

70% OF CHILDREN QUIT SPORTS BY THE AGE OF 14

According to ISTANBUL(UAV) -World Health Organization health statistics, 24.8 percent of children aged 6-9 in Türkiye are obese, while 40 percent of children in sports schools in Istanbul are in the overweight-obese category. In addition, children quit sports at the rate of 70 percent until they reach the age of 14. Assoc. Prof. Mehmet Soyol stated that the biggest reason for children to quit sports is family pressure, while Dietitian Hande Nur Onur Öztürk stated that children can be directed to healthy nutrition with the price policy in school canteens.

According to published statistics, more than 1 million people in the world are obese, including 880 million adults and 159 children. While one out of every eight people was obese in 2022, adult obesity has doubled and adolescent obesity has quadrupled. 37 million children under the age of 5 are overweight, 390 million children and adolescents between the ages of 5-19 are overweight, and 160 million are obese. Turkey ranked first in Europe in obesity, diabetes and inactivity. Istanbul Gelisim University Faculty of Sports Sciences, Head of Coaching Education Department Assoc. Prof. Mehmet Soyol and Faculty of Health Sciences and Department of Nutrition and Dietetics Asst. Prof. Hande Nur Onur Öztürk explained the tricks to be considered in the fight against obesity.

"PROVIDE BASIC MOVEMENT TRAINING FROM THE AGE OF 3 TO AVOID INACTIVITY"

Assoc. Prof. Mehmet Soyol said, "According to TURKSTAT data, it is seen that boys in Turkey exercise for 38 minutes a day, while girls exercise for 12 minutes. After the age of 18, this figure drops to 12 minutes for boys and 5 minutes for girls. When we evaluate this, we see that the sports culture and consciousness do not live in our country very much. Especially from the age of 3, children should be given basic

movement training. Then you can refer them to whichever branch they are professionally prone to. Recently, the awareness of directing children to sports has increased. "

"FAMILY PRESSURE IS THE FIRST REASON FOR CHILDREN TO QUIT SPORTS"

Commenting on the fact that children quit sports at the rate of 70 percent until they reach the age of 14, Assoc. Prof. Mehmet Soyol stated the following:

"Family pressure is among the first reasons for this. Incorrect training loading and conveying the opinion that academic success is more important is also an important factor. Unfortunately, during the play and learning period of children, families also expect sportive success from them. This causes mental pressure and disability in children. It can naturally cause it to cool down from sports or movement process. "

"WHEN CHILDREN EXERCISE, IT DOES NOT AFFECT THEIR ACADEMIC SUCCESS"

"We need to invest in our young people for our future. The beginning of this investment is that our children act in the logic of life-long sports with exercise and sports. When children exercise, it does not affect their academic success. On the contrary, it can express itself much more in academic achievement as well as being free from sociological, physiological and postural disorders. They can gain practical thinking skills. In this regard, we can say that exercise and sports are of great importance."

"ONE OF THE REASONS WHY THERE ARE SO MANY OVERWEIGHT PEOPLE IN ISTANBUL IS TRAFFIC"

Providing nutritional recommendations, Asst. Prof. Hande Nur Onur Öztürk, one of the reasons why there are so many overweight people in Istanbul is that we actually spend a lot of time on the road. No matter how much we correct our nutrition, the time allocated to us somehow goes in traffic. This causes us to sit constantly and stay in the same position. When we think that children go to school by car and shuttle, it is the inevitable end. That's why it's so important for your kids to exercise. The second important thing is nutrition."

"PRICE POLICIES AT SCHOOL ARE IMPORTANT FOR HEALTHY NUTRITION"

"If food is already provided at school, it is given according to the instructions of the ministry," said Asst. Prof. Hande Nur Onur Öztürk and added: "It is actually very important to reduce the prices in school canteens in order to increase the consumption of fruits and vegetables, especially in a way that is more suitable for children's access. It is very important to make a change in the price policy, especially in terms of providing milk and fruit and vegetables to children. Traditional meals are the healthiest. We have a nutrition model called four-leaf clover. Within this group, in fact, the nutrients that each individual should consume within a day are classified as milk group, meat group, whole grain group, fruit and vegetable group."

GOLDEN-WORTH INVENTIONS FROM IGU!

