

Faculty of Health Sciences





JUNE 2023 | ISSUE 30 | VOLUME 3







7,7 and 7,6

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

EARTHQUAKE

#Get well soon

Turkiye

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

Mustafa Kemal ATATÜRK

06.02.2023





'University of the Year' award to IGU!

İstanbul Gelisim University was chosen as the "University of the Year" at the Golden Palm Award Ceremony held in Baku, the capital of Azerbaijan. Abdülkadir Gayretli, Chairman of the Board of Trustees of IGU, was awarded the "Businessperson of the Year".

The Golden Palm Award Ceremony, organized to reinforce the friendship between Turkey and Azerbaijan, was held in Baku, the capital of Azerbaijan. Istanbul Gelisim University (IGU) was chosen as the "University of the Year" at the ceremony where the best of the year from the art, media and business worlds were announced. Abdülkadir Gayretli, Chairman of the Board of Trustees of IGU, was awarded the "Businessperson of the Year".

Click here to read the rest of the new



Great success from IGU in the "Area-Based Competency Analysis of Universities" report!

The "Area-Based Competency Analysis of Universities" report prepared by TUBITAK has been published. Taking place in 17 of 21 main research areas and 62 of 132 sub-research areas, Istanbul Gelisim University came to the fore.

The "Area-Based Competency Analysis of Universities" report, prepared by the Scientific and Technological Research Council of Turkey (TUBITAK), in which the performance of universities in 21 main fields and 132 sub-research areas is evaluated based on research intensity and quality indicators, has been published.

The report, which is obtained from Scopus data, aims to evaluate the performances of universities on the basis of research areas in comparison with each other. In addition, it is determined which of all the research activities carried out by the universities themselves are more competent. Located in 17 of 21 main research areas and 62 of 132 sub-research areas, Istanbul Gelisim University (IGU) came to the fore among Turkish universities in terms of both quality and research intensity in 9 of its main research areas and 26 of its sub-research areas.

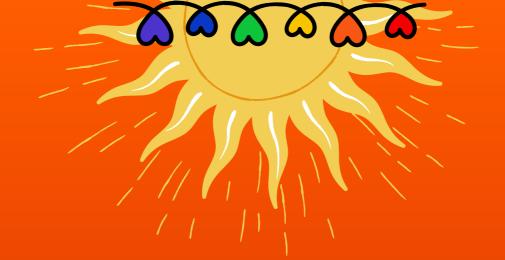
Click here to read the rest of the news.



RUR results have been announced: IGU ranked 391st in the world and 7th in Turkey in the 'International Diversity' indicator!

According to the results announced by Round University Ranking (RUR), which is one of the organizations ranking world universities, Istanbul Gelisim University ranked 1122nd in the world general ranking and 33rd among universities in Turkey. Continuing to progress with the vision of "World University", IGU achieved a great success by being ranked 391st in the world and 7th in Turkey in the "International Diversity" indicator.

Click here to read the rest of the new





JUNE 2023

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ACADEMICIANS FROM IGU ARE ON THE "BEST SCIENTISTS" LIST OF THE WORLD AND COUNTRIES!

Research.com, one of the world's leading research and academia portals, has announced the list of the "Best Scientists" of the world and countries. Istanbul Gelisim University academics were shown among the best scientists in Turkey and the world with their degrees in "Engineering and Technology", "Economy and Finance" and "Neuroscience".

Research.com, one of the world's most significant online academic portals for scientists, has announced its "Best Scientists" list. In the list, which is prepared on the basis of studies created by scientists in their own fields, the criteria of the list are created by taking into consideration the awards received by the researchers, academic publications and the number of citations, as well as based on the D-Index data. According to the ranking, 3 academicians of Istanbul Gelisim University, which progressed with the vision of "Research University", were included in the "Best Scientists" list.



"Economics and Finance" and "Neuroscience"!

Istanbul Gelisim University, which is modern, developing, producing and advancing with an understanding of quality education, stands out with its science, technology and R&D studies. According to the list created on the basis of the D-index created for the purpose of measuring, evaluating and monitoring the performance of list of "Best Scientists" with their successful work.

