



Vocational
School of
Health Services

100
TÜRKİYE CUMHURİYETİ'NİN YÜZÜNCÜ YILI

VSHS

MONTHLY
NEWS AND EVENTS
E-JOURNAL

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AUGUST 2024





Vocational
School of
Health Services



Happy
AUGUST
30 th

V I C T O R Y D A Y





Vocational
School of
Health Services



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igushmyo

ABOUT US

MISSION

Our purpose is to become experienced and productive in the health sector while staying committed to ethical and moral values and being able to produce science-based knowledge by serving the welfare of society. Our mission is to make efforts that add value to our homeland by researching, questioning, and working for the development of science and by educating self-confident individuals who will bring pride to our homeland.

VISION

Our vision is to become a health-related educational establishment equipped to work in medicine, compatible with the rapidly evolving scientific community and is open to growth and development.



HISTORY

Istanbul Gelisim University, Vocational School of Health Sciences was proposed at the General Assembly of Higher Education on September 12th, 2013 and ever since then VSHS has been providing education and training services for 40 programs (24 regular education, 16 secondary education) with 24 classrooms, 19 laboratories-workshops, and 134 academic staff; per subparagraph (d) of paragraph 2 of Article 7 of Law No. 2547.

ACHIEVEMENTS

IGU ranked 1st in Turkey with its patent applications.

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IGU's achievement with Green Metric 2023 is noteworthy due to its emphasis on sustainability!



IGU continues to rise in Webometrics World University Rankings!



IGU placed in the top 3 in six categories of universities assessed by the Council of Higher Education!



SCImago 2024 results: IGU in the top 5 in research!

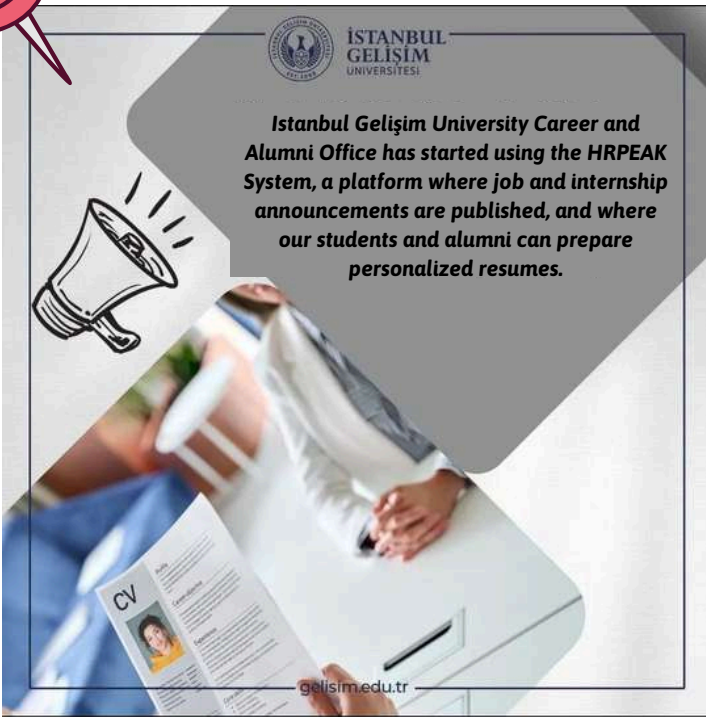


IGU is among the best universities in Europe!





NEWS AND ANNOUNCEMENTS



NEWS AND ANNOUNCEMENTS



The Graduate Tracking System (METSIS) has been established by Istanbul Gelişim University to monitor the current status of our alumni in terms of employment and post-graduation studies, as well as to generate statistical data. The institution established METSIS to improve ties with alumni and assist with job placement.

Graduates can sign up for a free membership at (<https://metsis.gelisim.edu.tr/>) and can update their profiles and follow job postings.



How do I become a member of METSIS?

1. Log in to metsis.gelisim.edu.tr platform.
2. Follow job announcements from the 'Open Positions' section.
3. Create an account from the 'New Candidate' section to apply for job announcements.
4. After creating your account, you can view job announcements from the 'Announcements' tab and apply for suitable positions.