Within the scope of TEKNOFEST 2024, at the ISIF24 International Invention Fair organized under the auspices of the Ministry of Industry and Technology and the Turkish Patent and Trademark Office, IGU's inventions were evaluated by the jury and awarded.

The awards were presented to the winners at a ceremony attended by Deputy Minister of Industry and Technology Muhammet Kasım Gönüllü, Turkish Patent President Prof. Zeki Durak and rectors of various universities. Following the ceremony, Deputy Minister Muhammet Kasım Gönüllü and Turkish Patent and Trademark Office President Prof. Zeki Durak were presented with plaques for their invitation and support.

IGU'S INVENTIONS WERE EVALUATED IN THE GOLD AND BRONZE CATEGORIES

The AI-supported 3D Maps Creating and Analyzing Algorithm invention by Asst. Prof. Serkan Gönen, TTO Engineer Mustafa Sencer Kaçar, Muhammed Erdem Hatayoğlu, Ayberk Ermutuş and the Ecogrow AI-supported Irrigation and Fertilization Automation and Plantpulse Application invention by Lect. İzzet Yavuz, İrem Türkyılmaz and Kaan Irmak were included in the gold category.

The invention of the Electric Fan Motorized Vertical Landing and Takeoff Unmanned Aerial Vehicle by Prof. Osman Ergüven Vatandaş, TTO Director Yahya Kemal Kıran, Res. Asst. Hüseyin Furkan Çelik, the invention of Smart Glasses with Artificial Intelligence and Cyber Security Features for Visually Impaired Individuals by Asst.



Prof. Serkan Gönen, Asst. Prof. Kenan Şentürk, Res. Asst. Tunay Acıman and Furkan Onur, the invention of the Sensor Belt by Lect. Hasan Hüseyin Taşer, Lect. Sena Taş and Görkem Şahin, was in the bronze category.

INVESTORS SHOW GREAT INTEREST IN IGU'S INVENTIONS

In the second session of Demo Day held on the same day, the invention called "Unmanned Aerial Vehicle with Electric Fan Engine Capable of Vertical Takeoff and Landing" was presented to technology enthusiasts and investors. Information about the project, which attracted great interest, continued to be provided at the IGU stand.

IGU TTO representatives also visited the Bahçeşehir Gökkuşuğu College stand and congratulated the students who won first place in the Disaster Management Middle School Category of the Technology Competition for the Benefit of Humanity. IGU TTO representatives invited students Fahri Demir Şentürk, Yusuf Ömer Demir and Dora Doğan, who won first place under the supervision of Project Coordinator Yusuf Sezikli to present their "Five-Stage Solution Against Earthquakes" project.

IGU FACULTY MEMBER ASSOC. PROF. ALİ ÇELİK HAS BEEN AWARDED A TUBITAK RESEARCH SCHOLARSHIP!

The 2219 International Postdoctoral Research Project titled "Investigating the impact of international labour standards, income distribution, war industry and democracy on global warming in the context of the circular economy and the net zero emissions target for developed and developing countries by Assoc. Prof. Ali Çelik from the Department of Electronic Commerce and Management, Faculty of Applied Sciences, Istanbul Gelisim University has been awarded support by TUBITAK.



Istanbul Gelisim University continues to make original contributions to the world of science with qualified projects carried out at national and international levels, where academic staff shed light on current problem areas and produce solutions.

The scientific project prepared by Assoc. Prof. Ali ÇELİK, our faculty member at Istanbul Gelisim University, Faculty of Applied Sciences, Department of Electronic Commerce and Management, has been awarded support within the scope of the Scientific and Technological Research Council of Türkiye (TUBITAK) 2219 International Postdoctoral Research Scholarship.

The scientific project titled “Investigating the impact of international labour standards, income distribution, war industry and democracy on global warming in the context of the circular economy and the net zero emissions target for developed and developing countries” by Assoc. Prof. Ali Çelik, who was awarded a TUBITAK scholarship that aims to enable academics to conduct academic research abroad during the post-doctoral period, aims to conduct a multi-dimensional analysis for both developed and developing countries by considering economic, social, demographic and political factors in the field of environmental economics. In addition, this scientific project aims to contribute to the integration of the United Nations (UN) Sustainable Development Goals, which serve the green transformation targets, one of TUBITAK’s priority areas, and the Development Plan prepared according to the 2053 vision of the Republic of Türkiye, based on net zero emissions and circular economy.