BILIM INSANI	BILIM ALANI	TÜRKİYE'DEN SIRALAMAYA GİREN BİLİM İNSANI SAYISI	TÜRKİYE SIRALAMASI	DÜNYA SIRALAMASI
PROF. DR. BARRIÉ ŞAHÊN	MÜHENDISLIK VE TEKNOLOJI	47	17	4020
PROF. DR. KEMAL SITKL TÜRKER	NÓROBILIM	6	4	5870
OR, OGIC DYEST PESTUS VICTOR BEFORE	EKONOMI VEFINANS	1	1	1183

Istanbul Gelisim University Rector Prof. Dr. Bahri ŞAHİN ranked 17th among 47 scientists from Turkey and 4020th in the world in the field of Engineering and Technology.

Prof. Dr. Kemal Sitki TÜRKER from IGU Faculty of Dentistry achieved an important success by being 4th among 6 scientists from Turkey and 5870th in the world.

Asst. Prof. Festus Victor from the Faculty of Economics, Administrative and Social Sciences of IGU was the only scientist from Turkey to be ranked in the field of Economics and Finance, and he was ranked 1183 in the world.

IGU Rector Prof. Dr. Bahri SAHİN made a statement about the success achieved in the ranking, in which scientists are evaluated only for the studies they have conducted in their fields. 'I would like to congratulate our esteemed academicians who successfully represent our university and our country in the "Best Scientists" list published by Research.com. We are proud of this result through academic publications, awards and citations made on a global scale. I am confident that Istanbul Gelisim University, which continues to progress with the vision of Research University, will achieve greater success in the future as well."

 $\underline{https://www.gelisim.edu.tr/en/gelisim-news-academicians-from-igu-are-on-the-best-scientists-list-of-the-world-and-countries.}$



IGU HIGH SCHOOL SUMMER ACADEMY 2023 STARTS!

"IGU High School Summer Academy", specially prepared for high school students by Istanbul Gelisim University, will be held between 4-7 July this year. High school students will be able to experience university life while contributing to their career maps by gaining experience about the department they want to study. Deadline for application is June 26!

Organized by Istanbul Gelisim University (IGU), High School Summer Academy will be held between 4-7 July this year. Academy aims to enable students to choose the profession that suits their dreams and personalities by real university having experience. There will be trainings from many different department courses from Aircraft Engineering to Effective Communication and Body Language, from Blockchain Pasta Workshop, from Dentistry to E-Commerce.

Candidate students can have a real university experience while determining their career goals. Applications can be made to the High School Summer Academy through

summerschool.gelisim.edu.tr until 26 June.

Students will gain experience in different fields

In the High School Summer Academy, where they can shape their future by experience, students will be able to gain experience in different fields by taking many courses.



The courses that will take place in the academy are as follows:

- Blockchain Workshop
- Economy and Finance Workshop
- Pasta Workshop
- Anger Management Workshop
- 21st Century Communication Studies Workshop
- Gamification Workshop
- Effective Speaking Workshop (English)
- Effective Communication and Body Language Workshop
- Three-Dimensional Jaw Model Production Workshop in Dentistry
- Aviation Workshop
- Applied Cyber Security Workshop
- Industrial Automation System Applications and Cyber Security Analysis Workshop
- Computer Programming Workshop
- Future of Professions Workshop
- Aircraft Engineering and Design Workshop
- E-Commerce Workshop

<u>Click</u> for detailed information and application.



NUTRITION AND DIETETICS HISTORY

"WHEREVER THERE IS FOOD, THERE IS A GOLDEN BOWL FOR A DIETITIAN."

ORBETA S.S.

The importance of nutrition in maintaining human health has been recognized throughout history. Since ancient times, people have naturally understood the impact of nutrition on health. Many civilizations in history have recognized the connection between nutrition and health and shaped their dietary practices accordingly. Dating back to around 2500 BC, stone tablets found in Babylon contain information about dietary practices about illnesses. These tablets encompassed medical knowledge and treatment methods of that era. Similarly, Hippocrates (460-370 BC), considered the father of ancient Greek medicine, emphasized the influence of nutrition on health and stated, "Let food be thy medicine and medicine be thy food." The significance of nutrition remains paramount in modern medicine and nutritional science.

