



Faculty of Health Sciences



MONTHLY EVENTS AND NEWS BULLETIN

MARCH 2023 | ISSUE 27 | VOLUME 3





MARCH

2023

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

1 - 7 March: Green Crescent Week / Earthquake Week



8 March: International Women's Day



**12 March: Acceptance of the National Anthem
and Memorial Day of Mehmet Akif ERSOY**



14 March: Medicine Day



**18 March: Anniversary of Çanakkale Victory
and Martyrs' Day**



**21 March: Down Syndrome Awareness Day /
Nowruz Feast**



27 March: World Theater Day



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SCIMAGO UNIVERSITY RANKINGS

2023 REPORT

SCImago University Rankings has published its 2023 report, which ranks the research, innovation, and societal impact of world universities according to percentiles. The SCImago University Rankings is a ranking system that measures the societal, research impact, and innovation of universities around the world.

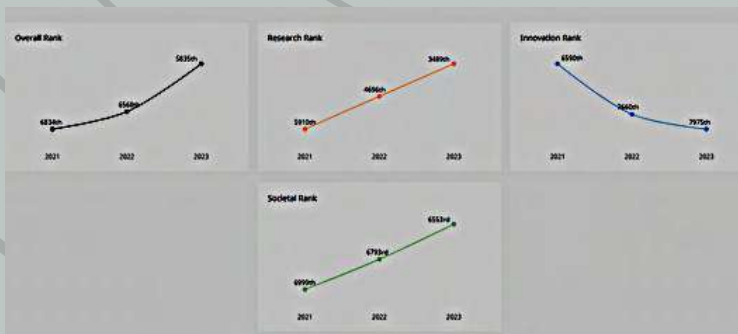


Area	World	Middle East	OECD	Turkey
Agricultural and Biological Sciences	+ 4172 nd	368 th	2182 nd	101 st
Business, Management and Accounting	1096 th	45 th	759 th	7 th
Computer Science	2489 th	164 th	1516 th	29 th
Economics, Econometrics and Finance	1592 nd	97 th	979 th	26 th
Energy	1967 th	146 th	1117 th	27 th
Engineering	+ 1363 rd	45 th	901 st	9 th
Environmental Science	630 th	20 th	352 nd	3 rd
Mathematics	2717 th	225 th	1568 th	60 th
Medicine	+ 4461 st	299 th	2852 nd	49 th
Psychology	2551 th	153 rd	1904 th	57 th
Social Sciences	+ 2759 th	191 st	1764 th	61 st

SCImago University Ranking is significant for measuring and evaluating the performance of universities, especially in developing countries. This ranking increases the international recognition of universities in these countries. In addition, this ranking offers a more comprehensive perspective when measuring the performance of universities, focusing not only on research impact but also on societal impact and sustainability. The research performance of Istanbul Gelişim University, where multi-disciplinary studies are intense draws attention to SCImago Turkey University Ranking. Among the universities in Turkey; the 2nd in Law Studies, 5th in Civil Engineering Research, 7th in Industrial Engineering Research, 32nd in Psychology Research, 9th in Engineering Research, 3rd in Environmental Science Research, and 7th in Business Studies is found.

Evolution of the Institute

The data in the table named Evolution of the Institute includes a quick reading of the SCImago analysis of the scientific performance of Istanbul Gelişim University in its last years. Research Rank refers to the volume, impact and quality of research outputs. Innovation Rank is calculated over the number of patent applications of the university and citations of research outputs from patents. Societal Rank is based on the number of pages on the university's website and the number of backlinks from social networks. When the data of Istanbul Gelişim University in the Evolution of the Institute are analyzed, it is seen that the investment made by the university in scientific research has increased in recent years and the quality of its scientific output has increased. This is very important in terms of increasing the academic impact and social benefit of the university.



For more detailed information about SCImago and its methodology, you can visit the [SCImago Institutions Rankings website](https://www.scimago.org/).

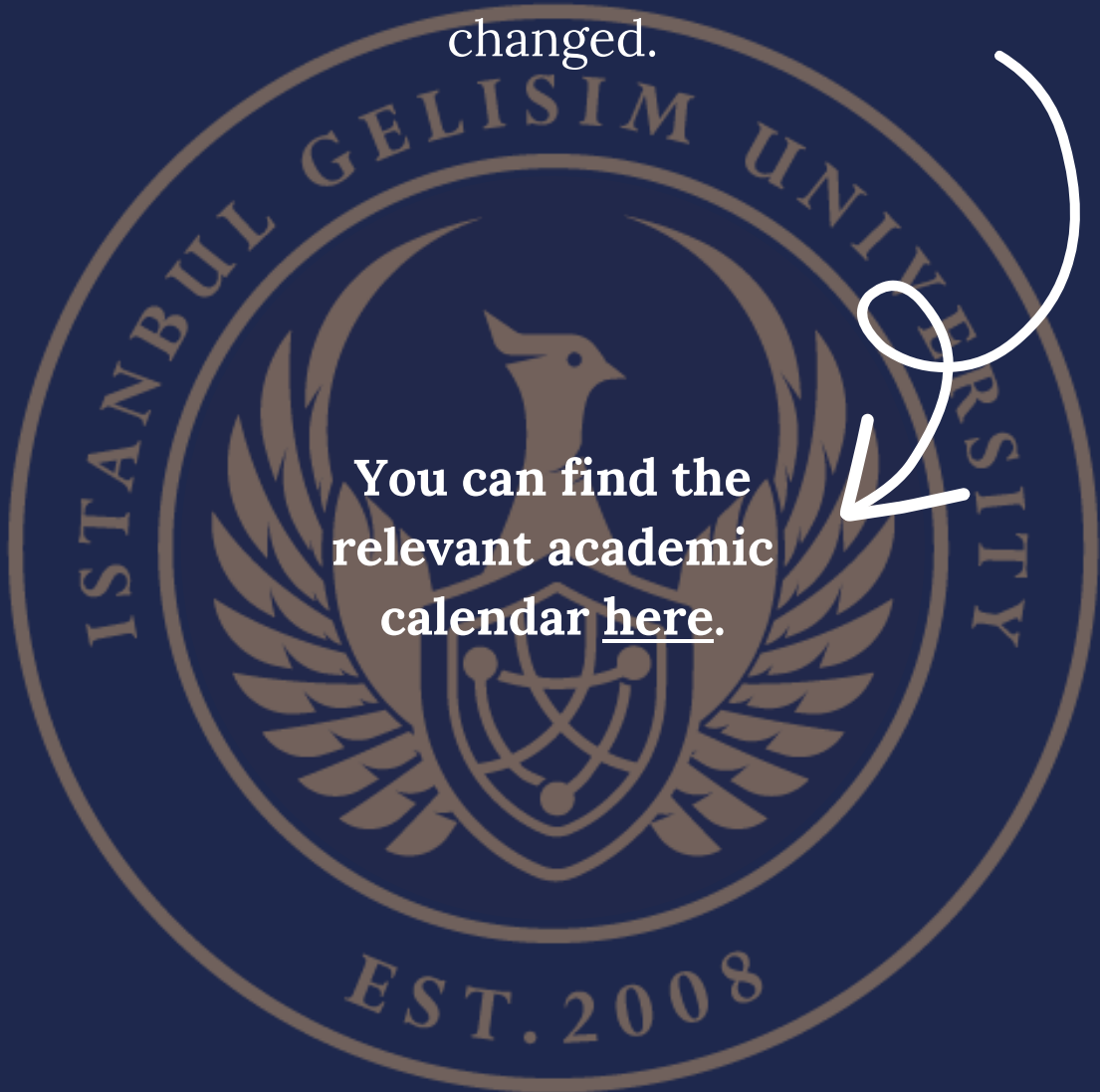
2022-2023 SPRING SEMESTER AND SUMMER SCHOOL ACADEMIC CALENDAR CHANGE



Faculty of
Health Sciences



Istanbul Gelisim University's 2022-2023 Academic Year Spring Semester and Summer School Academic Calendar has been changed.



