

## ISTANBUL GELISIM UNIVERSITY PARTICIPATED IN THE UNIVERSITY IMPACT FORUM

Istanbul Gelisim University (IGU) Vice Rector Prof. Arda Öztürkcan attended the University Impact Forum organized by Times Higher Education (THE).

THE University Impact Forum organized by the United Nations Sustainable Development Goals (SDGs) was held on 11-12 September 2024 in Baku, Azerbaijan under the title of SDG 13 Climate Action. The forum was organized in cooperation with Sumgayit University, the Ministry of Science and Education of Azerbaijan and the Science and Higher Education Institution, hosted by the Azerbaijan Petroleum and Industry University.

Azerbaijan will host the 29th Paris Conference (COP29) on 11-22 November 2024, with over 1,500 world leaders expected to participate. The fact that the forum deals with the issue of climate action increases the significance of the event.

The opening panel was held in the Main Hall of the Azerbaijan Petroleum and Industrial University. These names participated in the event: Minister of Science and Education E. Amrullayev, Vice Rector V. Asgarov, Rector of Sumgayit University R. Azizov and Phil Baty, CEO of THE Global Relations.

Various panels were held and 38 speakers took part in the forum. During the two-day forum, topics such as the fact that SDG 13 climate action is fundamental for other SDG objectives, achievements and opportunities for climate action in oil-dependent countries, methods of publishing effective articles under the SDG, planning of current studies and the supporting role of the higher education system were discussed. Moreover, as of 2018, THE rankings of universities were evaluated with 17 SDGs within the scope of THE Impact Ranking 2024. A masterclass was carried out on the status of Azerbaijani universities in the rankings. In the closing session, suggestions supporting all SDG studies were presented.

In addition, two important reports were introduced, “Choosing Our Future: Education for Climate Action” by the World Bank and “Transnational Education (TNE3.0)” by the THE.

Prof. Arda Öztürkcan, after the forum, stated, “We participated in the event organized by THE in 2023 on behalf of our university. We took part in the forum with a total of 4 universities and a private organization, 1 state and 3 foundation universities from Türkiye. In THE Impact ranking, we ranked first in the SDG 7 Accessible and Clean Energy category this year. We aim to take part in the COP29 event to be held in Azerbaijan and to contribute globally. Furthermore, we are know that THE Sustainable Development Goals Congress (SDGC) to be organized by the Higher Education Institution (YÖK) will be held in Istanbul for the first time in 2025. We pursue our work in this direction.

## **COOPERATION PROTOCOL WITH ISTANBUL PROVINCIAL DIRECTORATE OF YOUTH AND SPORTS FROM IGU FACULTY OF SPORTS SCIENCES!**

A cooperation protocol was signed between Istanbul Gelisim University (IGU) Faculty of Sports Sciences and Istanbul Provincial Directorate of Youth and Sports.

Abdulkadir Gayretli, Chairman of the Board of Trustees of IGU, Rector Prof. Bahri Şahin and Istanbul Provincial Youth and Sports Director Muhittin Özbay attended to the signing ceremony.

With the stakeholder protocol signed between Istanbul Gelisim University Chairman of the Board of Trustees Abdulkadir Gayretli, Rector Prof. Bahri Şahin and Istanbul Youth and Sports Provincial Director Muhittin Özbay, a sustainable partnership in national and international activities on behalf of youth and sports, vocational training practices, employment, volunteering and social responsibility projects will be collaborated on.

Within the framework of the protocol, undergraduate and graduate scientific studies in the field of sports sciences will be supported and various opportunities will be provided to improve the quality of these studies. Moreover, the protocol covers various projects aimed at bringing young people together with sports and disseminating sports culture.

With the participation of IGU Sports Sciences Dean Prof. Kubilay Çimen, Board of Trustees Advisor Uğur Caba, Sports Evaluation Branch Manager Cenk Öztekin, Press Protocol and Public Relations Branch Manager Temel Kılıcı, a plaque was presented to Sports Provincial Director Muhittin Özbay by Rector Prof. Bahri Şahin and Board of Trustees Chairman Abdulkadir Gayretli in recognition of the collaboration.

## **THE DANGER OF THE AGE IN CHILDREN: OBESITY: TURN DIGITALIZATION INTO AN ADVANTAGE**

Obesity, which is increasingly seen in childhood, brings with it not only excess weight but also various diseases. Drawing attention to the danger of childhood obesity, Nutrition and Dietetics Specialist Asst. Prof. Merve Bayram mentioned significant points to be considered, from nutrition to physical activity, in order to protect children from this risk.

One of the most important disorders caused by ready-to-eat food consumption and sedentary life today is obesity. According to the report, which was last prepared in 2016 with the joint work of the World Health Organization (WHO) and the Ministry of Health, the obesity rate in children reached 9.9 percent. Istanbul Gelisim University (IGU) Faculty of Health Sciences, Head of Nutrition and Dietetics Department Asst. Prof. Merve Bayram pointed out that this rate has increased even more today and made important warnings to prevent obesity.