Job finding platform

For any questions

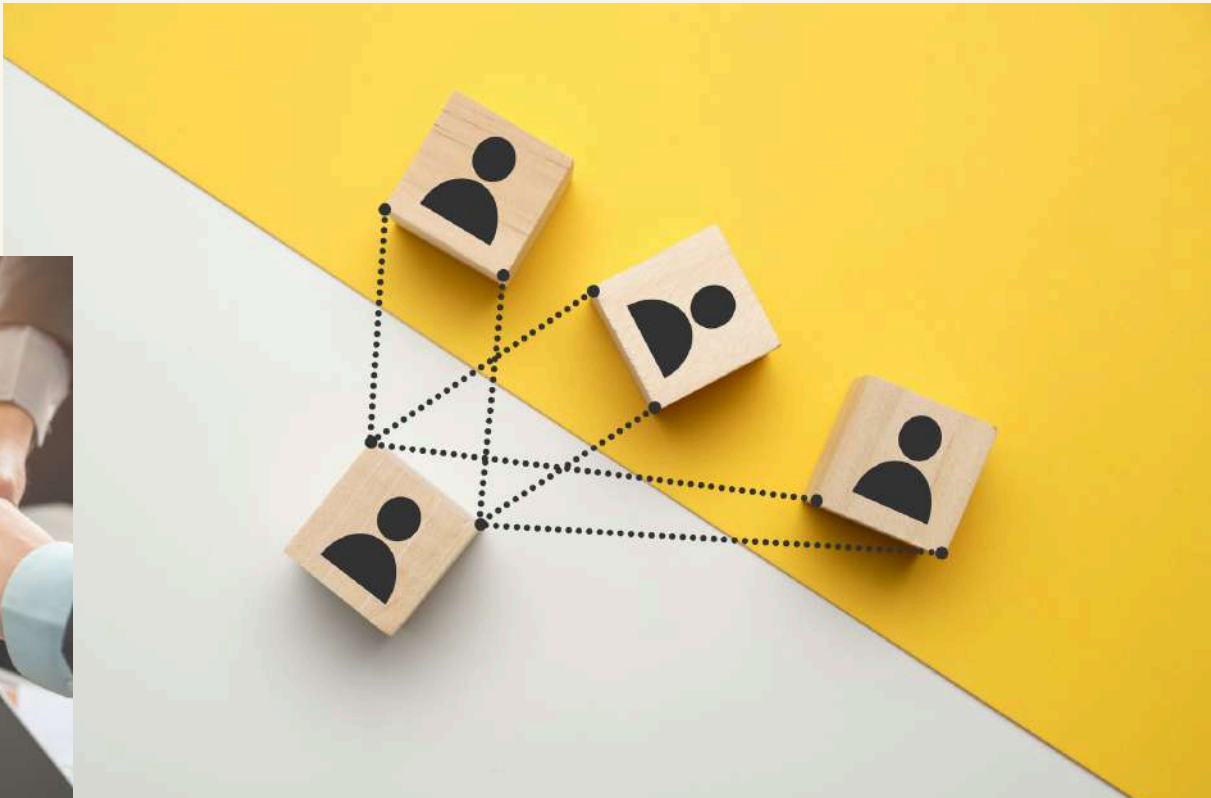


metsis.gelisim.edu.tr

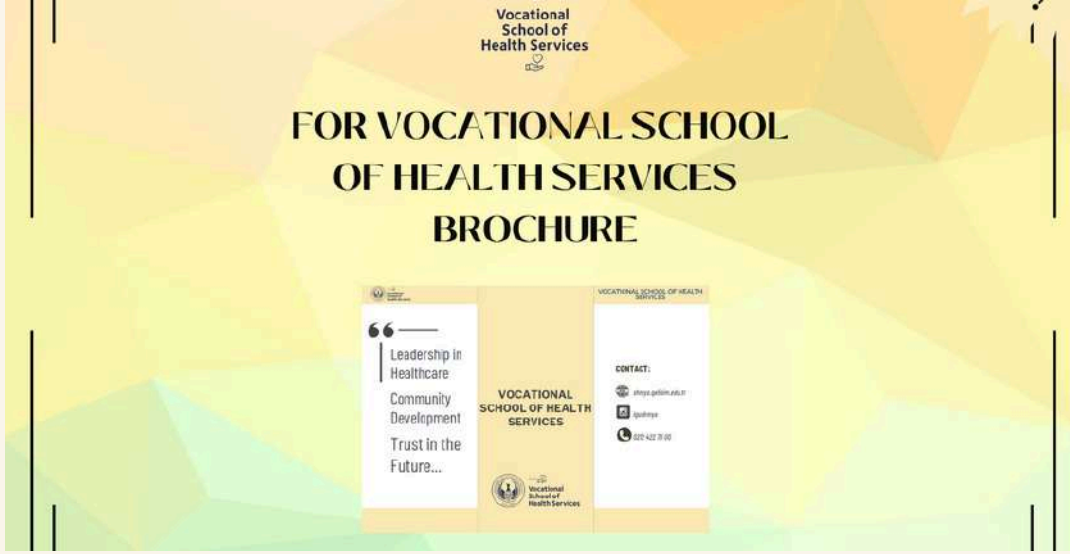
LEADERSHIP & GOVERNANCE & QUALITY



- GOVERNANCE MODEL AND ADMINISTRATIVE STRUCTURE
- MISSION AND STRATEGIC OBJECTIVES
- MANAGEMENT SYSTEM
- STAKEHOLDERS ENGAGEMENT
- GLOBALIZATION



THE BROCHURE FOR THE SCHOOL OF HEALTH SERVICES AND ALL ITS DEPARTMENTS HAS BEEN PUBLISHED.



To access the brochure for the School of Health Sciences and all programs, click [here](#).



To access Istanbul Gelişim University's 2024-2028 Strategic Plan, click [here](#).

İSTANBUL GELİŞİM
UNIVERSITY
2024-2028 STRATEGIC PLAN
PUBLISHED

PROTOCOL VISIT FROM IGU TO BAKIRKOY MUNICIPALITY



Istanbul Gelişim University conducted a protocol visit to Bakırköy township within the scope of university-municipality collaborations. IGU Rector Prof. Dr. Bahri Şahin, Dr. Tayfun Timuray from the Faculty of Applied Sciences Banking and Insurance Department, and Lect. Ebru Cengiz from the Vocational School of Health Services Health Institutions Management Department met with Bakırköy Mayor Assoc. Prof. Dr. Ayşegül Özdemir Ovalıoğlu and Deputy Mayor Nurcan Alan. During the visit to Bakırköy Township, an agreement was reached on various issues under the scope of collaboration. The protocol discussed that certificate programs will be organized for the employees of Bakırköy Municipality within the IGU Continuing Education Center (SEM). Programs to be held within the scope of "2024—Year of Retirees" include digital literacy, financial literacy, nutrition, and first and emergency aid for pensioners.



During the visit to Bakırköy Township, a dialogue was held to employ students who complete the 'Cyber Academy Project', lasting for 4 months, on topics such as artificial intelligence algorithms, programming languages, and cyber security protocols organized in cooperation with the Istanbul Development Agency (ISTKA) within the body of Istanbul Gelisim University in Istanbul Metropolitan Municipality.

