

## **DUBAI CHOCOLATE MAY INCREASE THE TYPE 2 DIABETES RISK IN THE LONG TERM!**

Dubai chocolate, which has become widespread both in production and consumption in recent days, brings many health problems when consumed frequently. Nutrition and Dietetics Specialist Asst. Prof. Merve Bayram explained the harms of Dubai chocolate and the aspects that threaten human health.

Dubai chocolate, which started to be produced with pistachios, tahini and roasted kadayif (oven baked shredded pastry with pistachio filling in thick syrup angel's hair dessert), has turned into a consumption frenzy with the effect of the posts on social media platforms. However, Dubai chocolate, which attracts consumers with its appearance and taste, is not as innocent as it seems. Regarding chocolate, which has become widespread in a short time, Istanbul Gelisim University (IGU) Faculty of Health Sciences Head of Nutrition and Dietetics Department Asst. Prof. Merve Bayram made significant statements.

Merve Bayram said: "Sugar, fat, caffeine and some components contained in both Dubai and other chocolates can have negative effects on the digestive system. Some of these negative properties are that it increases gastric acid and causes reflux, and it causes a burning sensation by the gastric acid escaping back into the esophagus. Also, the lactose (in milk chocolates) and sugars found in it can lead to gas formation in the bowels in some individuals. The fat and sugar in it can affect bowel movements and cause stomach cramps. This may be more evident, especially for individuals with sensitive bowel syndrome (IBS)."

### **ATTENTION THOSE WITH PISTACHIOS ALLERGIES!**

Dubai chocolate attracts attention with the abundance of pistachios it contains. This may pose a risk for those who are allergic to pistachios, a common allergenic

substance. Asst. Prof. Merve Bayram stated, "Peanut cream can be very dangerous for people with peanut allergy and can lead to severe allergic reactions (anaphylaxis). Tahini is made from sesame seeds and can cause an allergic reaction in people with a sesame allergy. Sesame allergy can result in skin rashes, nausea, or severe allergic reactions in some people. Kadayif itself is made with gluten-containing wheat flour, so it can be problematic for people with a gluten allergy (celiac disease or gluten intolerance). In addition, kadayif may make it difficult for some people to digest if it is roasted, but it is not as common an allergen as peanuts or sesame. "

#### IT MAY INCREASE THE RISK OF TYPE 2 DIABETES IN THE LONG TERM

Referring to all possible harms of Dubai chocolate, Nutrition and Dietetics Specialist Asst. Prof. Merve Bayram also added, "Dubai chocolate contains a high amount of sugar and sugar consumption rapidly increases blood sugar. This triggers the rapid secretion of insulin and can lead to insulin resistance over time. If insulin resistance develops, the body becomes less sensitive to insulin, which may increase the risk of type 2 diabetes in the long term."

#### A VISIT FROM THE YOUNG LEADERS TO IGU RECTOR PROF. BAHRİ ŞAHİN!

Young leaders who came together under the leadership of Afyonkarahisar Kendin Yap (DIY) Association within the scope of the project named Youth Organizational Leadership (YOL) supported by the European Union, visited Istanbul Gelisim University (IGU) Rector Prof. Bahri Sahin in his office.

Seven young leaders from Istanbul Gelisim University accompanied the visit. Rector Prof. Bahri Şahin shared his knowledge and experience with young people on critical issues such as social responsibility, sustainability, environmental pollution and clean



energy sources. During the visit, ideas were exchanged to increase the awareness of young people on these issues.

## AFYONKARAHISAR KENDIN YAP (DIY) ASSOCIATION AND YOL PROJECT

Afyonkarahisar DIY Association, which is the organizer of the visit, draws attention as an award-winning research and development institution affiliated to the Ministry of National Education. The association aims to develop the skills of young people by organizing many events at both national and international levels. The association, which has held four International DIY Workshop Symposiums, numerous workshops and continuous training programs to date, stands out as an important structure that provides information and resources to young people.

These projects, in which Istanbul Gelisim University has been a partner in the last three activities, aim to increase the knowledge and experience of young people in areas such as organizational leadership, environmental responsibility and sustainable development and to make a difference in society as more conscious individuals in the future.

All participants who contributed to the project called for more cooperation and awareness for a sustainable future.



## SUSTAINABILITY WITH THE POWER OF CINEMA: INTERNATIONAL SHORT FILM FESTIVAL FROM IGU

Istanbul Gelisim University offers young filmmakers around the world an important opportunity to express themselves with the International Sustainable Short Film Festival, which will be organized for the first time in cooperation with the Directorate of Public Relations and Promotion and the Faculty of Fine Arts. The festival, which will take place between 27-29 November 2024, aims to emphasize environmental awareness and social responsibility through cinema by focusing on the sustainable development goals of the United Nations.

### A SUSTAINABLE FUTURE WITH CINEMA

The International Sustainable Short Film Festival organized by Istanbul Gelisim University allows young filmmakers to address important issues such as sustainability and environmental responsibility with an artistic approach. The festival aims to make the society more sensitive to environmental awareness and social responsibility issues.