Our faculty member Assoc. Prof. Ali Çelik, within the scope of the research scholarship he won, will conduct scientific studies at Western Sydney University, which is among the top 100 universities in the QS world university rankings in the field of "Development Studies" in Australia. He will undertake important scientific activities that contribute to Istanbul Gelisim University's vision of being an innovative and pioneering world university that has adopted the concept of sustainability.

IGU FACULTY MEMBER ASSOC. PROF. UGUR BALOĐLU HAS BEEN AWARDED A TÜBİTAK RESEARCH SCHOLARSHIP!

Assoc. Prof. Ugur Balođlu from the Faculty of Applied Sciences has been awarded the TÜBİTAK 2219 Postdoctoral Research Scholarship Abroad for his research on Turkish TV series in the USA and has successfully completed his work.

Our university's faculty members continue to leave their mark in the scientific world with their original and qualified academic studies. These valuable projects contribute to global science and increase the international reputation of our university. The scientific study completed by Assoc. Prof. Uđur Balođlu from the Faculty of Applied Sciences was awarded support within the scope of the TÜBİTAK 2219 International Postdoctoral Research Scholarship and the research was successfully completed.

Dr. Balođlu, who was awarded a TÜBİTAK scholarship that aims to enable academics to conduct academic research abroad during the post-doctoral period, aims to develop an innovative and original academic approach in the field of communication and cultural studies by presenting important scientific findings in the field with his project titled "Transnational Media and Counter Cultural Flow: A Comparative Research on Turkish TV Series in the USA in the Context of Immigrant Integration and Cultural Encounters".

Within the scope of the research scholarship he won, Dr. Balođlu conducted studies at Purdue University, Faculty of Communication and Creative Arts in the United States between January 2023 and June 2024. The research was conducted using audience ethnography in the states of New York, Indiana and California. This study examined the impact of Turkish TV series on US audiences and immigrant integration processes.



Dr. Balođlu's research makes significant contributions to the scientific vision of our university. The study examines the rising popularity of Turkish TV series in the United States and its impact on intercultural communication, revealing valuable findings from both academic and social perspectives.

FACULTY OF HEALTH SCIENCES 2024-2025 ACADEMIC YEAR OPENING MEETING HELD!

The Faculty of Health Sciences (FHS) at Istanbul Gelisim University (IGU) organized an opening meeting for the 2024-2025 academic year, with the participation of Rector Prof. Bahri řahin, Vice-Rectors Prof. Nuri Kuruođlu, Prof. Necmettin Marařlı, Prof. Arda Öztürkcan, and FHS Dean Prof. Rifat Mutuř and FHS faculty members. Prof. Mutuř inaugurated the meeting with a detailed presentation reflecting on data and key developments from the 2023-2024 academic year.

FHS, with 13 departments accredited by the Accreditation Agency for Health and Social Sciences (AHPGS) under the European Association for Quality Assurance in Higher Education (ENQA), begins the new academic year with momentum and dedication to academic excellence and global outreach.

ONGOING SUPPORT FOR ACADEMIC PROJECTS!

During the meeting, Rector Prof. řahin highlighted IGU TEKMER's contributions to fostering entrepreneurship within the university and reaffirmed the institution's commitment to supporting academic projects and initiatives.

Vice-Rector for Education, Prof. Kuruođlu, provided insights into curriculum advancements and the focus on high-quality education for the new academic year.

Vice-Rector for R&D, Prof. Maraşlı, shared updates on IGU's Cyber Academy projects and international outreach, underscoring the strategic goal to increase 2209 TÜBİTAK-funded projects. Additionally, Prof. Öztürkcan, Vice-Rector for Quality, Accreditation, and Internationalization, emphasized the role of FHS's AHPGS-accredited departments in the university's THEQC processes. He also outlined IGU's sustainability-focused achievements and the continued progress toward internationalization goals.

ASST. PROF. DENİZ ŞENTÜRK'S PROJECT SECURES TÜBİTAK 1001 FUNDING!

The project titled "Prediction of Injuries in Elite Football Players Using Machine Learning Methods (124E474)", which was applied for within the scope of the "1001-SPORTS RESEARCH" call, led by Dr. Deniz Şentürk from Istanbul Gelisim University, Faculty of Sports Sciences, has been deemed to be supported.