The scientific value of ancient practices was understood only in the late 19th century. During this period, doctors and nurses initially monitored patients' diet plans. However, the heavy workload of doctors and nurses in the treatment process highlighted the need for another healthcare professional to oversee dietary control. The idea of having a new healthcare professional responsible for dietary control first emerged in the United States. The American Medical Association established the Dietetic Committee under its umbrella and appointed Sarah Tyson Rorer, a renowned cooking teacher known for her healthy recipes, as the head of the committee. In the same year, Mrs. Rorer launched a publication called "Dietetic Gazette," which garnered significant interest. Subsequently, in 1880, an offer was made to Mrs. Rorer to open a diet kitchen in a hospital, laying the foundation for dietary kitchen practices in hospitals. Following these developments, the demand for professionals in this field increased, leading to the introduction of a new professional title, "Dietitian," in 1899.

A dietitian is a healthcare professional who has received undergraduate education in the field of Nutrition and Dietetics and provides public service in the areas of food, nutrition, and medical nutrition therapy throughout the lifespan, focusing on individuals and communities. They can develop nutrition plans and policies in the field of public health and provide education and counseling. The International Confederation of Dietetic Associations (ICDA) defines a dietitian as someone who is "legally recognized as having the qualifications prescribed for the practice of nutrition and dietetics, and who applies the science of nutrition to the feeding and education of individuals and groups in health and disease."

As the number of individuals in the profession of dietetics increased over the years, the first dietetic association called the American Dietetic Association (ADA), was established in 1917. Following the United States, various associations were formed in other countries, and departments offering education in this field began to be established in many countries. In Turkey, the beginning of education in Nutrition and Dietetics dates back to 1962 when it was incorporated within the Health Sciences School of Hacettepe University. In our country, the profession of dietitian was initially defined as "Dietician" within the health services and auxiliary health services class of Law No. 657 on State Civil Servants. In 2004, Turkish Standard 13114 was published, officially recognizing "Dietetics" as a profession and establishing its standard. The standard defines a dietitian as an individual who has completed at least a 4-year (5 years including a preparatory year) Nutrition and Dietetics Education-Training Program in any higher education institution, holds a "Bachelor's Degree in Nutrition and Dietetics," and is entitled to practice as a dietitian. Under the leadership of Hacettepe University, similar programs have been established in other universities, and numerous faculties and schools of Nutrition and Dietetics have been established in our country. As a result, the number of trained experts in the field of Nutrition and Dietetics has increased in Turkey, playing a significant role in healthcare services.



Do not lie to children while talking about 'death'!





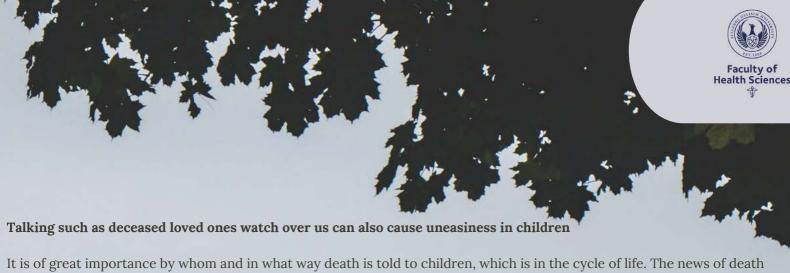
The concept of death is very difficult for many people to talk about, understand and accept. When it comes to children, dealing with and making sense of this situation leads to an even more difficult process. Child and Adolescent Psychiatrist Asst. Prof. Deniz YILDIZ who stated that children's perceptions and understandings of the concept of death differ according to their developmental level, also added death should be explained to the child in simple language, without lying, and that the deceased will not come back anymore.

Death is a difficult reality for both children and adults to accept. Adults may think that this is a situation that should be hidden from children, sometimes for their own anxieties and sometimes to protect children from the traumatic effects of death. Children need explanations and help from adults they trust to cope with this difficult situation. Child and Adolescent Psychiatrist Asst. Prof. Deniz YILDIZ from Istanbul Gelisim University (IGU), Faculty of Health Sciences, Department of Child Development, stated children can overcome the grieving process in a healthier way by making honest and sincere statements to them according to their developmental levels.

