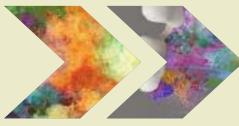
Dr. FİŞEK, who best represented his country in all the duties he undertook, received many awards such as the University of Michigan 150th Anniversary Award and Membership of the Royal College of Physicians. Their success went far beyond the borders of the country...

In addition to his professional achievements, Dr. FİŞEK has always been sensitive to his environment and society. Among the organizations he was a member of were the founding membership of the Atatürkist Thought Association and the Human Rights Association.

Professor Doctor Nusret FİŞEK, a contemporary scientist, manager, researcher and educator who devoted his life to human health, was, above all, a unique leader that a society can rarely have.

He lived far ahead of his time, produced science, taught it and put it into practice.

We commemorate Dr. Nusret FİŞEK, who passed away on November 3, 1990, at the age of 76, with respect on the 33rd anniversary of his death, may his soul rest in peace.



OUR GUEST OF THIS MONTH



Asst. Prof. Bumin Çağatay AKSU



It is said that the
French writer Marcel
Proust chatted with the
characters he created
and asked them some
questions.

It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered them himself when he was 20.

Using these questions prepared by him, we ask these questions to an experienced faculty member for each issue.

1-Let's say you decided to start a new society and you discovered a beautiful island. What would be the first rule you put in place?

A flexible and happiness-based division of labour

2-Which of the inventions would you like to be the inventor of?Electricity

3-If you could witness any event in the past or future, which event would you choose?

Discovery of an extraterrestrial planet in space where humans can live

4-If you were to write a book, what would it be named?Success Beyond Time

5-If they made a movie about your life, which actor/actress would you like to play you?

Çetin Tekindor

6-What are the 5 words that best describe you?

Intelligent, impatient, handsome, hardworking, perfectionist

7-What kind of talent would you like to have?teleport

Travelling through Time

8-Who is your hero?

Büyük İskender

9-Who is your favorite author?

Yunus Emre

10-What word would be the summary of the years you lived? Family

DEPARTMANTS RECOMMENDING



SOCIAL WORK



Pınar Öğünç's Fine Work Book Published in 2009 Turns into

the "Sen Ben O" Documentary Podcast!



Author and journalist Pınar Öğünç's book "İnce İş" (Fine Work), published by İletişim Yayınları in 2009, is now back in the spotlight with the documentary podcast "Sen Ben O" (You Me He/She). The book stands out as a collection where Pınar Öğünç narrates real-life stories of individuals from various professional groups.



The Fine Work book delicately explores people's relationships with their work, their efforts, and their experiences, offering readers a different perspective. Each story provides an indepth look into people's lives and their professional and working experiences.

* BOOK

This impressive book now gains a new dimension with the "Sen Ben O" documentary podcast, prepared under the moderation of Pınar Öğünç. In each episode, the podcast brings the real experiences, thoughts, and dreams of various professionals to life. In Öğünç's words, "... In this way, we share a truth about life, this order, and the time we live in. With all its strangeness, weight, joy; delicately..."

A HISTORY OF MODERN EUROPE JOHN MERRIMAN

The main feature of the work is its balanced portrayal of cultural, social, and political history. While reflecting the rich diversity of Europe, another important characteristic is its skillful presentation of common issues.





DEVELOPMENT READINGS



Compiled by: Sinemnur BOLAT Health Management 2.class



Brave New World Author Aldaus Huxley

Translator : Ümit Tosun İthaki Publications 266 page

Subject of the Book

In this novel, society has been changed through reproductive technology, eugenics and sleep teaching systems. This described world may seem like a utopia, but it is a very ironic utopia. Because humanity is healthy, technologically advanced, wars and poverty are eliminated.

There is a world where races are fully equal and everyone is happy. Ironically, however, all progress has been achieved through the destruction and abolition of values that are important to individuals. These values are family, art, cultural diversity, literature and philosophy. In the New World, God is Ford. It has also turned into a hedonistic society in which people have sex with whoever they please and use drugs with minimised side effects on the body.