With the studies planned to be carried out in the field of sports sciences and artificial intelligence in the project in question, an important step will be taken for the international football community on behalf of our country. The project aims to provide innovative solutions to improve the health and performance of athletes by using machine learning methods to determine injuries in football players in advance. Thus, a global solution in the field of sports technologies can be offered by investigating the opportunities offered by machine learning technologies to protect the health of elite football players in Turkey and reduce the risk of injury.

This project, which will last for 24 months, will be carried out by Asst. Prof. Deniz Şentürk. The research team includes Dr. Zeki Akyıldız from Afyon Kocatepe University, Assoc. Prof. Erhan Çene and Assoc. Prof. Coşkun Parim from Yıldız

Technical University. The machine learning disability prediction model to be developed within the scope of the project will be converted into software at the final stage and will be converted into software within the scope of the 1505-University-Industry Cooperation Support Program and will be opened to the national and international market.

IGU ACHIEVED GREAT SUCCESS BY BEING IN THE 1001-1200 RANKINGS IN THE WORLD UNIVERSITIES RANKING 2025

Istanbul Gelisim University has achieved great success by ranking in the top 500 in the field of Research Quality in the list of THE World Universities Ranking 2025, which includes many well-established institutions such as Oxford University, Massachusetts Institute of Technology (MIT) and Harvard University.

Times Higher Education (THE), the London-based international higher education rating agency, announced the World University Rankings for 2025. The ranking was evaluated with the criteria of Education, Research Environment, Research Quality, Industry and International Outlook between 2019-2023. In this process, those who met various criteria from approximately 40,000 universities worldwide were included in the ranking. While there are more than 2,000 institutions in this ranking, Türkiye has achieved a historical success by being represented by 91 universities. In addition, 12 Turkish universities were included in the top 1000.

IGU, which achieved a significant success in the World Universities Ranking 2025, was ranked in the 1001-1200 in the world in general rankings, being 13th among Turkish universities and 8th among foundation universities.

IGU, which ranks 473rd in the world with Research Quality field, was listed as the 3rd among Turkish universities and as the 2nd among foundation universities.

In the field of International Outlook, it ranked 596th in the world, and 5th in Türkiye.

The success of IGU in the rankings shows the university's commitment to high-quality education and research and its compliance with international standards. IGU, which advances to the vision of the world university, takes firm steps towards becoming a globally recognized university by supporting its research activities while providing an innovative and contemporary education to its students.

“THIS ACHIEVEMENT IS NOT ONLY A RANKING; IT IS ALSO A REFLECTION OF OUR UNDERSTANDING OF ACADEMIC EXCELLENCE AND INNOVATIVE EDUCATION”

Istanbul Gelisim University Rector Prof. Bahri Şahin: “As Istanbul Gelisim University, we are proud to be among the top 500 universities in the field of Research Quality in the Times Higher Education (THE) World Universities Ranking 2025. The fact that we are ranked 8th among the foundation universities in Turkey by being in the 1001-1200 in the general rankings in the international arena is a result of the intense efforts and dedication we carry out together. This achievement is not only a ranking; it is also a reflection of our understanding of academic excellence and innovative education. Our vision is to provide our students with the highest quality education, making them individuals who can compete on a global level. We aim to be a pioneer in knowledge production with our studies in the field of research and innovation. I would like to thank all our academicians and stakeholders of our university who contributed to achieving this success. We will continue to work to achieve many more achievements that will strengthen the presence of IGU in the international arena by continuing to move forward with determination to achieve larger goals in the future.”

Commenting on Türkiye's success in the Times Higher Education (THE) 2025 World University Rankings, THE Global President Phil Baty stated, "The increase in the number of Turkish universities in the top rankings is an indication that Türkiye has made rapid progress in terms of research and education quality. It is really great to observe this and we think it will go higher in the rankings of universities."

VISIT FROM UZBEKISTAN PRESIDENTIAL DELEGATION TO IGU

Asilbek Murtazaev and Shukrob Abdikhafizov from the Presidency of Uzbekistan, Ergash Juamev representing the Ministry of Youth and Sports visited Istanbul Gelisim University. The visit aimed to develop cooperation between the two countries and to establish a stronger bond between IGU and Uzbekistan.