A Technical Review on Skin Care that Prevents and Delays Aging

Aging is an inevitable biological process, and the skin is one of the organs where the most obvious signs of this process are seen. Various methods and products are used to prevent or delay skin aging.

Skin Structure and Aging Process:

The skin consists of three main layers: the epidermis (top layer), the dermis (middle layer), and the hypodermis (bottom layer). The epidermis protects the outer surface of the skin and provides moisture balance. The dermis is rich in collagen and elastin fibers and provides elasticity and durability to the skin. The hypodermis, on the other hand, contains adipose tissue and supports the skin.

The aging process is influenced by various factors such as genetic factors, environmental influences (UV rays, pollution), lifestyle (nutrition, smoking), and hormonal changes. This process is characterized by a decrease in collagen and elastin fibers, a decrease in the rate of regeneration of skin cells, and moisture loss.

Anti-Aging Skin Care Methods:

1. Antioxidants: Free radicals accelerate the aging process by damaging skin cells. Antioxidants delay skin aging by reducing the effect of free radicals. Antioxidants such as vitamins C, E, coenzyme Q10, and polyphenols are used for this purpose.

Vitamin C: Increases collagen production and evens skin tone.

Vitamin E: moisturizes the skin and reduces free radical damage.

Coenzyme Q10: Supports cellular energy production and reduces wrinkles.

Polyphenols: Green tea is obtained from plant sources such as grape seeds and has anti-inflammatory properties.

2. Retinoids (vitamin A derivatives): Retinoids increase the rate at which skin cells regenerate and stimulate the production of collagen. Forms of retinoids, such as retinol and tretinoin, are effective in reducing fine lines and wrinkles.

