

IGU ORAL AND DENTAL HEALTH APPLICATION AND RESEARCH CENTER (ADSUAM) IS ENTITLED TO RECEIVE "HEALTH TOURISM AUTHORIZATION CERTIFICATE"

Istanbul Gelisim University (IGU) Oral and Dental Health Application and Research Center (ADSUAM) was entitled to receive a Health Tourism Authorization Certificate with a score of 97.14 from its Health Quality Standards audit.

ADSUAM, which opened on August 1, 2022 with the aim of training dentists trained in European standards, continues to serve with its successful physician staff. Istanbul Gelisim University Faculty of Dentistry, which set out with the vision of becoming one of the 'World universities' that produces value on the path of continuous 'Development', became a member of ADEE (Association for Dental Education in Europe) in 2021 in order to raise the standards of dental education and took its place among the few ADEE members in Turkey.

THE INSPECTION WAS CARRIED OUT BY THE MINISTRY OF HEALTH

ADSUAM, which continues its health process without slowing down with its expert staff, modern clinics and laboratories in its field, was entitled to receive the International Health Tourism Authorization Certificate stating that the health institution has the infrastructure, technical equipment and medical competence suitable for admission of patients abroad. Istanbul Gelisim University Oral and Dental Health Application and Research Center once again revealed that it aims continuous development by completing the Health Quality Standards audit, which was carried out by the Ministry of Health auditors on 16.11.2023 and required a minimum score of 85, with a score of 97.14.

SCIENTIFICALLY PROVEN: TRAVEL BOOSTS THE HORMONE OF HAPPINESS!

Many people often choose to travel to get away from the stress of everyday life and take a deep breath. Res. Asst. Psychologist Simay Yilmaz explained the contributions of travel, which is known to increase the happiness hormone, to the mental and emotional development of individuals.

On the occasion of the upcoming Ramadan Bairam, those who want to spend time for themselves during this period when school and work are interrupted started to prepare for travel. Istanbul Gelisim University (IGU) Faculty of Economics, Administrative and Social Sciences Department of Psychology Res. Asst. Simay Yilmaz stated that it is necessary to take a break in order to increase the efficiency in our career.

"WE FORGET OUR PROBLEMS WHILE TRAVELLING"

Res. Asst. Simay Yilmaz, "Have you ever felt distanced from your problems when you went on a trip? Or that you look at the vast ocean in another country and

remember how the problems that troubled us were actually smaller than the size of the world? Or do you think that when you think about all this, the situation is not as bad as you think, that everything will be solved somehow and that we forgot our problems?"

TRAVEL MAY BE THE KEY TO IMPROVING YOUR MENTAL HEALTH

Res. Asst. Simay Yılmaz stated that when people go on vacation, they find themselves in a different environment that they are not used to, and in this case, they act outside of the behaviors they are used to. Yılmaz also added: "Sensory and cognitive stimulation that occurs with travel is also very important for the mental health of people. There are many studies showing that creative activities and experiences help stimulate the brain. According to new studies, traveling not only increases the happiness hormone, but also provides an emotional and social experience that leads to new learning in different ways from the structure of our daily environment."

"TRAVEL PROVIDES A MENTAL AND EMOTIONAL ESCAPE"

"We all look for ways to escape the stress of daily life and the busy pace of work. Going out of the city or country for the purpose of travel can provide the person with a mental and emotional escape. Traveling to another city or country can help us shape our perspective and move away from our problems."

"TRAVELLING REDUCES STRESS AND INCREASES CREATIVITY"

Emphasizing that it is a known fact that traveling is good for mental health in more ways than one, Simay Yılmaz stated, "As one of them, it can be mentioned that it reduces stress. Moving away from daily routines can help relax and regain energy. Relaxation can help lower the body's cortisol level, also known as the stress hormone. Another benefit is that it increases creativity in the person. Exploring new places, cultures, or languages can help foster creativity."

TAKE A BREAK TO BOOST PRODUCTIVITY IN YOUR CAREER

Res. Asst. Simay Yılmaz stated that traveling in a new and foreign environment can reveal the feeling of success by learning to cope with the difficulties of that environment and getting out of the comfort zone. Yılmaz also emphasized that traveling can increase one's productivity.

"DYNAMIC DIALOGUE" EXHIBITION OPENED WITH GLAMOROUS WORKS INSPIRED BY PUZZLES

The opening of the exhibition titled "Dynamic Dialogue", featuring the works of Plamen Prodanov and curated by Prof. Dr. Ismet Çavuşoğlu, was held at the Gelisim Art Gallery by Istanbul Gelisim University (IGU) Faculty of Fine Arts with the participation of Rector Prof. Dr. Bahri Şahin.

Bulgarian artist Plamen Prodanov's works inspired by puzzles attracted great attention from academicians and students of Istanbul Gelisim University. Prodanov's "Dynamic Dialogue" exhibition will be open to art lovers at IGU Gelisim Art Gallery between 3-21 April.