Moving forward with the vision of a "World University", Istanbul Gelisim University (IGU) continues to create qualified projects and collaborations on a global scale with its national and international standards. Asilbek Murtazaev and Shukrob Abdikhafizov from the Presidency of Uzbekistan, and Ergash Juamev representing the Ministry of Youth and Sports visited Istanbul Gelisim University. The meeting was attended by the Chairman of the Board of Trustees Abdülkadir Gayretli, Rector Prof. Bahri Şahin, Vice Rectors Prof. Nuri Kuruoğlu, Prof. Necmettin Maraşlı and Prof. Arda Öztürkcan. The visit focused on areas of cooperation between the two countries.

UZBEK STUDENTS FROM IGU ALSO ATTENDED THE MEETING

A productive meeting was held on the development of bilateral relations, implementation of joint projects and increasing cooperation within the framework of the Orkhon Exchange Program, while Uzbek students studying at IGU also

participated and had the opportunity to share their own ideas and opinions. This visit contributed to the strengthening of academic cooperation between the two countries and allowed for a stronger bond to be established between IGU and Uzbekistan.

YÖK (COUNCIL OF HIGHER EDUCATION) EVALUATED UNIVERSITIES: IGU RANKED 1ST IN 3 CATEGORIES

The "University Monitoring and Evaluation General Report-2024" prepared by the Council of Higher Education (YÖK) was published. Istanbul Gelisim University (IGU), which stood out in 6 fields last year, stood out in 10 fields this year with its studies. While IGU was at the top with its studies in the field of water saving investment and energy efficiency investment per the amount of water consumed in the "Sustainability" category, which is one of the evaluations made by the Council of Higher Education, it maintained its 1st place as the university with the most accredited undergraduate programs.

The "University Monitoring and Evaluation General Report-2024", in which the Council of Higher Education evaluated 201 universities in Turkey according to 64 different indicators, was published. Istanbul Gelisim University (IGU) ranked 1st in the university category, where the use of energy efficiency investment and water saving investment per the amount of water consumed was the highest. IGU, which took firm steps towards internationalization, maintained its 1st place as the university with the most accredited undergraduate programs among both state and foundation universities.



IGU ENTERED THE RANKINGS IN 10 DIFFERENT INDICATORS IN 4 DIFFERENT CATEGORIES

Istanbul Gelisim University, which proceeds with the vision of "Research University ", ranked 6th in the category of "applied patent, useful model or design" in the field of " Research-Development, Project and Publication" according to 2024 data, and 13th in the category of "Field-weighted citation impact". In the "University Monitoring and Evaluation General Report-2024"; IGU, which is the 1st university with the most accredited undergraduate programs in the field of "Education and Training", ranked 3rd in the "Number of E-Resources" category.

Advancing with the vision of the world university, IGU ranked 5th in the category of "Number of international doctoral academicians employed" in the field of "Internationalization", 9th in the category of "Number of international students" and 11th in the category of "Number of students participating in exchange programs".

SUCCESS IN 3 DIFFERENT INDICATORS IN THE SUSTAINABILITY FIELD!

Istanbul Gelisim University, which attaches importance to sustainability studies in all areas, especially environmental sustainability by adopting the "Sustainable Development Goals", once again emphasized the importance it attaches to the practices for the effective use of natural resources as the 8th in the category of "Direct carbon footprint per capita" as well as its first place in the categories of "energy efficiency investment use" and "water saving investment per amount of water consumed" in the field of "Sustainability" in the 2024 report.



“WE ACT WITH A STRONG SPIRIT OF COOPERATION TO SHAPE THE FUTURE”

Istanbul Gelisim University Rector Prof. Bahri Şahin underlined the success of IGU in 10 fields in the University Monitoring and Evaluation General Report-2024, which maintains its 1st place as the university with the most accredited undergraduate program among both state and foundation universities. Prof. Şahin also added: We are proud of the studies we have carried out on many issues such as rapidly developing technology, climate and environmental problems, global conflicts, changes in social needs, employment and economic crises, which YÖK President Prof. Erol Özvar said these are the issues that higher education will seek solutions in the coming period. As a university, we adopt the United Nations Sustainable Development Goals with the aim of leaving a more livable world for future generations. Sustainability is critical not only for the world, but also for humanity, and achieving this goal is a shared responsibility of all of us. In this regard, we aim to develop innovative solutions and increase social benefit by giving special importance to our education and research activities. We act in a strong spirit of cooperation to shape the future.”