Retinol: It is applied to the skin surface and is effective at the cellular level.

Tretinoin: It is a stronger form and is usually used with a doctor's prescription.

3. Hyaluronic Acid: This substance has a high water-holding capacity and provides moisture balance to the skin. Hyaluronic acid reduces fine lines and wrinkles on the skin by giving it fullness and elasticity.

4. Peptides: Peptides are composed of chains of amino acids and promote the production of collagen. In this way, it increases the firmness and elasticity of the skin.



Lecturer Süleyman PAK
Hair Care and Beauty Services
Program



5. Sunscreens: UV rays are one of the most important causes of skin aging. Sunscreens prevent photoaging by protecting the skin from UV-A and UV-B rays.

SPF (Sun Protection Factor): Protects against UV-B rays.

PA (Protection Grade of UVA): Indicates the degree of protection against UV-A rays.

6. Moisturizers: Maintaining the moisture balance of the skin is critical in reducing the signs of aging. Moisturizers increase the elasticity and softness of the skin by preventing water loss.

7. Chemical Peeling and Microdermabrasion: These methods promote skin regeneration by removing dead cells from the skin surface. Chemical peeling contains alpha and beta hydroxy acids, while microdermabrasion is a mechanical exfoliation method.

8. Laser Treatments and Radiofrequency: Laser treatments provide skin tightening by increasing the production of subcutaneous collagen. Radiofrequency stimulates collagen production by heating the skin tissue and increasing skin elasticity.

Scientific Foundations and Evidence

The effectiveness of products and methods that delay skin aging has been supported by various clinical studies. For example, it has been scientifically proven that retinoids increase skin regeneration and stimulate collagen production. It has been confirmed by many studies that antioxidants reduce free radical damage and improve skin health. The fact that sunscreens prevent photoaging has been known for many years.

Result

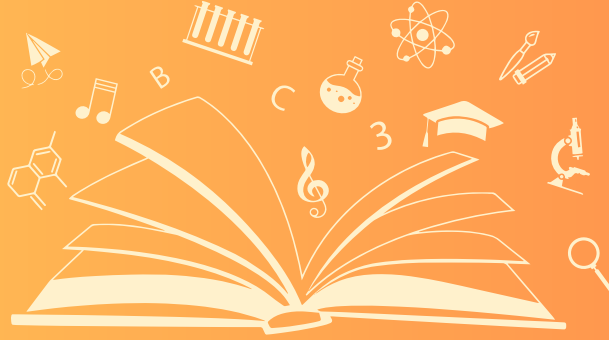
Skincare that prevents and delays aging can be performed using various methods and products based on scientific foundations and clinically proven. Methods such as antioxidants, retinoids, hyaluronic acid, peptides, sunscreens, moisturizers, chemical peels, microdermabrasion, laser treatments, and radiofrequency are effective tools for delaying skin aging. The combination of these methods can provide the best results for maintaining skin health and reducing the signs of aging.



Reference

Koyuncu A. H. Bozkurt R., (2023) PÜRÜZSÜZ YAŞLANMA: YAŞLANMA KARŞITLIĞI, BEDEN VE BENLİK DENEYİMLERİ ÜZERİNE FENOMENOLOJİK BİR İNCELEME, Afyon Kocatepe Üniversitesi

EDUCATION



- PROGRAM DESIGN, EVALUATION, AND UPDATING
- PROGRAM IMPLEMENTATION (STUDENT-CENTERED LEARNING, TEACHING, AND ASSESSMENT)
- LEARNING RESOURCES AND ACADEMIC SUPPORT SERVICES
- FACULTY MEMBERS



STUDENT SPOTLIGHT

The Importance of Choosing the Right Glasses

Leyla ÖZTÜRK
Health Establishment. business
management

When purchasing a pair of glasses, the frame chosen is important for both appearance and comfort. The preferred glasses and selected frame provide comfort in four main areas:

- Appearance (aesthetics)
- Convenience (comfort)
- Vision (clarity)
- safety (eye health)

When choosing glasses, several factors should be taken into consideration: the person's needs, habits, expectations, age, environment or climate, daily activities, sensitivity to light, as well as the type of glasses to be used (distance, reading, multifocal), prescription, and features recommended by the doctor. The shape of the glasses should be such that they do not make facial imperfections more noticeable [1].