Children think the dead person will come back

Children's perceptions and understandings of the concept of death differ according to their developmental level. Until the age of 2, children are too young to fully grasp the concept of death. Child and Adolescent Psychiatrist Asst. Prof. Deniz YILDIZ: "Death is like a long-term separation or journey in their eyes. In the preschool period, death is a temporary event for a child. They think that the dead person will return again. Starting from primary school, children begin to perceive the fact that death is an irreversible end, but they believe that they and their loved ones will not die. They often think that death will happen to sick or old people. After the age of 10, they begin to perceive the concept of death more clearly. They know that death is the end of life, that it can happen to anyone, and that there is no going back to life.





It is of great importance by whom and in what way death is told to children, which is in the cycle of life. The news of death should be told to the child, if possible, by the parent, if the parents are not alive, by the person whom s/he loves, trusts and feels closest to. Asst. Prof. Deniz YILDIZ: "It is important not to lie to the children, otherwise distrust can be seen when they learn the truth. The child should be told in simple language that death is the end of life and that the deceased will no longer come. It is very important to use the word 'death'. The use of concepts such as deceased or gone further confuses the child in the concrete stage. Explaining death by analogy with sleep may lead to the development of the idea that he may die during sleep, especially in young children, and as a result, have sleep problems. They may also feel uneasy when their parents sleep. Talking such as deceased loved ones watch over us can also cause uneasiness in children."

Clear and reassuring answers are essential

The attitude and behavior of the person who will explain the situation are very important for the child. Asst. Prof. YILDIZ said: "A child who has lost a relative may have security concerns. The child loses the belief that his parents will always be there for him, and he becomes acquainted with the feeling that one day he will die too. They often ask questions such as; 'Are you going to die too? "Will I die too?". We should reply to these questions with clear and reassuring answers such as; 'We are all healthy now, we have a long life ahead of us and you. We are safe here and together now". Anger, aggression, and baby-like attitudes can be seen in the child who lost a loved one. It should be known that this situation is temporary and should be treated with understanding and patience. Children should be allowed to express their sadness through activities such as playing games, painting and sports. Photographs, belongings and memories of the lost relative should not be thrown away. A memorial corner can be created where the family can remember the lost person."





WORLD BLOOD DONOR DAY

DONATE
BLOOD
SAVE LIFE



Book Review



CANWESTART AGAIN?

Asst. Prof. Emrah TÜNCER

Tell me what you have forgotten, and I will tell you who you are.

Marc Aqüe

We all know the fate of a raindrop falling to the ground. It either seeps into the soil, flows superficially to reach the sea or a lake. Then, it rises again to the sky with the warm air. Although it may not be the cloud it originated from, it returns to another cloud, becomes rain once more, and falls to the earth. Millions of raindrops know that defying gravity is a futile effort. They simply let themselves fall to their destination. Even the descent of each droplet creates a different dimension, provoking contemplation within the ordinariness of life. Every falling droplet scatters around, bounces off walls, and may land on our heads...

What about humans who jump or fall from great heights? Those who climb onto a crane and jump because they haven't received their payment, or those who can't bear the longing for their departed lover and leap from the roof of a six-story building, or those who plunge into depression and jump onto a road with passing vehicles from the seventh floor, or those betrayed individuals who jump from the terrace of an eight-story building under construction, or even those who persistently come to the throat-painted blue bridge with the hope that someone will stop them from jumping... Like millions of raindrops, they also know that defying gravity is a futile effort. They simply let themselves fall to their fate. Every falling human sways in the air, spins, fills their lungs with air. The force applied by the ground tears apart their internal organs, and they make a sound as they hit the ground or water...