Emphasizing that the biggest cause of obesity in childhood is wrong eating habits, Bayram said, "We can group these habits under a broader heading. For instance, uniform nutrition. Children love the pasta and bread group. When they consume such foods, they do not get the other nutrients they need. Another factor is the widespread consumption of fast food or the ease of access of children to processed packaged products, particularly junk food. The fact that these products are widely consumed by their peers or households, the advertisements associated with these products or the healthy presentation of packaged products are other factors."

#### INSOMNIA IS ALSO THE CAUSE OF OBESITY

Stating that another most important factor causing obesity is insomnia, Asst. Prof. Merve Bayram made the following statements:

"Especially with the spread of digitalization, the screen exposure of children using tablets, computers, mobile phones and televisions has increased. At this point, insomnia also comes into play. While sleep deprivation alone is a factor that causes obesity, exposure to digital screens can also lead to insomnia in children. Children's desire for snacks may increase when they are exposed to them. If they are sleep deprived at night, their desire to eat at night may increase. Or the calories they take in may increase because they eat the food quickly in front of the screen and do not know what they are eating."

#### DEVELOPMENT OF CANCER TYPES INCREASES WITH OBESITY

Family's eating habits are crucial. Children can eat a lot due to situations such as sadness, stress and peer bullying. Describing the diseases that occur in children with obesity, Asst. Prof. Merve Bayram remarked, "Obesity is a problem in itself for

chronic diseases. With obesity, the development of type 2 diabetes, hypertension, cardiovascular diseases, and some specific types of cancer will be increasing. Childhood obesity is more important than in adulthood. If you have obesity in childhood, the age of development of these diseases will decrease. At this point, the risk of complications for advanced ages will increase. ”

### HEALTHY EATING HABITS START IN THE FAMILY

"Healthy eating habits in children start from the family. Parents should adopt healthy eating habits. If the parents have this habit, since the child starts by imitating them, s/he will continue his/her life by learning it." Istanbul Gelisim University Faculty of Health Sciences, Head of Nutrition and Dietetics Department Head Asst. Prof. Merve Bayram also reminded the effect of sedentary life on obesity.

### “SET A FAMILY SPORTS DAY”

Bayram gave important advice due to the fact that children will be in the house and do less physical activity as the weather gets colder." Digitalization needs to be transformed into benefit at this point. There are various digital games that will increase physical activity. The family can encourage the child to play such games or even play with them. By determining a sports day, you can go for a family walk or any activity done in winter season.”

## IGU CONTRIBUTES TO THE DEVELOPMENT OF AUTONOMOUS VEHICLE TECHNOLOGIES IN THE YEHO PROJECT

Lecturer Mehmet Göl, an academic personnel of Istanbul Gelisim University (IGU), plays a significant role in the 'R&D and Innovation Movement for Safe, Innovative, Electric, Communicating, and Autonomous Vehicles for Special and General Purposes' (YEHO) project, a part of TÜBİTAK-1511 initiative focusing on automotive and transportation technologies. Lect. Göl holds a crucial position in the development of autonomous parking technology for the project.

Led by OTOKAR, the YEHO project marks a major advancement in the creation of electric, communicating, and autonomous vehicles. Within this project, 2RYA, an automotive information and communication development company, is dedicated to developing autonomous driving technologies, particularly focusing on systems that enable vehicles to detect parking spaces, perform precise maneuvers, and park safely.

With its vision of becoming a 'Research University,' IGU places great emphasis on innovation and R&D efforts. Lect. Göl, from IGU's Vocational School of Health Services (SHMYO), Department of Biomedical Device Technology, contributes to the 2RYA's development of autonomous vehicle technology. This project showcases the vital collaboration between academic research and industrial application, supporting Türkiye's technological progress.

The goals of the YEHO project include:

Playing a leading role in Türkiye's development of electric and autonomous vehicle technologies

Developing advanced driving support systems, like autonomous parking, powered by artificial intelligence

Strengthening the competitive position of Türkiye's domestic automotive industry in the global market.

## **INTERNATIONAL SUCCESS FROM IGU: 5 ACADEMICIANS WERE INCLUDED IN THE LIST OF "WORLD'S MOST INFLUENTIAL SCIENTISTS"!**

The "World's Most Influential Scientists" list published annually by Stanford University has been announced. This year's list included the names of 5 academicians from Istanbul Gelisim University (IGU). In the list, which was evaluated by many criteria such as the impact value of scientists' research, the number of published articles, the number of citations and international criteria, the academic achievements of IGU once again came to the fore.

The "World's Most Influential Scientists" list, which was created based on international criteria such as the impact value of the journal in which the scientists' articles were published, the number of qualified publications, the number of citations to their studies, the number of h-index, hm-index, the number of first and only name articles, the number of articles cited, and the impact value of the journal in which the cited article was published, has been announced. Five academics from Istanbul Gelisim University were included in the list of "The World's Most Influential Scientists" published in the Elsevier database by Dr. John Loannidis from Stanford University in two categories as "Career-Long Impact" and "Annual Impact" and in the top 2% according to the citation year 2023.