Another important aspect is lens selection, which should be optimized by considering the complaints of people who have acquired the habit of wearing glasses. Questions asked during the conversation can help reveal these complaints.

Problems are identified by considering the person's choice and use of old glasses, as well as any complaints they have experienced. The most important features, such as weight, thickness, fragility, scratching, color, cleaning, reflection, fogging, and segment lines, are determined to offer the most appropriate suggestions to minimize discomfort [2].

Finally, the choice of frame affects both the function and aesthetic appearance of the glasses. Thin metal frames will be less noticeable on the face, while thick plastic frames will be more noticeable.



References

1. CEYHAN, D. (2010). Makula hastalıklarında görme rehabilitasyonu. Journal of Retina-Vitreous, 18(4), 151-157.
2. BAYKARA, M., & AMUK, N. Güncel Konu Quest Editorials.

RESEARCH AND DEVELOPMENT



scientific spend subsystems engineers
business carried eagle revise knowledge
belonging result create state tech
group refers RESEARCH AND
higher uncovering spend DEVELOPMENT
firm mechanisms eagle tech
product defining alliance summit mechanical
customer high devoted specialized include research
tech amortizing engineering governmental

- ADMINISTRATION OF RESEARCH SOURCES AND RESEARCH PROCESSES
- RESEARCH COMPETENCE, COLLABORATION, AND SUPPORT



9TH INTERNATIONAL SOCRATES CONGRESS ON SOCIAL SCIENCES AND HEALTH, ENGINEERING AND APPLIED SCIENCES FROM IGU

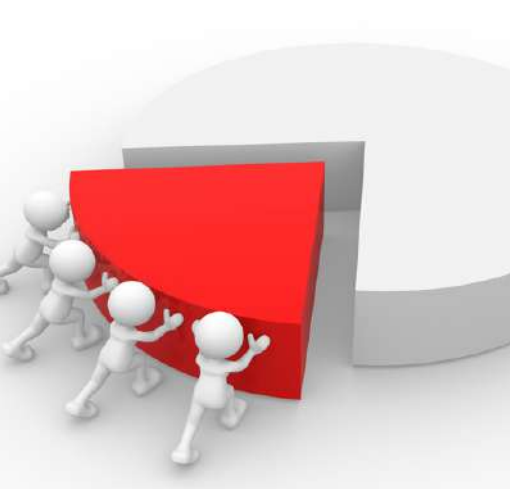


The 9th International Socrates Congress on Social Sciences and Health, Engineering, and Applied Sciences was held online and face-to-face on August 16-18.

The opening speeches were made by Congress Honorary President and Istanbul Gelişim University Rector Prof. Dr. Bahri Şahin and Shahrısabz Davlat Pedagogika Institute Vice Rector Achilov Ilmurad. Academicians and researchers in many fields, such as social, health, engineering, and applied sciences, provided information at the congress.



SOCIAL CONTRIBUTION



- MANAGEMENT OF SOCIAL CONTRIBUTION PROCESSES AND SOURCES
- SOCIAL CONTRIBUTION PERFORMANCE



COMMEMORATION

SELİM NAŞİT ÖZCAN

He was born in Istanbul on August 15, 1928, as the son of a Greek-origin improvisation master, Komik-i Şehir Naşit Bey, and Armenian-origin theater actress and Kanto dancer, Amelia Hanım. Amelya Hanım's mother was Küçük Virjin, an Ottoman Armenian and a famous Kanto dancer of her time, and her father was the Ottoman Greek, Kemani Yorgo Efendi. He spent his childhood watching the stage with his sister Adile Naşit in the apartment above the Millet Theater in Şehzadebaşı. Although their father did not support it, both siblings devoted themselves to theater and shared the same stage for the first time at the 10th Anniversary Celebration Night of the Republic.



In 1961, he worked with his sister Adile Naşit and brother-in-law Ziya Keskiner at the Naşit Theater, which they founded in Ankara in the name of their father. Later, he shared the Elhamra Istanbul Theater Stage with Toto Karaca, Sururiler, and Muzaffer Hepgürler. In 1966, he moved to the Gönül Ülkü-Gaynfer Özcan Theater and reunited with his brother and brother-in-law. Naşit, who worked at the Ali Poyrazoğlu Theater, Devekuşu Kabare Theater, and Karşı Theater from 1979 onwards and spent half a century in theater by taking part in the Akbank Children's Theater for 18 years, took part in nearly 300 plays.