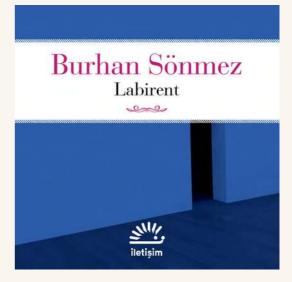


Is Durkheim, who said, "Every suicide epidemic is rooted in an economic or political crisis," correct from a more sociological perspective? The enchanting act called "suicide" has gone through different stages throughout history. Sometimes it has been a symbol of heroism and courage, other times a shameful and inferior act, and at times the pinnacle of passionate entertainments. For example, the Badjaola people living on the sea in the Philippines consider it inauspicious to live. In some African tribes, warriors and slaves kill themselves to live with their deceased king in heaven. In a tradition in India, a woman whose husband has died burns herself along with him. In the past, Danish warriors found dying in bed due to old age disgraceful and a "blot on their honor," so they committed suicide to escape that condition. Eskimos living on the Markis Island believe that suicide at a young age is the only way to reach happiness in the realm of gods. In ancient Rome, those who committed suicide due to pain, illness, or events that damaged their honor were honored, but those who committed suicide without valid reason had their memory condemned, their families blamed, and their possessions confiscated. In short, is suicide an escape from the struggle of life, or is it the only way to salvation? Is suicide a gamble, or is it living? It's hard to understand. It may be an inclination that arises when the inner and outer worlds don't align, when one can't tolerate loneliness, and when distress intensifies. I don't know.

What do people not give up on by committing suicide? A fruit, a child, a sibling... Most of all, the still water watched in remembrance of Him. Ilhami Çiçek, a 29-year-old who committed suicide by jumping from the fifth floor of a hospital, said, "Clock ticks with melancholic beats in my ears, while a picture tears me apart before my eyes."; Kaan İnce, a 22-year-old who ended his life by jumping from the balcony of a hotel in Kadıköy, said, "The sounds of bells, calls to prayer, seagulls, they all remained in the mystery of the night. I forgot that I drowned within the letter. Farewell."; Yavuz Çetin, a 31-year-old musician who committed suicide just when his fame was reaching its peak, put an end to his life by throwing his body carrying a life filled with music into the dark waters of the Bosporus, saying, "How did you manage to create one of you from me? I no longer want to live among you.". And many more... Do those who survive after attempting suicide smile with the mist of bruises and the gaze of their eyes at the place they have gone to? But what about those who survive after attempting suicide... Those who overcome with minor scratches or deep wounds... What are they doing? How are they living? What are they thinking?

Burhan Sönmez's book "Labirent" tells the story of a young man, a musician/blues enthusiast, who tries to find the truths in the depths of a mirror. It focuses on someone who has returned from the brink of death and has lost their memory. The novel initially resembles the story of Yavuz Çetin. The fact that Yavuz Çetin had an album called "Labirent" further reinforces this idea. Later on, it delves into the lives of the "in-betweeners," those who are trying to come back to life. This 123-page novel begins with Boratin, who attempted suicide by jumping off the Bosphorus Bridge (we learn this later) and subsequently lost his memory. Boratin, who says, "I got lost in the passage between the old and the new time" (p. 37), coincides with the idea that a strong memory loss is the antidote to habit. Boratin, who was discharged from the hospital the day before, tries to remember why he wanted to die throughout the pages. As he begins to rediscover his surroundings, other characters emerge in this flow. They make us contemplate the present moment as beings who both want to forget everything and want to remember everything, leading us to a state without before or after, and throughout the novel, the following question lingers in the mind: Can one start over in life after an attempted suicide/death?





Author: Burhan Sönmez Publisher: İletişim Yayıncılık Pages: 123 First Edition Year: 2018





Imagine that during moments when you're studying, reading a book, cooking, washing dishes, or even having a conversation with someone, you don't have those deep, strange pathways of memories that unexpectedly knock on the door of your mind and then vanish as they came. Picture yourself constantly wandering in the same songs, remembering the same faces, and perhaps even worse, forgetting the days when you walked down the streets staring at the pavement. In Boratin's case, those "moments" disappear with suicide. Each morning, as he opens up to life, he will have countless new moments to discover in the echoes of the sounds he listens to and in the reflections he sees in the mirror. Boratin will never be able to recall the past, be the same as before, write songs, or fully experience emotions. He will live in a perpetual state of religious trance or, as Filibeli Ahmet Hilmi stated in the book "A'mâk-1 Hayal," he will remain in the "sekr" moment, which he defined as the moment when life is seen as a dream.