You can find the
relevant academic
calendar here.

FIRST AID FOR NATURAL DISASTERS



For an effective response to disasters and emergencies, a "First Aid for Natural Disasters" training video was prepared under the coordination of the Istanbul Gelisim University Distance Education Center, Continuing Education Center and Corporate Communications Department.

You can access the training given by Lect. Nurcan ESİN from Istanbul Gelisim University Health Services Vocational School [here](#).

Afette İlk Yardım

KOMA

İSTANBUL GELİŞİM ÜNİVERSİTESİ

Afette İlk Yardım Video Serisi

İSTANBUL GELİŞİM ÜNİVERSİTESİ
13 video 665 görüntüleme En son 14 Şub 2023 tarihinde...

Tümünü oynat Karıştır

Eğitmen: İstanbul Gelisim Üniversitesi Sağlık Hizmetleri Meslek Yüksekokulu Öğr. Gör. Nurcan Esin

Kullanılmayan 1 video gizlendi

- Afette İlk Yardım

KOMA

İSTANBUL GELİŞİM ÜNİVERSİTESİ • 408 görüntüleme • 3 hafta önce

6:05
- Afette İlk Yardım

YETİŞKİNLERDE TEMEL YAŞAM DESTEĞİ

İSTANBUL GELİŞİM ÜNİVERSİTESİ • 134 görüntüleme • 3 hafta önce

3:57
- Afette İlk Yardım

ÇOCUKLARDA TEMEL YAŞAM DESTEĞİ

İSTANBUL GELİŞİM ÜNİVERSİTESİ • 65 görüntüleme • 3 hafta önce

4:06
- Afette İlk Yardım

YETİŞKİN VE ÇOCUKLARDA HEIMLICH

İSTANBUL GELİŞİM ÜNİVERSİTESİ • 71 görüntüleme • 3 hafta önce

3:14
- Afette İlk Yardım

BEBEKLERDE HEIMLICH

İSTANBUL GELİŞİM ÜNİVERSİTESİ • 58 görüntüleme • 3 hafta önce

2:52

GREEN CRESCENT WEEK

Asst. Prof. Nurten ELKIN, Coordinator of Combating Addiction at Istanbul Gelisim University, shared about "March 1-7 Green Crescent Week".

It was founded by Mazhar Osman UZMAN and his friends with the permission of the Sultan on March 5, 1920 in Istanbul under the name "Hilal-i Ahdar". For this reason, 1-7 March, the establishment of the Green Crescent, is celebrated as Green Crescent Week.

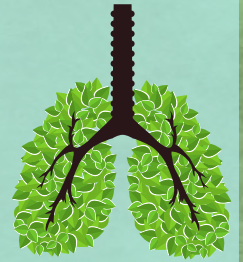
The Green Crescent is an institution that is among the "Public Beneficial Societies", which fights against habits such as cigarettes, alcoholic beverages and other drugs, and serves the public with its efforts to protect the public, especially the youth, from all harmful habits.



Green Crescent Week includes addictions, one of the important public health problems of our country, and the fight against all addictive substances.

Green Crescent works with the goal of a good and healthy life - it has been struggling with 5 different addictions: tobacco, alcohol, substance, gambling and the internet, and has been trying to reach this in individuals of every age group for 101 years. Since its establishment; by adding increasing types of addiction to its struggle, it increases its benefits to society, contributes to the awareness of individuals of all ages with prevention activities, and stands by addicted individuals and their families with rehabilitation activities.

Green Crescent carries out different projects to raise awareness for children from an early age. Turkey Anti-Addiction Training Program (TBM), which is carried out with the aim of raising awareness about addiction types in the society, especially in children and youth, is an important study.



Green Crescent Counseling Centers provide free service in 100 centers.

Green Crescent, which added rehabilitation services to its fields of activity in 2013, has been serving with Green Crescent Counseling Centers (YEDAM) since 2015. Free psychological counseling support is provided to addicts and their relatives with 100 YEDAM.

Green Crescent carries out research and development activities by using scientific and evidence-based methods and produces and implements projects according to the results obtained, not only in education and activities, but also in Fighting Addictions.

According to Green Crescent; Addiction is the loss of control over a substance, alcohol, object or behavior that a person uses. Therefore, any substance or behavior that is used uncontrollably carries the risk of addiction.

We draw attention to the importance of this week in terms of protecting and improving human health and public health, gaining healthy lifestyle behaviors, preventing addictions, reducing risk factors and creating all kinds of awareness about addictions.

GREEN CRESCENT SOCIETY (HILAL-I AHDAR)



Istanbul Gelisim University Faculty of Health Sciences Lecturer A. Mucella SOYDAN shared about the history of YESİLAY.

Green Crescent Society (Hilal-i Ahdar), whose aim is to combat all harmful substances, especially alcoholic beverages, was founded on March 5, 1920, with the encouragement of Haydarizade İbrahim, the Sheikhulislam of that period, and with the permission of Sultan Vahdeddin. It was found by Mazhar Osman UZMAN and his friends in Istanbul.

Shortly after the establishment of the Green Crescent, which is considered to have been established during the difficult times of the ceasefire period, the First Parliament enacted the Alcohol Prohibition Law. Even though the abolition of the law in 1924 affected its work, the Society did not lose its determination to fight against alcohol and went to enlighten the public by holding more meetings and media.

"Hilal-i Ahdar" changed its name to Green Crescent at its congress in 1929. The Association, which used this name until January 22 1936, took the name of Green Crescent after this date. In 1934, under the Presidency of Mustafa Kemal Atatürk and the Prime Ministry of İsmet İnönü, the Green Crescent was granted the "Status of Association Working in the Public Interest" by the decision of the Council of Ministers.

The fields of work of the Green Crescent, which has passed a century since its establishment, have been tobacco, drugs, gambling and technology addiction after alcohol. In our country, 1- 7 March is celebrated as Green Crescent Week.





SOCIAL SERVICE IN EARTHQUAKE AND DISASTERS

Prof. Dr. İsmet Galip YOLCUOĞLU

Earthquakes with magnitudes of 7.8 and 7.6, which took place on the Gaziantep-Maraş-Hatay axis on February 6, 2023, at 04:17 and in the following minutes, caused great destruction and loss of life in 10 provinces in the region. Our country is located on the Alpine-Himalayan Earthquake Belt, which has the most serious earthquake risks in the world. The North Anatolian fault is a gigantic fault with a total length of 1,200 km and a width of kilometers in some places, and the Eastern Anatolian fault line descending towards our south is a very long fault extending from Erzincan to Hatay. In the last fifty years, erroneous, incomplete and lack of scientific paradigm, consistency and scientific decisions can be counted as the main factors causing this disaster. After all, the damage of the earthquake to individuals and families is the most important result. In addition to serious problems such as death, injury, permanent or temporary disability, family break-ups, mental disorders, job and education losses, lack of basic needs, heating, transportation, communication and shelter problems were common. According to the figures announced by our state, the number of those who died after 21 days reached 45 thousand, and the number of the beneficial ones exceeded hundreds of thousands. Unfortunately, we are living through one of the biggest natural disasters of the millennium. As a society, I hope we will get through these difficult days together by saying "we" with help, solidarity and love. I wish God's mercy on the deceased, and my condolences and patience to their relatives... As our great leader Atatürk said; "In disasters, it is necessary to resist despair!"