## **5 ACADEMICIANS FROM IGU IN THE CATEGORIES OF "CAREER-LONG IMPACT" AND "ANNUAL IMPACT"**

Istanbul Gelisim University (IGU), which proceeds with the vision of "Research University" and progresses with the understanding of modern, developing, producing and quality education, has achieved another success in the international platform. A visit from IGU Rector Prof. IGU Rector Prof. Bahri Şahin was included in the "Career-Long Impact" list as a scientist. In the same list, Asst. Prof. Festus Victor Bekun from

the Department of Logistics Management of the Faculty of Economics, Administrative and Social Sciences, Prof. Ahmet Cihat Baytaş from the Department of Aeronautical Engineering of the Faculty of Engineering and Architecture, and Prof. Kemal Sıtkı Türker from the Faculty of Dentistry were also among the “World’s Most Influential Scientists”.

In the list ranked according to detailed criteria, Asst. Prof. Festus Victor Bekun from the Department of Logistics Management and Asst. Prof. Neslihan Özdemir from the Department of Software Engineering were included in the “World’s Most Influential Scientists” list in the “Annual Impact” category.

“WE AIM TO BE KNOWN IN THE GLOBAL SCIENTIFIC COMMUNITY WITH OUR ACADEMIC CONTRIBUTIONS”

Making a statement about the ‘World’s Most Influential Scientists’ list, which includes 5 academicians from Istanbul Gelisim University, IGU Rector Prof. Bahri Şahin, "I sincerely congratulate our esteemed academics who are on the ‘World’s Most Influential Scientists’ list published by Stanford University. This success shows once again that not only our university but also our country is a recognized power in the international arena. It is an honour for all of us to be included in this prestigious list, which is created with international criteria such as references to scientific research and the impact of published articles. As Istanbul Gelisim University, we raise the bar in the field of quality education and scientific productivity day by day in line with our vision of 'Research University'. With the perseverance and determination behind these achievements, I believe we will achieve greater achievements in the future. In the future, we aim to be known in the global scientific community with our academic contributions.”



## **COLLABORATION AFTER INTERNATIONAL SEMINAR AT IGU: AGREEMENT SIGNED WITH TWO UNIVERSITIES IN UK!**

Hosted by Istanbul Gelisim University Sports Sciences Application and Research Center Directorate and hosted by Center Director Assoc. Prof. Mustafa Can Koç, a seminar titled "Global Aging, Sports and Physical Exercise: The Role of Public Health in the 21st Century" was held on Monday, September 16, 2024. The seminar began with the opening speech of Vice Rector for R&D Prof. Necmettin Maraşlı.

The seminar's guest speaker, Prof. Hafiz Khan from the Department of Public Health at the University of West London, presented his academic career and global work, and the event attracted great interest from IGU academics. Prof. Hafiz Khan shared up-to-date information on birth and elderly population statistics in countries around the world with the participants, emphasizing the importance of sports for public health in young people, adults and especially the elderly. The seminar ended with Prof. Hafiz Khan answering questions from the participants.

Following the seminar, Istanbul Gelisim University Rector Prof. Bahri Şahin was visited in his office and a bilateral agreement meeting was held with IGU Vice Rectors Prof. Necmettin Maraşlı and Prof. Nuri Kuruoğlu. As a result of the meeting, bilateral agreements were signed with Prof. Hafiz Khan and Dr. Rehane Bari, who work at the University of West London and the University of Reading in England. IGU continues its rise with more than 200 institutions with which it has bilateral agreements.

## **IGU STUDENTS ACHIEVED GREAT SUCCESS IN THE "GASTROANTEP CULTURE ROUTE FESTIVAL"!**

Istanbul Gelisim University achieved a significant success at the "International Gaziantep Gastronomy Festival" held within the scope of the "GastroAntep Culture



Route Festival" organized in cooperation with the Ministry of Culture and Tourism and Gaziantep Metropolitan Municipality. The festival brought together important names in the sector on September 15, 2024 and brought them together in gastronomy, culture and art events.

Istanbul Gelisim University students who participated in the University Competition, which is organized by Sözen Organization every year and has an important place in the field of gastronomy, won the second prize by competing with great dedication and discipline. IGU Faculty of Applied Sciences Gastronomy and Culinary Arts Department student Kerem Günay, IGU Faculty of Fine Arts Gastronomy and Culinary Arts Department student Berkay Gülşen and IGU Vocational School Pastry and Bakery Department student Şüheda Şentürk, who were prepared by Lect. İbrahim Levent Demirçakmak for the festival, received great appreciation from the jury members. Istanbul Gelisim University once again revealed the quality of gastronomy education and the talents of its students.

Students who received their awards from Gaziantep Mayor Fatma Şahin drew attention especially with the dessert plate. Istanbul Gelisim University (IGU), which has carried out many successful activities in the field of gastronomy in previous years, continues to enable its students to be recognized internationally.