Sönmez, actually portrays a social phenomenon through the subjectivity of a particular individual (Boratin) who has survived suicide but lost his memory. "Labirent" bears similarities to the book "No Fixed Abode" by anthropologist Marc Augé, where he narrates the life of Henri, belonging to the class of "people without a fixed abode." In the book, Henri decides to live in his car and continues his life in places where he doesn't pay for parking, which can be seen as a new form of migration. He shares the contradictions he encounters, the sense of loneliness he feels, and the feeling of being displaced with those around him. We observe a similar sentiment in Boratin, an important character in the novel "Labirent."

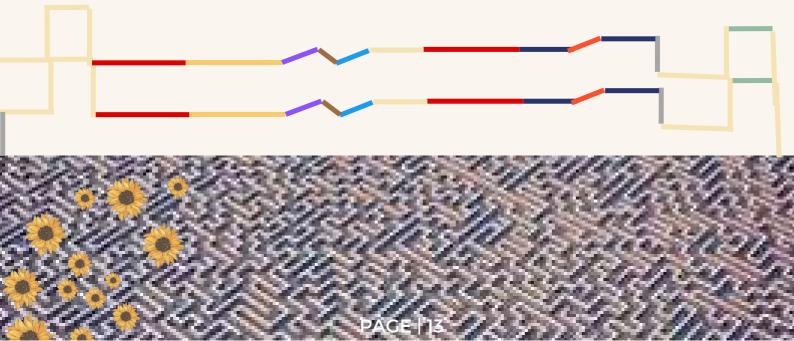


WHO IS BURHAN SONMEZ?



He was born in Haymana (1965). He graduated from Istanbul University Faculty of Law. He stayed in Britain for many years. Following the novels of North (2009), Innocents (2011), Istanbul Istanbul (2015) and Labyrinth (2018), The Stone and the Shadow (2021) is Burhan Sönmez's fifth novel. Innocents received the 2011 Sedat Simavi Literature Prize and the Izmir St. Joseph Novel Prize. Sönmez, who participated in the story compilations of A Dersim Story (Metis, 2012), Tell Me Your Name (YKY, 2014) and Gezi (Germany, Binooki, 2014), received the 2015 Story Honor Award given by BUYAZ. He translated the poet William Blake's The Marriage of Heaven and Hell into Turkish (Ayrıntı, 2016). He gave lectures on literature at METU. His novels have been translated into forty-one languages. He was deemed worthy of the Vaclav Havel Prize in the USA (2017) and the EBRD Literature Prize in Britain (2018).

The presence of a philosophical background is immediately felt in Boratin's attempts to engage in a dialogue with the reader in the novel. For example, he asks, "What is the meaning of beauty?" (p. 15). He also states, "Yet to live and learn why one gave up on life, and then, if necessary, to commit suicide again, is better" (p. 57). This serves as both an indication of Boratin's condition and a reflection on the flow of life and whether it is worth living. Within this flow, the reason is unknown, but perhaps Boratin attempted suicide as a revenge against the system, the order, the ostentation, and the mundane relationships. But he didn't die. I think the real challenge lies in this. Can one start over in life with a broken rib and lost memory? Does a memory loss, a shock, a state of starting over everything save us?



NEWS FROM THE FACULTY OF **HEALTH SCIENCES**





The Faculty of Health Sciences, Department of Social Work, and Social Work Club organized documentary event titled "The Shelter for the Homeless." The Head of the Department Asst. Prof. Derya KAVGAOĞLU, Asst. Prof. Yonca Güneş YÜCEL ATALAY, Asst. Prof. Emrah TÜNCER, Res. Asst. Fatma Türkan KAVUĞUDURMAZ and Res. Asst. Aslıhan Kübra SAKARYA ATAY, participated in the event along with the students. After watching the documentary, analyses were made from a social work perspective based on certain themes.