Disasters are events that destroy the normal life of the society by disrupting the ecological balance, loss of life and property. Disasters, which are natural and technological events that cause physical, economic and social losses for people, and affect communities by interrupting normal life and human activities; The normal flow of human life is damaged. It is necessary to consider natural or man-made disasters that affect settlements and cause significant material and moral losses, not as an event itself, but as a result. This perspective is also extremely important in terms of social work, and the results of the event should be seen as the starting point in all processes of planning, implementing and evaluating social work intervention in disaster situations. The magnitude of disasters, the measures to be taken before the disaster on the basis of scientific knowledge, and effective and systematic interventions after the disaster are important in terms of quickly eliminating or mitigating the effects of these disasters. In our Anatolia, which has a lot of risky areas, it is necessary to create social awareness against disasters, in other words, a "disaster culture" in the society. Disaster management is basically a broad concept that requires the organization of all institutions, organizations and resources of the society in order to direct, coordinate and implement the work to be done by following the steps to be addressed in order to prevent natural or human-made disasters and reduce their damage. Activities related to disaster events; mitigation, pre-preparation, recovery and first aid, recovery and reconstruction. The pre-preparation phase is essentially the most vital and scientific process, and it includes efforts to eliminate the consequences of disaster hazards that may have negative effects on people, by taking countermeasures, in a timely manner, in the most appropriate way, with the most effective organization and methods. In the post-disaster days, it is of vital importance to meet the basic needs of the people living in that region and to restore their physical, mental and social health. After disaster response; The main purpose of the work carried out during the recovery phase is to ensure that individuals, families and communities; have communication, transportation, water, electricity, education, long-term temporary residence, economic and social activities, etc. It is the realization of all interventions in order to meet their extremely important needs as the main purpose of the "reconstruction" phase is the reconstruction of all destroyed or damaged structures; It includes activities that spread to areas such as restoring the economic, social and spiritual integrity of the society that has been disrupted due to the disaster



SOCIAL SERVICE IN EARTHQUAKE AND DISASTERS

The distress of the people who are exposed to it is at the highest level at the stage when the disaster occurs and the negativity and destruction are experienced with all their intensity. Shock, fear and bewilderment are common at this stage. The post-disaster phase begins when the affected people find time to reconsider the situation they face and think about what happened to them. The person feels lucky to have survived. Many people and organizations in the community are helping. He/She is also eager to rebuild his life. As time progresses, the inability to meet the needs adequately leads to emotional reactions such as anger, fear, loss of confidence, addiction or anxiety. The last stage of the process after the disaster is the "return to new normal life stage". People who have lost their job, home, and loved ones, and have suffered emotional changes after the disaster may experience problems in family communication and marriage, not being able to accept their changing situation, mental problems, turning to crime, drug and alcohol use habits and similar problems. Psycho-social effects of disasters, which create significant changes in people's physical environment, on individuals and families are loss of income, loss of home, breaking of social ties, insecurity about the future, anxiety and stress, difficulties in coping with multiple systems and socio-psychological effects caused by losses. While all members of a family who lost their relatives experience psychological problems after the disaster, the family as a whole may remain in economic deprivation, the education of the children is disrupted, and the family may be deprived of their relatives, relatives, neighbours, in other words, social support systems because they have to leave the place where they live and settle in another place. The family-oriented social work intervention will only be effective and beneficial with a holistic and multi-level assessment of problems and emerging needs.



Psychological First Aid

Istanbul Gelisim University Faculty of Health Sciences Lecturer Mental Health and Diseases Specialist Assoc. Prof. Dr. Mehmet Oğuzhan KILINCEL shared about psychological first aid.

What is psychological first aid?

It is a kind of early psychosocial intervention approach that is carried out during or after a disaster, terrorist attack or any event that causes negative effects at the individual/societal level.

Psychological first aid is defined as the humane and supportive response offered to the person who is suffering or in need of support and assistance.



What is the purpose of psychological first aid?

- Identifying and providing basic physical/psychological needs
- Psychological triage and guidance
- Information, normalization and stabilization
- To support their return to normal life
- To protect individuals from the long-term possible effects of the traumatic event.

Who applies psychological first aid?

Psychological first aid does not have to be administered by mental health professionals. It can be applied by people who have received training.

During disaster periods, it is possible to provide training to appropriate teachers, doctors, nurses or volunteers in the region and to continue the practices by these people

Where and when is psychological first aid applied?

It is mostly applied at the scene, at the disaster site or in the affected area. It is important for the practitioner to make sure that he/she is intervening in a safe place. Psychological first aid can be applied during or after the event. It can be applied in any post-event period, whenever needed.

International Women's Day

Istanbul Gelisim University Coordinator of Combating Addictions Asst. Prof. Nurten ELKİN, shared important information on March 8, International Women's Day.

As defined by the United Nations as such, it is an international day celebrated on 8 March each year. 'March 8, International Women's Day', which marks the beginning of women's struggle to have equal rights with men on the basis of human rights, is a day of opportunity for women to create social, political and economic awareness. One of the development measures of societies is the value given to women, the education they receive, and the place they acquire in economic, political, social and cultural life.

The founder of our Republic, Mustafa Kemal Atatürk, gave great value to Turkish women, and Turkish women had a say in political and social life before many world state women. In the Republic of Turkey, which was established after the National War of Independence, which was won through struggles with men and women, all citizens have gained a democratic administration as equal and free individuals. The fundamental rights and freedoms of citizens are guaranteed by the constitution and other laws. Atatürk's thoughts on women are universal. Atatürk said in 1923, "It is necessary to believe that everything you see in the world is the work of women." reflects the view. The most comprehensive legal regulation in the regulation of family life and relations between individuals and the one that most concerns women has been the Turkish Civil Code. Atatürk, who wholeheartedly believed that there should be full equality between men and women, first ensured that women had the right to vote and be elected in municipal elections in 1933. Following this, a year later, on December 5, 1934, Turkish women gained the right to vote and be elected. These rights were granted to women in 1944 in France, 1945 in Italy, 1952 in Greece, 1960 in Belgium and 1971 in Switzerland.

Women are the most important link between family and society. Its contribution to the functioning of the social system is great. For this reason, the physical, psychological and social well-being and health of the woman, namely the mother, in the family system is very important in terms of raising healthy children who are the basis of our future. For this reason, women's health and maternal health are actually intertwined concepts. When we say women's health; Violence against women should also be emphasized. Any attitude and behavior that results in or is likely to result in physical, sexual, psychological or economic harm or suffering is violence against women. There can be physical, psychological, sexual, economic and verbal violence, and each is no less traumatic than the other. Violence is the most important factor that threatens women's health. In the solution of this situation, a multidisciplinary approach is important; It is important to provide education, health, economic, social and legal support together. It will not be possible for a mother who has been subjected to violence and abuse to raise healthy children and to provide safe family communication.





The status of women is evaluated by many factors such as education, income level, employment status, health and fertility of the woman in that society, and her role in the family and society. In the status of woman; the education and economic freedom he receives are decisive; It will be important to see gender differences as our wealth and to enable women to develop relationships with men in an individualized, cohesive but not dependent way.

Women's health focuses on the lifelong physical, psychological and social needs of women. Many factors such as psycho-social factors arising from family and society, quality of health services, gender, individual health status of women, fertility behavior, education and employment affect women's health. The strong foundation of a healthy society can only be created by improving women's health. Include social projects and strategies that positively increase women's status and health in the society in the development of women's health, raise the level of education, ensure qualified workforce opportunities and gender equality in all areas, support women's health screenings in the society, increase women's awareness of their individual health, should teach women to live a healthy and quality life.