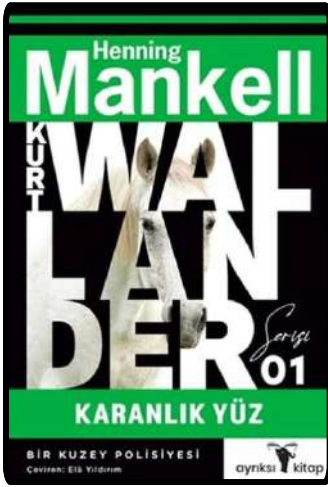
Selim Naşit's last role in theater was in the Theater Studio's Histeri play. Naşit won the Afife Theater Awards Best Supporting Actor Award, the first tangible theater award of his theater career, with his role in this play.

Selim Naşit also took part in many television series. The artist, known for his role as a newspaper boss in the series Gülşen Abi, written by Can Barıslan, last played in the series Aynalı Tahir. Another production that introduced him to a wide audience was the movie Her Şey Çok Güzel Olacak, directed by Ömer Vargı. Naşit was awarded the Best Supporting Actor Award by the Cinema Writers Association (SİYAD) for his role in the movie, which was watched by more than a million viewers. Selim Naşit also starred in nearly 60 movies in the cinema. He spent the last years of his life away from the stage due to his struggle with cancer. He died of pancreatic cancer at the Kadıköy Şifa Hospital, where he was receiving treatment, on August 18, 2000, at the age of 72.

Source:

https://tr.wikipedia.org/wiki/Selim_Na%C5%9Fit_%C3%96zcan

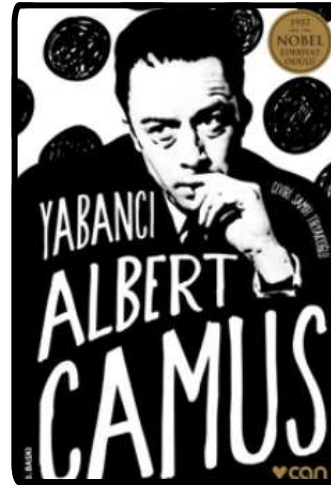
BIBLIOPHILE



Faceless Killers (1991)
(TR: *Karanlık Yüz*)
Author: Henning Mankell

An impressive work that plumbs the depths of Swedish crime fiction. The book opens with the brutal murder of a young girl and focuses on Detective Kurt Wallander's investigation of the crime. As Wallander follows the clues to the murder, he also sheds light on the dark corners of society and his inner conflicts. Mankell not only presents a crime story but also skillfully combines social criticism and depth of character.

Faceless Killers is the first book in the Wallander series. With its gripping plot and in-depth character analysis, it offers a compelling experience for readers looking for suspense and psychological depth.



The Stranger (1990)
(TR: *Yabancı*, FR: *L'Étranger*)
Author: Albert Camus

The book is considered one of the most striking examples of existentialism. The novel is about Meursault, who leads an ordinary life, and the chain of events that begins with the news of his mother's death and culminates in a murder. However, Meursault's indifferent and callous attitude towards these events turns him into an alien figure in the eyes of both society and justice.

Camus's simple and clear narration makes the reader feel Meursault's search for meaning and existential questioning in depth. This work is an impressive classic that leads the reader to deep thoughts about human existence on both individual and social levels.



CINEMATOGRAPHY



The Whale (2022)

(TR: Balina)

Dir.: Darren Aronofsky

"The Whale" is an impressive drama that takes the audience on a deep psychological journey. The movie tells the story of Charlie (Brendan Fraser), who has not left his house for years and struggles with morbid obesity. Fraser's performance is extremely successful in making the audience feel the character's inner pain and loneliness. This performance earned him the Oscar for Best Actor.

Aronofsky's direction focuses on the character's world with a minimalist narrative. The narrow shooting angles and bleak color palette used in the film strongly reflect Charlie's feeling of being stuck and his inner turmoil. The single-location story intensifies this atmosphere, forcing the audience to identify with the character.

The film has literary depth with Samuel D. Hunter's screenplay, adapted from his play. The dialogues reveal the complex emotional worlds of the characters and the difficulty of confronting the past. Aronofsky transforms this narrative into a visual language, inviting the audience on an emotional and intellectual journey.