Türkiye Turkey / 2018 / 71' / Dijital Digital / Renkli Color / Türkçe Turkish / İngilizce Altyazı English Subtitles

Yönetmen / Director: Rıdvan Karaman





Sineantropos: Marginal Anthropological Writing:

s: cinema, anthropology, magic, subconscious, dream

bul: Yol Yayınları, 236 sayfa

Ahmet Güngören'in antropolojik çalışması olan Sineantropos kitabı. Açık Radyo'da yaptığı deneysel konuşmalara ve sinema ile antropoloji ara-sındaki kuramatı tabana dayonmaktadır, Güngören, sinemamı insanlık tarihindeki önemini ve toplumsol, kültürel, siyasi ve ekonomik etkilerin

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Dr Emrah TÜNCER, Assistant Professor in the Department of Social Work at İstanbul Gelişim University (İGÜ), wrote an article about Ahmet Güngören's book "Sineantropos: Marginal Anthropology Essays" for the Journal of Cultural Studies. Click here to read.

NEWS FROM THE FACULTY OF HEALTH SCIENCES





Prof. Dr. İsmet YOLCU GALİPOĞLU from İstanbul Gelişim University (İGÜ), Department of Social Work, visited the Göztepe Child Shelter with students from various classes as part of their practical training.



Nutrition and Dietetics Department of Turkish and English lecturers made five oral presentations at the International Congress of Multidisciplinary Medicine and Health Sciences Studies.

- Nilüfer ÇELEBİ , <u>Halime PULAT DEMIR</u> : Analysis of Youtube Videos on Sports Nutrition
- <u>Hatice Merve BAYRAM</u>, Halime PULAT DEMIR: Evaluation of Nutrition Information and Nutritional Habits of Athletes of Büyükçekmece Volleyball Academy Sports Club
- Hatice Merve BAYRAM , Halime PULAT DEMIR : Evaluation of Nutrition Literacy in Lactating Children
- Aslı EREN , Halime PULAT DEMIR : Nutritional Analysis of Advertisements Broadcasted on a Private Television Channel
- <u>Gizem UZLU DOLANBAY</u>, Halime PULAT DEMIR: Validity and Reliability of the Turkish Version of the Hypoglycemia Attitude and Behavior Scale





DOROTHEA LYNDE DİX

Prepared by: Res. Asst. Semanur OKTAY

We are not sent into this world mainly to enjoy the loveliness therein, nor to sit us down in passive ease; no, we are" sent here for action." Dorothea Dix-

Dorothea Dix lived in the 1800s. At a time when women had fewer options than men, Dorothea made extraordinary choices for herself. One of the choices she made was to work hard for others....

Dorothea was born in 1802 in Hampden, Maine, a small town in the United States. Her childhood was not a happy period of her life, she had to take on adult responsibilities at an early age as her father was not home most of the time and her mother suffered from depression. She would express these difficult days in her later life by saying, "I never knew my childhood" ...

After these difficult years, at the age of 12, she moved to Boston to live with her grandmother and was raised by her grandmother. It was unusual for a young girl to be able to read and write at the time, but Dorothea was an avid reader and learned quite quickly.

Dorothea began her career as a teacher in 1816 and opened a school for young women in Boston in 1821. She taught for years. When she went to England for a medical problem in 1836, she came into contact with leading figures involved in the humane treatment of the "mentally ill". A new chapter in Dorothea's life began in March 1841 when she volunteered to teach female inmates at East Cambridge Prison.





When Dorothea toured the prison she went to teach, she was horrified by what she witnessed. In the 1800s, there were no hospitals for people with mental problems. People who acted strangely or couldn't communicate because they had trouble thinking and communicating like most others were kept in prisons. Most people thought that people with mental illness didn't feel cold or pain and that people with mental illness weren't exactly human. Dorothea saw that the mentally ill were housed in appalling conditions, with no heat, no light, little or no clothing, no furniture, and no sanitation. Mentally ill people were kept with criminals regardless of their age or gender. Dorothea toured Massachusetts, examining prisons and poorhouses to gather the necessary evidence to build an argument for better care in such an environment, and wrote a detailed report on the condition of the mentally ill in each. Dorothea would devote the rest of her life to improving the conditions of individuals suffering from mental illness...

During the Civil War, she oversaw nurses for the Confederate army. She has helped recruit, organize and train thousands of female nurses. After the war, she resumed her efforts to improve the care of inmates, the disabled, and the mentally ill, to whom she devoted the rest of her life.