Protecting them from all kinds of addictions (tobacco, alcohol, substances and technology) and providing adequate and balanced nutrition, physical activity, regular sleep and stress management, which we refer to as healthy living behaviors, will be important in protecting and improving women's health, just like all individuals.



HAPPY MARCH 14TH
MEDICAL DAY TO ALL
OUR DOCTORS

AN EPIC: “ÇANAKKALE”

Assoc. Prof. Gülay TAMER

*The name of the unique epic engraved in history by a nation full of
independence love...*

The colour of our blood, our flag in the waters of the Bosphorus...

They wrote history with their blood...

Canakkale's history was written 107 years ago on March 18, 1915. In the first months of the First World War, the Ottoman Empire preferred to stay out of the war, because the state was too weak to be able to carry the load of another big and destructive war. This situation was in the interest of the Allied Powers, who wanted to seize the straits. Thus, the Turks would have completely cut off their connection with Europe. Taking control of the Straits would make the occupation of Istanbul, the capital of the Ottoman Empire, inevitable.

The Dardanelles War started with the attack on March 18, 1915, and ended on January 9, 1916, with the complete withdrawal of the Allies from the country. The Allied Powers were defeated by the mines laid by the Nusret Mine Ship, which was of great importance for the Ottoman navy against the attacks from the sea, and they had to give up the naval attack due to the heavy losses in their navy. Afterwards, the Allied Powers continued their attacks from the land, and as a result of the struggle of the Turkish Nation, they suffered a great defeat. Allied Powers, who landed three times in total, withdrew from the Gallipoli Peninsula after the third defeat. With the sea and land wars that the Turkish Nation did not allow, the hope of the enemy forces to reach victory quickly was destroyed.

The hope, perseverance and determination that the Çanakkale Campaign gave to the Anatolian people also ignited the torch of the War of Independence. The heroic Turkish soldier shielded his life from sharp bullets and did not invade this heavenly homeland. With the struggle of the Turkish soldiers at the front, not only Turkish history but also the whole world history has been affected. The balance of power of the countries of the world has changed and the Turkish Nation has once again proved its decisive and guiding power in this change. Çanakkale is a "Monumental Front" that will remind you how determined and heroic the Turkish nation is when it comes to independence and freedom.

First of all Mustafa Kemal ATATÜRK, Corporal Seyit, Sergeant Bigali Mehmet, Corporal Nezahat, Zeynep Mido, Nurse Safiye Hüseyin and our heroic Çanakkale martyrs with respect, gratitude and mercy...



*Gallipoli is
impassable*



*"Stop, passenger! This land you came unknowingly and
stepped on*

This land is where an era sank,

Bend down and listen, this silent mass

A homeland is where the heartbeats."

... Necmettin Halil ONAN

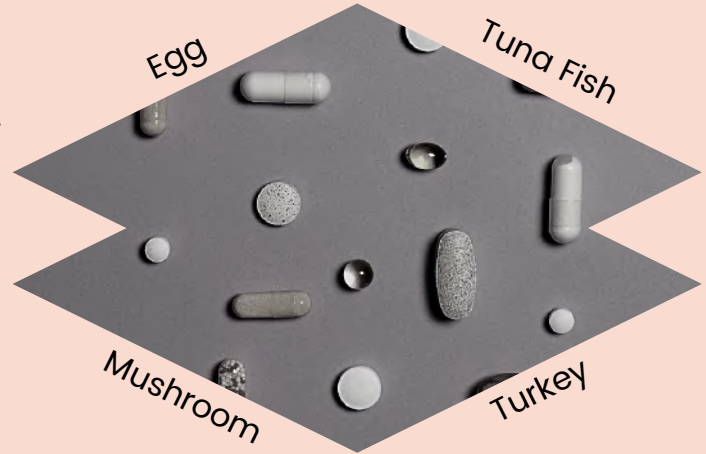
NOT ALL HEROS SMELL NICE: SELENIUM

Lec. Eda Merve KURTULUŞ

Elements that are essential for living things and whose daily dose is found in milligrams per kilogram (mg/kg) in biological tissues are called trace or microelements. Since micro elements do not constitute the basic structure of tissues such as muscle, bone, and connective tissue, they do not have to be in absolute majority or abundance in kilograms or grams. Yet this does not change the fact that they are still as important as microelements. Inorganic elements take place as cofactors in the structure of most of the enzymes that work to provide the necessary driving force for both the formation of these basic tissues and the continuity of metabolic reactions. Selenium, which can be considered a “newbie or newly discovered element”, is among the essential trace elements that contain elements such as iron, copper, zinc, cobalt, manganese, molybdenum, chromium, boron, fluorine, and iodine, which are the main cofactors for enzymes.

Selenium is a nonmetal in group 6 in the 4th column of the periodic table and has four different oxidation states in nature. These are the elemental state of selenium in which it is neutral; -2 charged selenide form; +4 charged selenite state and the +6 charged selenate states [1]. Especially when selenium and dimethyl selenide are heated, they are very special with their unique, garlic or garlic-breath-like odor. The charges of selenium in nature also determine the relationship of selenium with organic molecules and water. Inorganic selenate and selenite are found in water with moderate bioavailability, while the organic selenium compounds selenomethionine form the primary selenium in grains and vegetables with higher bioavailability in the form of selenocysteine [2].

Selenium, which is frequently found in foods rich in sulfur-containing amino acids methionine, cysteine, cystine, or γ -glutamyl methyl selenocysteine, cannot be directly absorbed from the intestine due to its complex structure [3]. Since it is needed to be absorbed by being released from amino acids during digestion, its absorption is almost reduced by 50% of the digested amount. However, in fortified foods and supplements, an inorganic form of selenium (sodium selenite) is used. Selenium, of which 85-95% of its absorption takes place in the intestine, is transported to the liver by albumin, by selenium carrier protein 1 (SEPP1). Then glutathione peroxidase-3 releases the transported selenium to the liver [4]. It is recommended that the daily intake of selenium, which can be stored in all tissues, especially in liver, kidney, testis, thyroid and pancreas tissues, should not exceed 70 $\mu\text{g}/\text{day}$, except for adipose tissue [3]. Studies have claimed that selenoproteins protect the organism against endothelial damage by reducing oxidative stress, endoplasmic reticulum stress and inflammation; It has been suggested that the ability of selenoproteins to control eicosanoid production and to regulate vascular tone can also be utilized in preeclampsia [5].



The biological importance of selenium is not limited to its incorporation into the main selenoprotein structure. Its prominent features are that it is a component of glutathione peroxidase, which regulates redox homeostasis, as a cofactor, and that it is the prosthetic group of the iodothyronine deiodinase enzyme. The relationship of selenium with thyroid hormone is based on the fact that iodine units can only be activated by removal in the presence of selenium. Since iodothyronine deiodinase enzyme activity will decrease in selenium deficiency, one of the 4 iodine atoms of the thyroxine hormone (T₄) is removed and its conversion to the functional triiodothyronine (T₃) is interrupted when selenium is not available. Since this will reduce the T₃ effect, negative feedback cannot be provided, which explains the reason for the high thyroid stimulating hormone (TSH) seen in selenium deficiency.

In erythrocytes, which are responsible for the transport and recovery of oxygen and carbon dioxide in the circulation and lose their nuclei when they reach their mature state, damage occurs in the lipid membrane, especially when passing through the capillaries, due to the effect of friction, and this damage is counted as the reason why the lifespan of erythrocytes is approximately 120 days. In their limited life, the lipid membranes of erythrocytes, which carry oxygen-carbon dioxide transport, react with oxygen-derived superoxides, causing an increase in oxidative damage to the erythrocyte membrane. Since there is no nuclear DNA, and there is no division signaling to repair the membrane, a repair mechanism is required to protect the membrane in order to ensure its integrity in erythrocytes.