"The Whale" takes its place in the history of cinema as a production that delves deep into the human psyche and leaves a lasting impression on the audience.

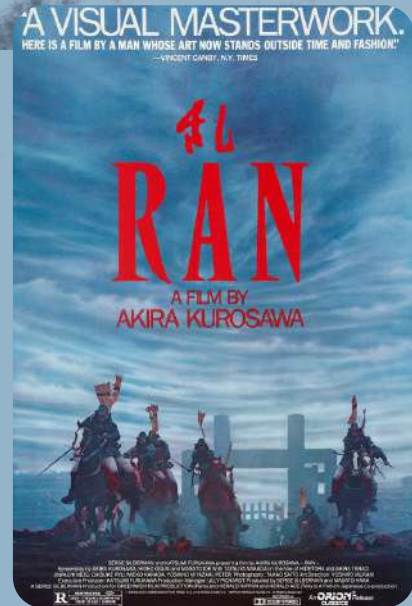
Ran (1985)

Dir.: Akira Kurosawa

Akira Kurosawa's Ran is considered one of the greatest masterpieces in the history of cinema. Released in 1985, Ran holds an important place not only in Kurosawa's career but also in the history of cinema. Set in 16th-century Japan, the film is a reinterpretation of Shakespeare's King Lear and combines domestic betrayal with the chaos of feudal power struggles.

Lord Hidetora Ichimonji decides to retire and divide his reign among his three sons, Taro, Jiro, and Saburo. Although Saburo, the youngest son, tries to dissuade his father from this decision, explaining that what he is doing is wrong and that such a decision will lead to a conflict of power and the end of the dynasty, the other two sons support their father's decision. Lord Hidetora is angry that his younger son is questioning his decisions and banishes him. But Saburo is right in his predictions and the other two sons soon begin plotting to take everything from their father, including their titles, which will bring both the dynasty and themselves to an end. With this theme, the film presents us with chaos, nihilism, and human nature.

Kurosawa's collaboration with composer Tōru Takemitsu is crowned with an impressive score that complements the somber tone of the film.



PRELUDE



In These Times (2022)

Makaya McCraven

- "In These Times" - 7:09
- "The Fours" - 3:26
- "High Fives" - 3:39
- "Dream Another" - 3:12
- "Lullaby" - 3:33
- "This Place That Place" - 3:56
- "The Calling" - 1:47
- "Seventh String" - 3:05
- "So Ubuji" - 3:01
- "The Knew Untitled" - 4:27
- "The Title" - 3:57

Length: 41:12
Genre: Modern Jazz



In the Court of the Crimson King (1969)

King Crimson

Side one

- "21st Century Schizoid Man" - 7:24
- "I Talk to the Wind" - 6:05
- "Epitaph" - 8:47

Side two

- "Moonchild" - 12:13
- "The Court of the Crimson King" - 9:25

Length: 43:54
Genre: Progressive Rock, Art Rock

NEXT MONTH IN ISTANBUL

MUSIC - FESTIVAL

2nd September - Ayta Sözeri - Kadıköy Municipality - Selamiçeşme Özgürlük Park
3rd September - Sıla - Harbiye Cemil Topuzlu Open-Air Theater
4th September- Ajda Pekkan - Harbiye Cemil Topuzlu Open-Air Theater
5th September - Mabel Matiz - Harbiye Cemil Topuzlu Open-Air Theater
6th September - Christophe & Kocamangil & Mussat- Cemal Reşit Rey Concert Hall
7th September - Hande Yener - UNIQ İstanbul
8th September -Melike Şahin - Harbiye Cemil Topuzlu Open-Air Theater
11th September - Emre Aydın - Kadıköy Municipality - Selamiçeşme Özgürlük Park
14th September - Erol Evgin'le Dans Et- UNIQ İstanbul



THEATER - MUSICAL

4th September - Mesut Süre İle İlişki Testi - If Performance Hall Beşiktaş
5th September - Anadolu Ateşi - UNIQ İstanbul
6th September - Çiftler, Çiftler - Altı Üstü Kabare
7th September- Mahşer-i Cümbüş - Trump Stage
10th September - Meçhul Paşa- Kadıköy Municipality - Selamiçeşme Özgürlük Park
11th September - Güldür Güldür Show - Beşiktaş Cultural Center
14th September - Kaan Sekban Stand -Zorlu Psm
16th September - Zengin Murfağı - UNIQ İstanbul