Dorothea Dix was instrumental in establishing more than 30 hospitals for the treatment of the mentally ill and expanding existing ones. She became a leading figure in national and international movements that challenged the idea that people with mental disorders cannot be cured or helped...

She was 85 years old when she died on July 17, 1887, in New Jersey. Dorothea, who devoted her life to helping improve the lives of thousands of people, is remembered today for her tireless work and focus on improving the conditions of the mentally ill...







THE FIRST SPARK OF THE NATIONAL STRUGGLE: AMASYA CIRCULAR

"The integrity of the homeland and the independence of the nation are in danger.

The independence of the nation will be saved by the determination and decision of the nation."

"I landed in Samsun on the 19th of May, 1919". These words have very deep meanings for Gazi Mustafa Kemal Pasha and the Turkish Nation. The process that started on that day constitutes the foundations of the establishment of the Republic of Turkey. Amasya Circular, on the other hand, is the first founding document that forms the foundations of the fully independent Republic of Turkey, based on national sovereignty and is the most important turning point of the National Struggle.

Amasya Circular is a national awakening alarm calling for the Turkish Nation's independence and liberation. Very important decisions emerged from the negotiations that continued until the morning of 22 June. On 22 June, the unity of the homeland and the independence of the nation were loudly announced to the whole world with the sentence. "The independence of the nation will be saved by the determination and resolution of the nation." This sentence has been the foundation of the national struggle and the beginning of the road to independence.

With this circular, the National Struggle ceased to be just an idea but turned into action and a movement. With this circular, Gazi Mustafa Kemal Pasha determined the target, strategy and method of the National Struggle that started in Anatolia. This circular is a declaration of independence and also a torch of independence. This circular is the first written document of principles of resistance, defence, struggle and war. Amasya Circular is the first milestone of the road to the Republic...

The Amasya Circular is the first step towards appropriating the national will and the idea of national sovereignty, calling the nation to claim sovereignty and independence, and trying to make the nation have a say in self-determination.

The Amasya Circular, aiming for victory with each of its articles, will remain as golden letters that cannot be erased from our history and our memories.

Happy 104th Anniversary!







OUR GUEST OF THIS MONTH





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.

Asst. Prof. Mahruk RASHİDİ

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?

Justice

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

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

Expulsion of the Crimean Turks from the Crimea

4-If you were to write a book, what would it be named?Mother Earth

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

Uzeyır Hajıbeyov

6-What are the 5 words that best describe you?Organised, Disciplined, Hard-working, Smiling, Idealistic

7-What kind of talent would you like to have? I would like to play the piano.

8-Who is your hero?

Mustafa Kemal ATATÜRK

9-Who is your favorite author?

Cengiz AYTMATOV, Samet BEHRENGİ

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





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.



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LinkedIn -IGU ALUMNI AND MEMBERS COORDINATOR



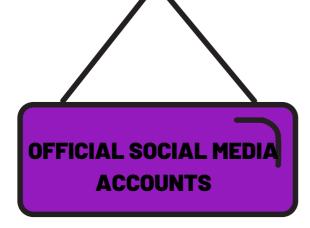
Dear IGU Alumni,

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.











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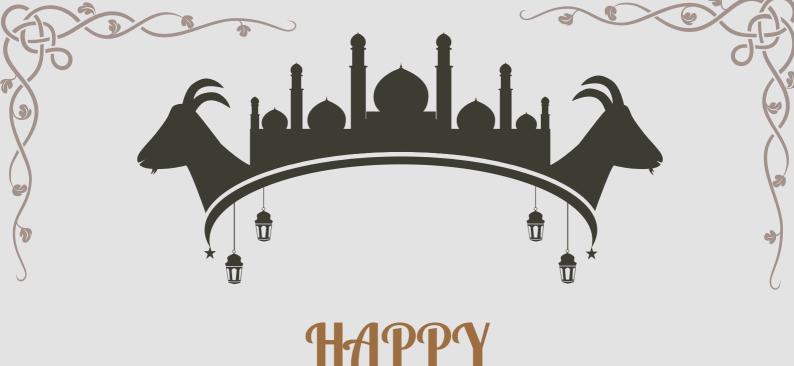
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