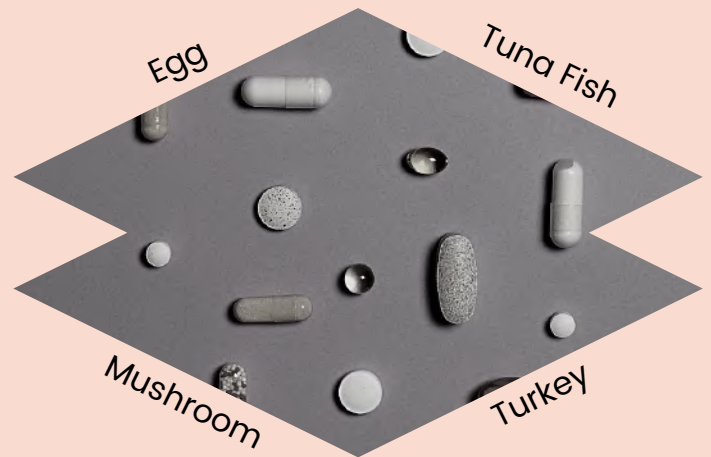
Selenium, which is in the selenoprotein structure, is located in the active center of the glutathione peroxidase enzyme. This structure helps the enzyme to form an important line of defense against oxygen radicals, hydrogen peroxide, and free radicals that are effective against lipid peroxidation. Similarly, there are studies claiming that 100 μg daily selenium supplementation provides significant benefits, particularly in allergic asthma, by promoting differentiation of the primary immune cell CD4⁺ into T-helper-1 (Th1) [6].





Although the known diseases related to selenium deficiency are Kashin-Beck and Keshan's syndromes, there are publications related to the use of selenium in reducing the development of myocarditis and acute kidney injury with the red-striped heart muscle, which is particularly affected by oxygen [9], [10].

Foods high in selenium include oil seeds (Brazil nut, cashew), nuts, chicken, fish, turkey, seafood, cereals, and selenium-enriched eggs. Considering the amount of selenium found in high concentration in seafood in fish in Turkey, the highest Se concentration is found in sea bass with 0.294 µg/g; the lowest Se concentration was observed in with a value of 0.047 µg/g [3].



No more or less...

In the Turkey-Specific Dietary Guidelines (TÖBR) of 2022 reports, the daily selenium intake of adult men and women was determined as 55 µg, and this amount was regulated as 70 µg regardless of gender in the Turkish Dietary Guidelines in 2016 [7]. In studies conducted in Turkey, daily selenium intake levels were measured below their commended daily intake value of 30-44 µg/day on average [8].

Selenium is a toxic element (Well, like everything when exceeds its limits! Smirk!). Especially in the case of inhalation overdose, acute toxicity can be characterized by garlic odor on breath and sweat, respiratory tract irritation, metallic taste in the mouth, dermatitis, and digestive disorders.

Chronic high selenium doses have been found to be related to dental caries. The relationship between selenium and cancer, in a nutshell, is "complicated". Selenium, which was included in the list of carcinogens by the FDA in 1958 due to causing adenoma and carcinoma, kept this bad reputation until the late 1975's. As a result of the studies carried out by the International Cancer Research Institute, selenium was finally removed from the list on the grounds that there was not sufficient evidence to support the view that it is carcinogenic. In studies conducted in the early 1980s, it was found that high-dose selenium could benefit from its anticarcinogenic properties in studies performed on both viral oncogenes and transplantable tumors.

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Talking with Children About Death



Istanbul Gelisim University Faculty of Health Sciences Faculty Member Child and Adolescent Psychiatrist Dr. Deniz YILDIZ shared about “Talking with Children About Death”, which is an important issue in terms of community mental health.

Death is a reality that is difficult to talk about, understand and accept for both children and adults. Adults may think that this is something that should be hidden from children, sometimes for their own anxieties and sometimes to protect children from the traumatic effects of death. However, children need the explanations and help of adults they trust to cope with this difficult situation. Honest and sincere explanations made to the children by their parents, if possible, by adults whom they know, trust or have close relationships with, and providing environments where they can talk and express their feelings will help children to survive the post-death mourning process in a healthy way. No matter how appropriately the death is told to children, the loss of a loved one, especially a parent, is a difficult event. As in adults, there will be a mourning process in children as well.

Children's perceptions and understandings of the concept of death differ according to their developmental level. Until the age of two, children are too young to fully grasp the concept of death. Death in their eyes is like a long separation or journey. In the preschool period, death is a temporary event for the child; They think that the deceased will return again. During this period, children may think that the deceased will be revived by making strong wishes and wishing enough. In 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, children begin to perceive the concept of death more clearly. They know that death is the end of life, it can happen to anyone, and there is no going back to life.

How and by whom should the news of death be told to children?

If possible, the child should give the news of his death to the parent, and if the parents are not alive, the person whom he loves, trusts and feels closest to. If the child does not have any relatives alive, a person with whom he can establish a close relationship can give the news. It is important not to lie to the child, otherwise his confidence may be shaken when he learns 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 should be expressed in language appropriate to the age of the deceased that the bodily functions are no longer functioning. It is important to use the word 'death'. Concepts such as passed away or gone will confuse the child in the concrete stage more. Comparing death to sleep, especially in young children, may lead to the development of the idea that he may die during sleep, and as a result, to have sleep problems. They may feel restless if their parents are also sleeping. Comments that the deceased person watches or sees the child from above may cause a separate uneasiness in children.

There should be room for children to ask questions about the subject, and answers should be given in a concrete language. Thus, confusion and unrealistic dreams can be avoided. If the person has difficulty answering or is unsure of what to answer, it's okay to express that they need some time to answer the question, but it's important to return to the question afterward as promised. Ignoring questions may cause the child to fill in the blanks on his own, ultimately increasing his curiosity and anxiety.

or the child, the behavior of the person who will tell the situation is also very important. It is necessary to avoid exaggerated reactions and to allow plenty of active listening if the child wants to tell. Thus, the child can express himself and his feelings. The most important change in the life of a child who has lost a relative is the fact that the deceased is no longer there, and the child experiences safety concerns about life. The child has lost the belief that his parents will always be with him, and he is met with the thought that he will die one day. “And are you going to die too, or am I going to die too?” These are questions that children often ask during this period. It is important to give clear and reassuring answers to these questions that will help you think “We are all healthy right now, we have a long life ahead of you and us, we are here, together, and safe now”.

Children may feel lonely during this period, and they need someone who can support them both emotionally and physically. The child who lost a loved one may show anger, aggression and babyish attitudes. It should be known that this situation is temporary, and the child should be treated with understanding and patience. Children should be allowed to express their sadness through activities such as playing games, painting and sports. It should be ensured that the order that the child is used to (meal times, sleep times, rules, etc.) is preserved as much as possible. Photos, belongings and memories of the lost parent/relative should not be tried to be destroyed. A memory corner can be created where the family can remember the lost person.

Children's refusal to go to school because of fears that bad things will happen to them or their parents during the grieving process; observing fears and anxieties experienced so intensely that they interfere with daily activity and normal order; symptoms such as a sudden decline in school success, introversion, lack of attention, reluctance, sleep and eating disorders, sadness, and crying frequently for a long time; Symptoms such as constantly imitating the deceased and frequently imitating the desire to go to the deceased are some of the warning signs that the child needs help. Parents should not avoid getting expert support in these and similar situations.