Perhaps this world is the hell of another planet.





Makams:

They are musical colors that symbolize a certain feeling, thought and meaning, each with a different character, color and feature. They are vocal pathways that convey love. We have compiled for you the works of Savaş Barkçin, who prepared the 40 modes of Classical Turkish Music and their meanings.

Source: 40 Modes 40 Meanings - Dr. Savas S. Barkcin

Acemaşiran = Enthusiasm for life Sultaniyegah = Night happiness Ferahfeza = The grace that gives happiness

Şedaraban = Becoming beautiful with love

Kürdilihicazkar = Burning sadness Hicazkar = Persistence in love Nihavend = Joy of love Neveser = Peace of mind Acemkürdi = Blessed happiness Muhayyrer = Cry of separation Hisar = the sweetheart of the lover Şehnaz = The beauty of the lover Ferahnak = Joy of spring Şevkefza = Grace in sadness Suzidil = Heart fire



Yegah = Silence of love Nikriz = The courage given by love Suzinak = The courage given by love Neva = Call to the lover Uşşak = The enthusiasm given by love Beyati = The enthusiasm given by love Karcığar = Search for happiness Hüseyni = Love lament Gerdaniye = Complaining about the ordeal of love Hisarbuselik = Sweet kisses

Cargah = To disappear in love Dügah = The cure in trouble Bestenigar = Longing for the lover Suzidilara = Fiery love Rast = The peak of joy Mahur = The peak of joy Acem = Greatness of soul Isfahan = Sacrifice for love

Buselik = Unveiling the secrets of love

Hijaz = Burning with love

Segah = Call to eternity

Pseudonym = To remain silent to the world, to speak to the beyond Saba = The breeze of eternity

Evich = Greatness







ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

The Alumni Tracking System (METSİS) was created in order to monitor the employment and postgraduate education status of our graduates and to generate statistical data.

Istanbul Gelisim University launched METSIS in order to strengthen its relations with alumni and contribute to the employment of graduates. Members of METSIS can sign up for free after graduating. Our graduates can become a member of METSIS free of charge. Our graduates who are members of METSIS can update their personal profiles and follow our job postings.

What Are the Steps to Join METSIS?

- 1. Use the web interface at metsis.gelisim.edu.tr to log in
- 2. You can follow the postings in the open positions box.
- 3. To apply for the positions, you can establish an account from the "new candidate" box.
- 4. You can view job posts after making an account on the top page and apply for positions that interest you.



Instagram igu_mezunlarkoordinatorlugu



LinkedIn -IGU ALUMNI AND MEMBERS COORDINATOR



Dear IGU Alumni.

Alumni who want to benefit from the opportunities of our university and the discount rates we provide from the companies we have contracted with will be sufficient to fill out the form. When your card is ready, you can pick it up from the Alumni and Membership Coordinator's Office on the 3rd floor of Block K.











igu_sbf



igu sbf



<u>İGÜ Sağlık Bilimleri Fakültesi</u>







Now you can send all your opinions, suggestions, news or articles to us at sbfbulten@gelisim.edu.tr.





Faculty of Health Sciences

FACULTY OF HEALTH SCIENCES

Prof. Dr. Rıfat MUTUŞ Dean of Faculty of Health Sciences

Asst. Prof. A. Yüksel BARUT Vice Dean of Faculty of Health Sciences

Asst. Prof. Neşe KISKAÇ Vice Dean of Faculty of Health Sciences

BULLETIN TEAM

Asst. Prof. Aslı KAYA

Asst. Prof. Emrah TÜNCER

Res. Asst. Tuğba TÜRKCAN

Res. Asst. Simge Sude GERÇEKER

Res. Asst. Hülya YAMAN

Res. Asst. Semanur OKTAY

Res. Asst. Onur Zeki ANILGAN