YESTERDAY, TODAY, TOMORROW

CULTURE & ART

- On August 3, 1936, American black athlete Jesse Owens broke the world record by running 100 meters in 10.3 seconds at the 1936 Summer Olympics in Berlin and won the gold medal.
- August 6, 1924: The Treaty of Lausanne came into effect.
- August 8, 1974: US President Richard Nixon resigned due to the Watergate scandal. Nixon became the first US President to resign.
- August 9, 1173: Construction of the Leaning Tower of Pisa, which took two centuries to build, began.
- August 10, 1519: Ferdinand Magellan set sail from Seville with his five ships for a trip around the world.
- August 13, 1997: South Park began broadcasting.
- August 13, 2004: The Summer Olympics began in Athens.
- August 15, 1969: The 3-day Woodstock Music and Arts Festival began.
- August 17, 1999: The 7.5-magnitude Marmara earthquake centered in Gölcük, Kocaeli, occurred.
- August 21, 1960: The Çanakkale Martyrs' Memorial was opened with a ceremony.
- August 28, 1963: Martin Luther King gave his famous "I Have a Dream" speech.
- August 28, 1979: Nesrin Olgun became the first Turkish woman to swim across the English Channel.



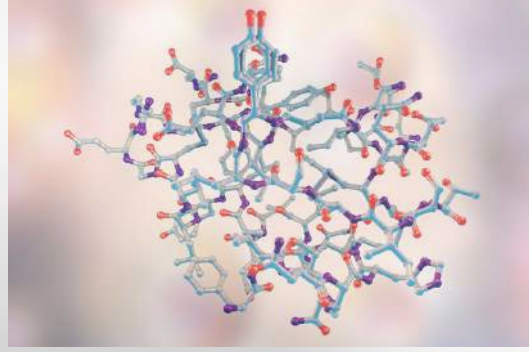
HEALTH & SCIENCE

- August 3, 1492: Christopher Columbus set off from Spain with three ships to reach India and discover new continents.
- August 7, 1807: The first steam passenger ship, the Clermont, made its first voyage between New York and Albany.
- August 18, 1877: Asaph Hall discovered Phobos, the moon of Mars.
- August 20, 1977: NASA launched the unmanned spacecraft Voyager 2.
- August 24, 1995: The Windows 95 operating system was introduced to the world by Microsoft.
- August 24, 2006 The International Astronomical Union defined Pluto as a dwarf planet.
- August 27, 2003: Mars came to the closest position to Earth in 60 thousand years.
- August 29, 1831: Michael Faraday discovered electromagnetic induction.



INVENTIONS AND DISCOVERIES

INSULIN



Insulin is a polypeptide hormone that lowers blood sugar levels. The name of insulin, which is secreted by the Langerhans islets of the pancreas, is derived from the Latin word "insula," meaning "island."

Changes in the amount of insulin in the blood can lead to diseases. Complete absence of this hormone leads to Type 1 diabetes (high blood sugar), while its deficiency causes Type 2 diabetes (low blood sugar).

The discovery of insulin was made possible by the contributions of two young scientists, Frederick Banting and Charles Best. In 1921, Frederick Banting began researching the effects of hormones on the pancreas at the University of Toronto. Banting hypothesized that the pancreas produced a type of hormone that could play a significant role in the treatment of diabetes. Banting began working with Charles Best, a young researcher. The pair removed the part of the pancreas that opens into the small intestine and attempted to isolate the hormone produced by this organ, eventually leading to the purification and effective use of insulin.

Banting and Best conducted the first successful experiments with insulin in 1921. In the initial tests, they observed that insulin effectively reduced blood sugar levels in diabetic dogs. Following this discovery, tests were conducted to demonstrate that insulin was similarly effective in humans. In 1922, insulin was first administered to a 14-year-old patient named Leonard Thompson, and the treatment was successful. Banting and Best were awarded the Nobel Prize in Physiology or Medicine in 1923 for their discovery of insulin.

The discovery of insulin revolutionized the treatment of diabetes. Before this, patients diagnosed with diabetes generally died within a short period. With insulin therapy, the lifespan of diabetic patients has been extended and their quality of life has improved.

Source: <https://tr.wikipedia.org>




**Vocational
School of
Health Services**

100
TÜRKİYE CUMHURİYETİ'NİN YÜZÜNCÜ YILI

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