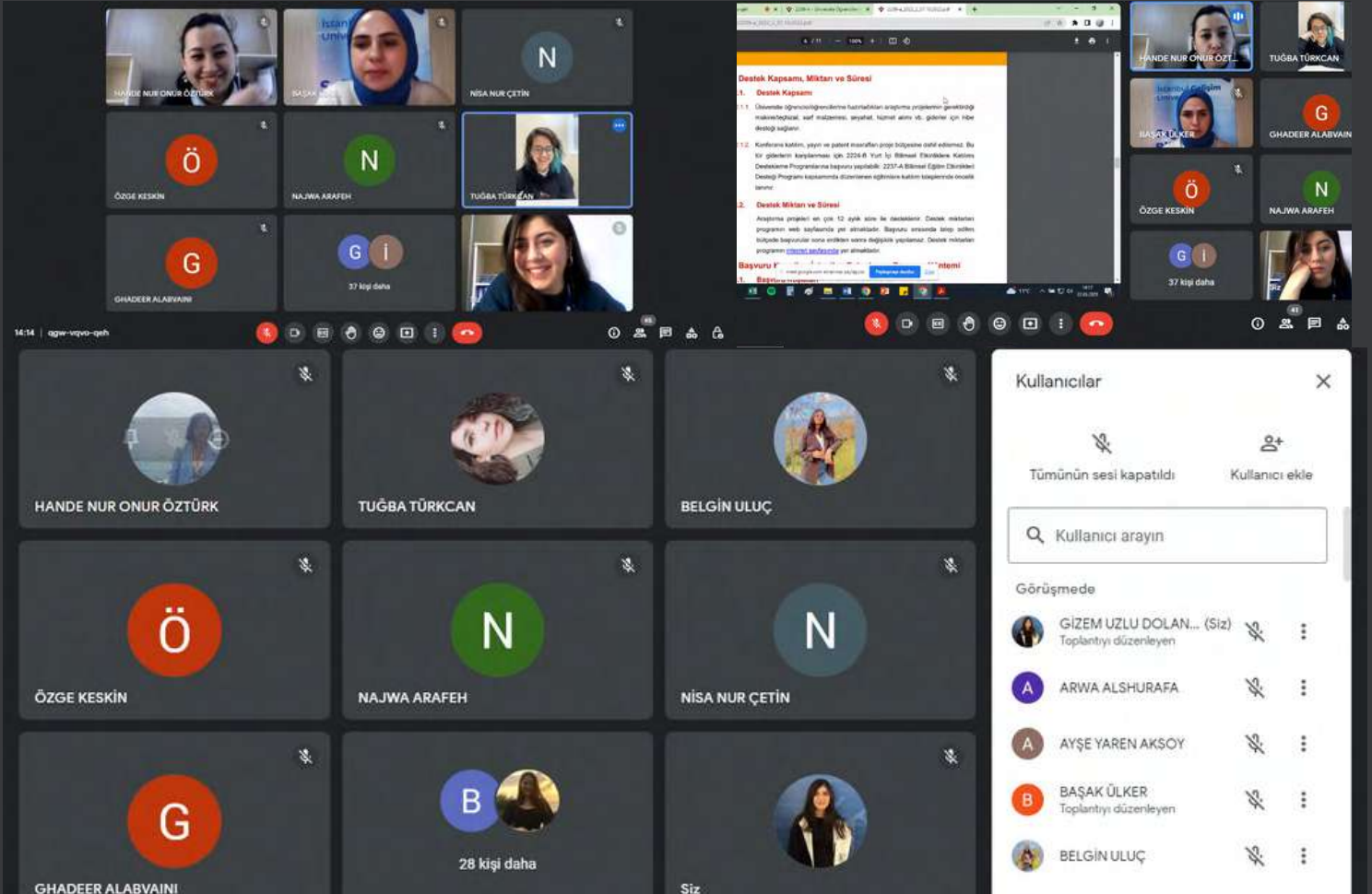
ACADEMIC NEWS FROM THE FACULTY OF HEALTH SCIENCES

TUBITAK 2209-A Presentation

An event titled "TUBITAK 2209-A Presentation" was organized by the Istanbul Gelisim University Faculty of Health Sciences Nutrition and Dietetics Turkish and English Department.



The program, which is the University Students Research Projects Support Program of TUBITAK 2209-A, was introduced by department research assistants: Res. Asst. Hande Nur ONUR ÖZTÜRK, Res. Asst. Gizem UZLU DOLANBAY, Res. Asst. Hasan Fatih AKGÖZ, Res. Asst. Tuğba TÜRKCAN, and Res. Asst. Başak CAN for the third-year students of Nutrition and Dietetics Turkish and English Department. Information was provided to the students regarding the application conditions and process of the program, and the speakers from the department's research assistants and the students exchanged ideas to form project groups according to common interests.



TUBITAK support for the projects of IGU students

Within the scope of 2209-A University Students Research Projects Support Program conducted by TUBITAK Scientist Support Programs Presidency, 5 projects of Istanbul Gelisim University students were entitled to receive support.

The project named "The Effect of Nurses' Intercultural Sensitivity Levels on Care Behaviors" by Responsible Research Student Islam Sevgin and Assistant Research Students Songül Narin, Umut Güngör, Nihal Akak, under the supervision of Asst. Prof. Dr. Gülşah Ünsal JAFAROV, was entitled to receive support.

BOOK CHAPTER AUTHORSHIP



The book titled "Care Management of Intensive Care Patients with Case Examples" was published in March 2023 by Nobel Medicine Bookstore, an international publishing house. A faculty member of the Nursing Department Asst. Prof. Neşe KISKAÇ, wrote two chapters. There are two chapters written by its member Neşe KISKAÇ. In our country, NANDA-I NOC and NIC are mostly used in education and some nursing research. It is known that the effectiveness of the care applied according to the nursing classification systems has increased in line with the nursing model. Accordingly, this book was written to provide an evidence-based scientific guide for nursing students and intensive care nurses to make critical decisions when faced with complex intensive care patients. The content of the book is based on Marjory Gordon's Functional Health Patterns (FHP) Model. Different intensive care patient cases including a total of 11 FHPs included in this model were created. Nursing diagnoses, NOC outcome markers and NIC nursing activities were written according to NANDA-I by making patient diagnosis according to the FHP Model in the cases created. Asst. Prof. Neşe KISKAÇ explained the patient-nurse communication in the intensive care unit and the management of communication between the healthcare team with case examples.

ORAL PRESENTATIONS

With the participation of many countries, at the Atlas International Journal On Social Sciences Congress on March 15-16, 2023, Lecturer Ayşe Mücella SOYDAN, one of the faculty members of our Faculty of Nursing, Asst. Prof. Mahruk RASHIDI, Asst. Prof. Neşe KISKAÇ and Asst. Prof. Funda KARAMAN participated with her oral presentation on "Aging and Elderly Problems". In oral statements; have drawn attention to the problems of the elderly population, which is increasing day by day in the global sense.



At the International Topkapı Congress held on March 15-16, 2023 with the participation of many countries, Asst. Prof. Neşe KISKAÇ, Asst. Prof. Mahruk RASHIDI and Asst. Prof. Funda KARAMAN participated with her oral presentation on "Cerebrovascular Diseases and Risk Factors". In oral statements; They talked about the definition of cerebrovascular diseases, their prevalence in the world and risk factors. They also emphasized the importance of ways of protection from preventable risk factors.

At the 3rd International Symposium of Scientific Research and Innovative Studies held on March 15-18, 2023 with the participation of many countries, Asst. Prof. Mahruk RASHIDI, Asst. Prof. Neşe KISKAÇ participated with her oral presentation on "The Relationship Between Obesity and Cancer". In oral statements; They emphasized the relationship between obesity and cancer types.



“SOCIAL MENTOR” PROGRAM BEGINS!