### “WE MUST ALL ACT TOGETHER FOR A SUSTAINABLE FUTURE”

Ahmet Bikiç, Festival Director and Deputy Head of Corporate Communication and Promotion Department of Istanbul Gelisim University, made statements about the festival. Bikiç said: “We aim to create a space where young filmmakers can have their voices heard. We hope that this festival will be an inspiration for a sustainable future and we hope that the festival will become a tradition. We must not forget that we must act together for sustainability. ”

## PROMINENT EVENTS OF THE FESTIVAL AND FAMOUS PARTICIPANTS

Within the scope of the festival, which will last for three days, many famous names and expert speakers will meet with cinema lovers. Among the participants are actors Ufuk Bayraktar and Naci Taşdöğen, director Erdem Yılmaz, social media phenomenon Oğuzhan Çakmak and CNBC-E Internal and External Productions Manager Atila Irgalata.

On the premiere day of the festival, Justice and Development Party (AKP) Istanbul Deputy Lawyer Serkan Bayram and Writer Orhan Mirođlu, a member of the Justice and Development Party MKYK, will meet with cinema lovers. Within the scope of the gala, Serkan Bayram's "A Piece of Grain" film and Orhan Mirođlu's "Voices and Faces: Once Upon a Time in Diyarbakır" will also meet with the audience.

Another remarkable event of the festival is the workshop to be organized by Sony Turkey Education Manager Aykut Kılıç. This workshop, where the themes of cinema and sustainability will be covered, aims to inspire young filmmakers.

## FINALİST MOVIES

The productions that made it to the finals at the festival are as follows:

Flatmate, Watercolor, Göçebe, Razor Ruckus, The Fence, Kemal, Loop, The Island, My Beautiful Friend, Yapboz, Uncle Ali, sprAY, Hide&Seek, From Seven To Seventy, Breakfast, John DeMena, Eternal Eyes, FO-Dimension, Firez, Haksızlık, Gray Days, Nani's Kitchen, The Key.

## **ABET EVALUATION COMMITTEE VISITED ISTANBUL GELISIM UNIVERSITY WITHIN THE SCOPE OF ACCREDITATION RENEWAL STUDIES**

The US-based "Accreditation Board for Engineering and Technology" (ABET) Committee, a non-profit and independent non-governmental organization that evaluates engineering faculties, visited Istanbul Gelisim University between 15-19 November 2024 as part of its efforts to renew the international accreditations of academic programs.

Advancing with the vision of "Research University", Istanbul Gelisim University (IGU) continues to achieve success on a global scale with its internationalization policies and qualified education staff. At IGU, the university with the most internationally accredited programs in Türkiye, students who graduate from accredited departments graduate with internationally valid diplomas. The ABET accreditation certificate, which expresses the quality assurance evaluation of the training program, reveals the importance that IGU attaches to education and quality in international standards. 5 departments of the IGU Faculty of Engineering and Architecture, which has registered its quality with research and development activities and innovation studies, have abet accreditation. These departments include Computer Engineering (Turkish/English), Mechatronics Engineering (Turkish), Industrial Engineering (Turkish), Civil Engineering (Turkish/English) and Electrical-Electronics Engineering (Turkish/English).

Chairman of the Board of Trustees Abdülkadir Gayretli, Rector Prof. Bahri Şahin, Vice Rector in Charge of R&D Prof. Necmettin Maraşlı, Vice Rector for Education Prof. Nuri Kuruoğlu, Vice Rector for Quality, Accreditation and Internationalization Prof. Arda Öztürkcan, Quality Coordinator Prof. Hasan Hakan Bozkurt and Istanbul Gelisim University ABET Coordinator and Quality Commissioner Asst. Prof. Kenan

Şentürk participated to the meetings held within the scope of the renewal of international accreditations.

In the ABET delegation, the Dean of the Faculty of Engineering of Saint Martin University Prof. David Olwell was in charge as the chairman of the audit commission. The delegation also included Prof. Prasanta K. Ghosh, from Syracuse University, Prof. Paul Crilly, from U.S. Coast Guard Academy, Assoc. Prof. Joseph Wilck, from Bucknell University, Assoc. Prof. Md Rashad Islam from Colorado State University and lastly Dr. Sendilvelan Subramanian took part from Dr. M.G.R. Educational and Research Institute.

During the visit, the general structure of the university, the education and training opportunities of the departments where accreditation was evaluated with the Faculty of Engineering and Architecture, and the curriculum of the program were examined in detail by the ABET Evaluation Committee. Dean of the Faculty of Engineering and Architecture Prof. Tarık Çakar, Vice Deans Asst. Prof. Seda Erbayrak and Asst. Prof. Nurdan Tüysüz, Head of Industrial Engineering Department and Quality Commission Member Asst. Prof. Binnur Gürül, Head of Mechatronics Engineering Department Prof. Hamdi Alper Özyiğit, Head of Civil Engineering Department Asst. Prof. Ahmad Reshad, Head of Computer Engineering Department Asst. Prof. Oğuzhan Öztaş and Head of Electrical and Electronics Engineering Department Asst. Prof. Peri Güneş and the faculty members and research assistants of the departments participated. In addition, the research centers, laboratory facilities and facilities of the IGU Faculty of Engineering and Architecture were comprehensively evaluated by the committee.

While this visit once again proves Istanbul Gelisim University's commitment to educational quality and academic excellence at international standards, IGU offers an internationally valid education to its students with globally recognized accreditations. Istanbul Gelisim University, which consolidates its place among



Türkiye's leading institutions in higher education with its innovative research activities and qualified academic staff, continues to be an exemplary model not only in national but also in international education with this success.