“WE WILL RAISE ARTISTS WHO WILL LEAVE THEIR MARK ON OUR AGE”

Making the opening speech of the exhibition, Istanbul Gelisim University Rector Prof. Dr. Bahri Şahin stated, “Our university always provides privilege to art. With the investments we make in the field of art, we will strengthen communication with the art community both nationally and globally, thanks to the Art Design Center (SATMER) that we will establish at our university. One of our biggest goals is to contribute to the training of artists who will leave their mark on our age within our university. Prof. Dr. Bahri Şahin once again underlined the value he attaches to art and indicated that the necessary work has been carried out for projects that will popularize art towards the industry, thanks to university-industry cooperation, and gave the good news that Istanbul Gelisim University will organize an international exhibition in Bulgaria.

“HIS WORKS’ INSPIRATION COMES FROM PUZZLES”

The curator of the exhibition, Prof. Dr. Ismet Çavusoglu, who also has an article about Plamen Prodanov's art, mentioned in his speech that Prodanov is an artist who opened exhibitions in many European countries. Prof. Dr. Cavusoglu: “He has many works in museums and private collections. Many artists take their starting point from different parts of life. In art, no two people are alike; The way of expression, perspective on life and story are different. While creating his works of art, the valuable artist Pradonov starts from the puzzles he sees in places such as magazines and newspapers in daily life.”

“OUR UNIVERSITY ATTACHES GREAT SIGNIFICANCE TO ART AND ARTISTS”

Expressing his gratitude to IGU Rector Prof. Dr. Bahri Şahin in his speech, Çavuşoğlu said, “Our Rector does not leave us alone and is always here at the openings. For me, this means that our university attaches importance to art and artists. There are currently only 7-8 university museums in Turkey. We want to be among them.”

Prof. Dr. Ismet Cavusoglu pointed out that Gelisim Art Gallery is celebrating its 5th anniversary and added: “We included the works of 33 artists in the magnificent exhibition we opened two months ago. We are also preparing a book about this exhibition.”

COOPERATION IN THE ART WILL PURSUE

Expressing that he likes Istanbul Gelisim University very much, artist Plamen Prodanov thanked Rector Prof. Dr. Bahri Şahin and the guests who attended the exhibition and promised that the cooperation between the two countries will continue.

REWARD TO STUDENTS FROM RECTOR PROF. DR. BAHRİ ŞAHİN AT THE 60TH LIBRARY WEEK!

Various events were held at Istanbul Gelisim University (IGU) within the scope of Library Week, which is celebrated every year in the last week of March. The 10 students who borrowed the most publications from the IGU Library in 2023 were given awards by Rector Prof. Dr. Bahri Şahin.

Students showed great interest in the event, which was held with the participation of Rector Prof. Dr. Bahri Şahin, who emphasized the importance of reading at every opportunity and encouraged young people to read.

“GET IN THE HABIT OF READING”

10 students were rewarded at the ceremony. Chatting with the students, Rector Prof. Dr. Bahri Şahin shared his professional experiences. He touched upon the importance of reading in his speech. He encouraged students to read, stating, "Keep reading, this is so essential for academic success." After the group photo shoot, IGU Library and Documentation Department Head A. Şenol Armağan invited the students to the library and chatted with them. A conversation was held about our students' interests, various authors and books.

After the award ceremony, Armağan invited the students to the online conference to be held on March 27 at 21.00. At the event titled “Two Conferences in 60th Library Week”, IGU faculty member Prof. Dr. Ismet Galip Yolcuoğlu will take part with his presentation titled "What to Read, How to Read?". He stated that Prof. Dr. Şenol Durgun will address the audience with a speech titled “History Readings in the Formation of Political Consciousness”.

TEB FOREIGN TRADE OPERATIONS WAS VISITED BY THE INTERNATIONAL TRADE AND FINANCE DEPARTMENT

TEB Foreign Trade Operations was visited by the International Trade and Finance (Turkish-English) Department of the Faculty of Economics, Administrative and Social Sciences.

The Foreign Trade Operations visit, coordinated by Assoc. Prof. Dr. Ebru Gül Yılmaz from the Faculty of Economics, Administrative and Social Sciences- Department of International Trade and Finance, was held at TEB Dudullu Operations Center with the participation of Res. Asst. Selin Yalçıntaş, students of the Department of International Trade and Finance and students of the Faculty of Applied Sciences - Department of Banking and Insurance.

Within the scope of the event, the presentations prepared by TEB International Payments Department, Foreign Trade Operations Department, External Guarantees Department and International Embargo Control Department were followed with interest by the students. After the presentations, an in-house tour was held accompanied by TEB managers so that the students could observe the processes



related to foreign trade operations on site. In the last part of the visit, all the questions that the students had about the foreign trade departments and the sector were answered by the institution managers.