Istanbul Gelisim University Turkish Psychology Students Study Group (TPÖÇG) and Metvibes bring into being the social responsibility project "Social Mentor". Aiming to support the psychological, social and academic development of students affected by the earthquake and preparing for university in order not to let them feel alone, the project enables them to act with a mentor who will accompany them in this process, the ones who want to be a mentor can apply until 7 March.



The poster features the Istanbul Gelisim University logo at the top left. The main text reads: "YKS'YE HAZIRLANAN DEPREMZEDE ÖĞRENCİLERE MENTORLUK DESTEĞİ YAPACAK ÜNİVERSİTE ÖĞRENCİLERİ ARIYORUZ!". Below this, it lists three areas of support: "Psikolojik Gelişim", "Sosyal Gelişim", and "Sektörel Gelişim". The text "Özel Psikolojik Danışma Süpervizyon Grupları" is also present. At the bottom, it provides the website "sosyalmentor.org" for more information and includes logos for "SOSYAL MENTOR", "HİLL KARYON", and "tpocg". The central image shows two hands shaking, symbolizing support and mentorship.

In order to support the psychological, social and academic development of students preparing for university and affected by the earthquake after it shocked Turkey deeply, the social responsibility project "Social Mentor" is now being realized in collaboration of Istanbul Gelisim University TPÖÇG and Metvibes. Volunteer mentors, which will consist of university students, will receive training to manage this sensitive process with quality. Applications can be made until March 7 for the trainings that will start online on March 13.



Volunteer mentors will be trained

Turkey is trying to pick up the pieces after the earthquake from all sides. With the “Social Mentor” social responsibility project, students preparing for the university are affected by the earthquake will be supported in their psychological, social and academic development with a mentor who will accompany them in this process. Volunteer mentors, consisting of university students, will receive training and accompany the students in this sensitive process. After the training, a 45-minute meeting will be held with the students preparing for university, one day a week, according to the planned agenda, and their progress will be followed up.

ERASMUS+ STAFF EXPERIENCE



**Gizem UZLU DOLANBAY and Tuğba TÜRKCAN,
Research Assistants of the Department of Nutrition
and Dietetics at Istanbul Gelisim University
Faculty of Health Sciences, make an academic visit
to the University of Pécs, Hungary, within the
scope of Erasmus+ Staff Mobility.**



How was the Erasmus+ Staff Mobility application process?

Gizem UZLU DOLANBAY: I wanted to carry out the staff mobility I was entitled to at a university where I could gain a new bilateral agreement for our Department. For this purpose, I did a prior search and contacted many universities that may be suitable in terms of curriculum and education language. Although I was accepted by more than one university, I chose the University of Pécs. After that, Tuğba's process started.

Why were you choose the University of Pécs?

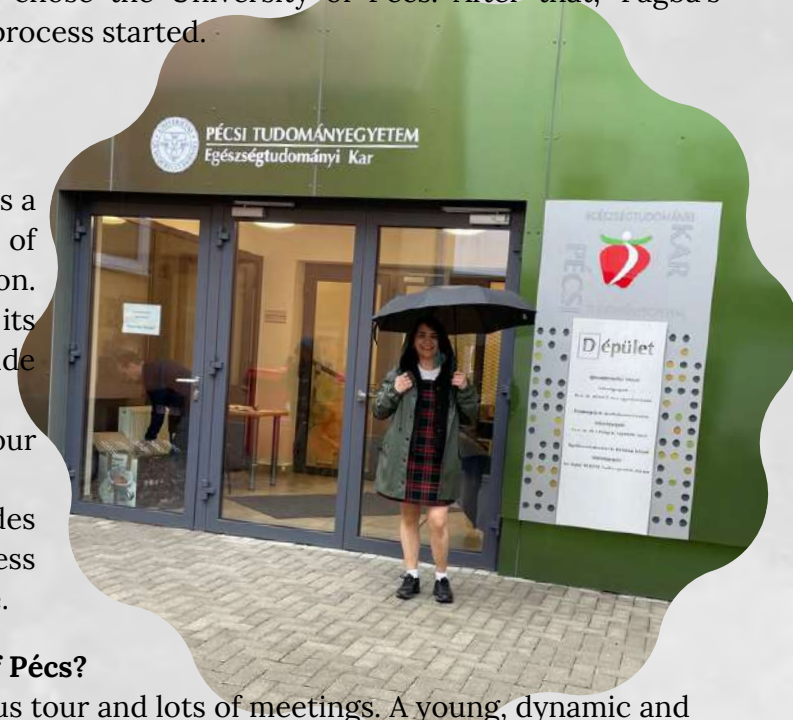
Gizem UZLU DOLANBAY: The University of Pécs was a university that was compatible with the curriculum of our department and gave 100% English education. Also, considering the location of the University, its academic staff and the facilities it can provide (accommodation, social activities, etc.), I thought it would be a good international link for us and our students.

Tuğba TÜRKCAN: Since Erasmus+ Mobility includes intercultural relations, it was very exciting to witness the intersecting history, especially in our experience.

Can you tell us about your visit to the University of Pécs?

Tuğba TÜRKCAN: We spent our first day on a campus tour and lots of meetings. A young, dynamic and friendly team welcomed us. Because of the importance we attach to internationalization as the University and the Department, the achievements we aim at the end of this mobility are; to observe the international functioning of our department, to see physical facilities such as classrooms and laboratories and to experience them with on-site applications. In the following days of the mobility, we took part in the connections and activities aimed at these goals. We had the chance to talk to many department academics about the similarities and differences in curriculum and functioning between departments. We believe this is a very stimulating and complementary sharing for both us and them.

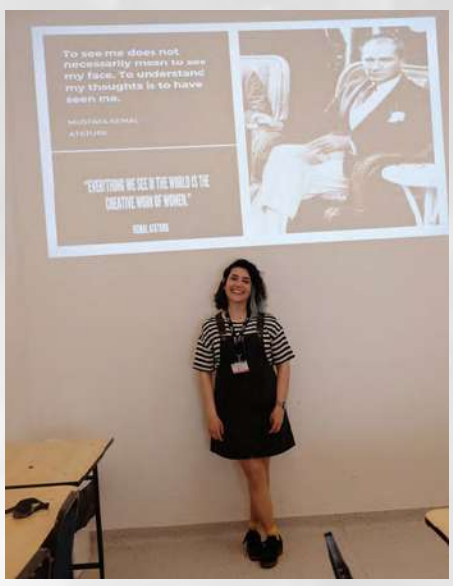
Gizem UZLU DOLANBAY: Another aim of this mobility was to bring an international stakeholder to our University and our Department. Having a well-equipped and collaborative team in front of us made this process easier for us. With the participation of all department academics, we made a presentation in which we introduced our University and our Department. This presentation provided us with a space where we answered questions about our Department and University, and shared ideas and opinions. I think we can convey how excited we are about both staff and student visits and international cooperation. The fact that Tuğba was there as the Department Erasmus+ Coordinator encouraged them to meet face-to-face with the person they would contact during these processes.





Besides all this, I would like to mention the city of Pécs, which fascinated us. Pécs is located in southern Hungary, on the southwestern slope of the Mecsek mountains. Throughout its nearly two-thousand-year history, it has been known for its rich artefacts from various governments and cultures and its very colourful culture. The city was included in the UNESCO World Heritage List and became one of the cities selected as the cultural capital in 2010. It is possible to see Ottoman structures in Pécs, which remained under the Ottoman rule for nearly 150 years. Although the Gazi Kasım Pasha Mosque, located in the city's Szechenyi Square, was converted into a church after leaving Ottoman rule, the shape of the mosque was preserved as it was. In summary, Pécs is a city where nature embraces history, and its streets are surrounded by friendly and sincere people, which will stay in the minds and hearts.

