

A BILATERAL AGREEMENT WAS SIGNED BETWEEN IGU AND NAVAI INNOVATION UNIVERSITY

The Rector of Nevai Innovation University, Nuriymon Abulhasan, visited IGU (Istanbul Gelisim University) Rector Prof. Dr. Bahri Şahin at his office. In a meeting attended by Nevai Innovation University Vice Rector Sherzod Atamuradov and Head of Department Rahimberdi Toshmamatov, the foundations of a strategic partnership were laid, culminating in the signing of a comprehensive bilateral agreement between the two universities.

Istanbul Gelisim University (IGU), with its national and international standards, continues to progress on a global scale by creating high-quality projects and collaborations. With its vision of being a "World University," IGU advances with a commitment to quality education and the presence of international students and academics within its community.

A COMPREHENSIVE BILATERAL AGREEMENT WAS SIGNED COVERING THE SHARING OF BEST PRACTICES IN THE FIELD OF ENGINEERING

The Rector of Nevai Innovation University, Nuriymon Abulhasan, along with Vice Rector Sherzod Atamuradov and Head of Department Rahimberdi Toshmamatov, visited Istanbul Gelisim University Rector Prof. Dr. Bahri Şahin at his office. The meeting, which focused on collaboration and sharing experiences to enhance the quality of education between the two universities, was attended by Vice Rectors Prof. Dr. Nuri Kuruoğlu, Prof. Dr. Necmettin Maraşlı, Prof. Dr. Arda Öztürkcan, and International Students Office Director Umedjon Haitmurodov. During the meeting, a comprehensive bilateral agreement was signed, encompassing student and faculty exchange, joint research projects, and the sharing of best practices in the field of engineering. The aim is to lay the foundation for future collaborative projects, ultimately enhancing the quality of engineering education in both countries.

IT IS SEEN IN ONE OUT OF EVERY 2 PEOPLE IN TÜRKİYE: POSSIBLE TO REDUCE IT WITH CRANBERRY FRUIT!

"Fatty liver disease", one of the most common health problems of today, is seen in one out of every four people in the world. Stating that this rate is higher in Türkiye and seen in one out of every 2 people, Nutrition and Dietetics Specialist Asst. Prof. Dr. Merve Bayram: "As a result of our 8-week study with cranberry fruit, we found that the consumption of cranberry fruit reduced body weight, body fat ratio and waist circumference".

While fatty liver disease associated with metabolic dysfunction is seen in one out of every 4 people in the world, it is seen in one out of every 2 people in Türkiye with a very high rate. Stating that there is no cure for fatty liver disease, Istanbul Gelisim University (IGU) Faculty of Health Sciences, Department of Nutrition and Dietetics Lecturer Nutrition and Dietetics Specialist Merve Bayram stated, "The only treatment method is to change the lifestyle by increasing diet and physical activity. As a result

of our 8-week study with cranberry fruit, which has a high antioxidant capacity, we found that consumption of cranberry fruit reduced body weight, body fat ratio and waist circumference."

"CRANBERRY FRUIT IS A VERY RICH ANTIOXIDANT IN TERMS OF ITS COMPOUNDS"

In recent years, interest in phytonutrients has increased considerably. Cranberry fruit, which is used in medicine for the prevention and treatment of various diseases, is widely used in colds, flu and urinary tract inflammations, diarrhea, constipation, gastrointestinal disorders, cough, bronchitis and diabetes. Stating that cranberry fruit is very rich in anthocyanins that give the fruit its red color, Nutrition and Dietetics Specialist Asst. Prof. Dr. Merve Bayram also added the following: "Anthocyanins are the compounds with the highest antioxidant capacity found in nature. Cranberries contain anthocyanins as well as many other compounds that increase their antioxidant content. Fatty liver disease is a disease that usually involves obesity. In our study, which we set out for this purpose, we evaluated the effect of cranberry fruit with or without dietary treatment in people with fatty liver disease."

"WE HAVE SEEN THAT IT REDUCES BODY WEIGHT, BODY FAT RATIO AND WAIST"

Stating that they divided the patients into 4 groups while conducting the study, Bayram said, "The first group provided the daily fruit requirement with 30 grams of lyophilized (powdered) dried cranberry fruits together with disease-specific diet therapy. The second group received disease-specific dietary-only treatment and consumed no fruits and vegetables of red, purple, and blue color. The third group continued their own diet and received 30 grams of lyophilized dried cranberry fruit each day. The fourth group continued their own diet and did not consume any red, purple and blue fruits and vegetables, including cranberries. Our fifth group included healthy individuals who were not diagnosed with fatty liver disease. Our study lasted 8 weeks. Body analysis, waist circumference, hip and neck measurements of all groups were performed at the beginning of the study and at the end of the 8th week. We found that cranberry fruit consumption reduced body weight, body fat ratio and waist, whether in addition to diet or not. The decline in these results was much greater with diet. The more interesting result was that there was a very serious decrease in the group consuming cranberries in addition to dietary treatment when looking at the decrease in the rate of liver fat with ultrasound."

A COOPERATION PROTOCOL WAS SIGNED BETWEEN IGU AND HEALTH SCIENCES UNIVERSITY

A cooperation protocol was signed between Istanbul Gelisim University and Health Sciences University. It was stated that this protocol will be valid for all units of the university, especially the Psychology Department of the Faculty of Economics, Administrative and Social Sciences.



Istanbul Gelisim University (IGU), which stands out with its quality education approach, projects and collaborations, signed a cooperation protocol with the University of Health Sciences. This protocol aims to realize regular, sustainable education and projects to increase the welfare level of the society in education, culture, technology development, joint internship mobility, inter-university academic consultancy, joint project construction. The protocol was created with the main objectives of raising individuals' awareness about hygiene and nutrition rules, raising awareness for the protection of their physical and mental health, and the future mission and vision. It was also stated that it will be valid for all units of the university, especially the Psychology Department of the Faculty of Economics, Administrative and Social Sciences.