We recommend all our students participate in Erasmus+ Learning or Traineeship Mobility. We are so thankful to Istanbul Gelisim University, International Exchange and Cooperation Coordinators, and the Dean's Office of the Faculty of Health Sciences for this opportunity.



As two young female academicians at the beginning of their careers, our biggest thanks to **Gazi Mustafa Kemal ATATÜRK**, the founder of our Republic, who inspired the whole world. With respect, gratitude and longing...



Through Res. Asst. Gizem UZLU DOLANBAY and Res. Asst. Tuğba TÜRKCAN, the University of Pécs invites our students to the Summer School.



The University of Pécs is planning a summer school for international students on 26-30 June OR on 28 August - 1 September.

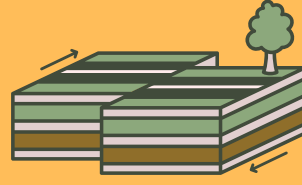
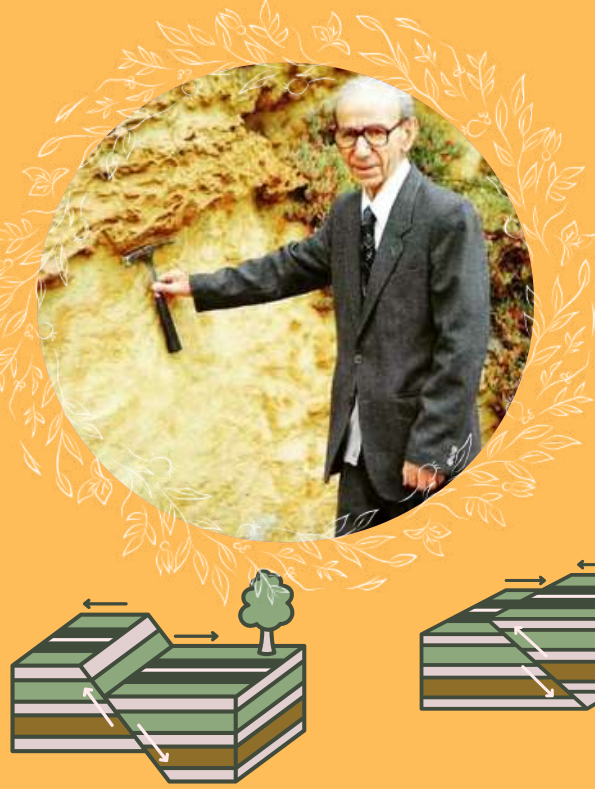


Within the framework of the four-day program, students can familiarize themselves with the scientific possibilities of the future by getting an insight into PhD research, nutrition programs and the activities of national and European associations. They will also have a chance to put theory into practice and test their creativity during a workshop day. After completion 2 credits will be credited.



WHO IS WHO?

Jeolog Prof. Dr. İhsan Ketin

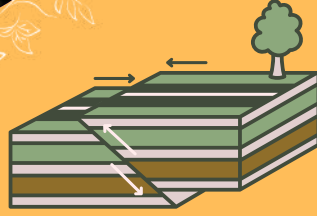


Prepared by: Res. Asst. Semanur OKTAY



“I found the North Anatolian fault line, but I couldn't find a politician to tell my problem.”

Prof. Dr. İhsan Ketin



İhsan KETİN was born in 1914 in Kayseri. He took his first step into education at the age of 6 in the neighborhood school. He completed his secondary and high school education in a free boarding school with good honors. Afterwards, he continued his education life in Berlin as one of the young people Mustafa Kemal ATATÜRK sent to Europe to receive the light of knowledge, saying "I am sending you as a spark, you must return as flames". After receiving the title of doctoral geologist in 1938, Ketin returned to Turkey and started to work as an assistant professor at Istanbul University, Faculty of Science, Institute of Geology.

He was 24 years old when he started his duty and he was Turkey's first geologist with a doctorate.

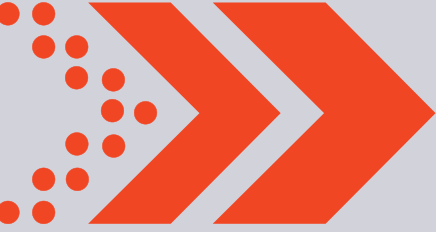
Shortly after İhsan Ketin returned home, the Tercan earthquake and the Erzincan earthquake disaster, which resulted in the death of 33.000 people, took place. Ketin rushed to the field with many Turkish and foreign geologists to map the surface ruptures and terrible damage, and continued his work by investigating numerous earthquakes in various parts of the country.

Ketin discovered that the North Anatolian Seismic Belt was a large strike-slip fault stretching from Erzincan to Bursa, and noticed that along this fault, parts of Anatolia south of the fault were drifting westward. Thereupon, he guessed that another fault that could make the said movement possible must be in the south of Anatolia. The article in which Ketin's revolutionary discovery was published in 1948 made little impact at the time, because the concepts he crammed into six pages of text with a single digit were way ahead of their time. The importance of the article was realized forty years after it was published, when it was awarded the coveted Gustav-Steinmann-Medaille, the highest honor conferred by the Geologische Vereinigung.

Of course, their success was not limited to this award. Ketin won the "Hamit Nafiz Pamir Service Award" at the Ketin Symposium organized by the Turkish Geology Institute in 1981, the "Science Award" of TUBITAK in the same year, and various awards from Istanbul Technical University and Mineral Research and Exploration Institute. He was awarded an honorary doctorate from Bonn University in 1988, an honorary member of the American Geological Society in 1988 and an honorary member of the Bulgarian Geological Society in 1990.

He was sent to the West as a young man by Mustafa Kemal Atatürk to be a teacher to raise future generations to glorify the republic he founded, and the cost of his education was borne by the Turkish people. For these reasons, Ketin considered himself indebted to the nation and devoted his life to paying this debt without question.

Known as the "Father of Geology" in Turkey, Professor Doctor İhsan Ketin died on August 16, 1995, at the age of 81. With endless respect, love and gratitude to his memory...



OUR GUEST OF THIS MONTH

Asst. Prof. Gülşah KONAKOĞLU



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?

I wouldn't make rules. I would create the opportunity for society to create its own shared value judgments and shape it over time.

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

Even though it has not been invented yet, transferring or storing digital information in any human's brain to a software could be an interesting invention. I would like to be the inventor of consciousness transfer.

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

I would like to experience the extreme that technology will bring us in the future.

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

Ergonomics of the Soul

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

Margot Robbie

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

Intuitive, childlike, agile, durable, clear

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

I wish I could sing like Andrea Bocelli, be the female version of himself. It must be an amazing feeling to be able to make music like him.

8-Who is your hero?

Mustafa Kemal ATATÜRK

9-Who is your favorite author?

Milan Kundera, I want him to write forever.

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

Transformation



Faculty of
Health Sciences

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

What Are the Steps to Join METSİS?

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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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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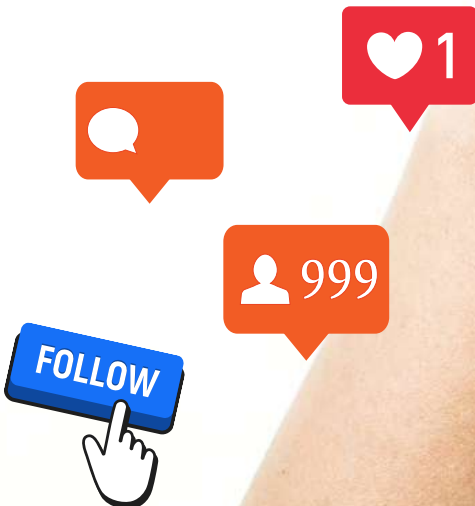
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Faculty of Health Sciences

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