

## 10th MEDIA AWARDS FOUND THEIR PRIZE WINNERS

The awards were presented at the "10th Media Awards Ceremony" organized by Istanbul Gelisim University. In the ceremony, the doyen names of the media, art and sports world were awarded in 70 different categories with the votes of the students.

The 10th Media Awards Ceremony of Istanbul Gelisim University (IGU), which is traditionally held every year, was held. The award ceremony held at the Mehmet Akif Ersoy Conference Hall of the university was attended by the art, football and media community. Industry connoisseurs who came together with the students had the opportunity to share their experiences one-on-one with the students.

While Ali Limoncu received the Award for Adding Value to Turkish Sports; Bülent Emin Yarar received the Lifetime Honor Award in Art. The Lifetime Honor Award in Sports was given to Şansal Büyüka. Büyüka stated that it is very valuable to receive awards with the votes given by the students. In addition; TV Channel of the Year is TV8, Manager of the Year - Çağdaş Atan, while the Honorary Award in Music was given to Yavuz Bingöl. İhlas News Agency was selected as the Best News Agency.

Valuable names were awarded in 70 categories in 10 different fields, including honor, theatre, television, sports, newspaper/magazine, radio, cinema, music, digital and television series.

Awards were presented in a total of 70 categories

The awards in 7 categories were presented by the Chairman of the Board of Trustees Abdülkadir Gayretli, Rector Prof. Dr. Bahri Şahin and university lecturers.

Yavuz Bingöl: "I had the opportunity to share my life experience and experiences with young people"

Yavuz Bingöl said, "I would like to thank students first. It is very important for us to receive awards from young people. In particular, the results are even more important when they come out of the surveys. These things are symbolic for us but motivate our work. I am very happy to be here with the young people today. On this occasion, I shared my experiences and life experiences with them. We are all actually students. Our student life never ends. That is why I always try to come together with young people."

Yavuz Bingöl: "I did a lot of work, but I always went back to music"

Yavuz Bingöl stated the following, "If you want to be successful, it is necessary to persevere and hard work. From the moment you decide on the work you do, you have to go after it. In other words, it is necessary not to quit and to continue working. I did a lot of work, but I always went back to music. I care about following my dreams."

"We make our young people think 'I want to be like that in the future too'"

Abdülkadir Gayretli, Chairman of the Board of Trustees, said, "Our Media Awards Ceremonies have become a classic at our university. We will arrange it from now on too. Our purpose here is to host our superheros in our school and to bring them together with our students and teachers. We aim for our students to keep their dreams, ideals and goals great through them. It is very valuable for us that students follow their ideals and progress by keeping their dreams big. We make students think that each of them should have an idol and that ' I want to be like him/her in the future' ".

"It is very valuable for us to show that we know the value of our artists"

Stating that this ceremony has now become a classic, Rector Prof. Dr. Bahri Şahin also added:

"We hosted very valuable names with the Media Awards Ceremony, I am sure that our students here will have these awards one day. Our students choose media stars and the art world who come here today. It is very valuable for us to bring together media, sports and art stars with our students and to show that we know the value of our artists with the awards given."

## **RUR 2024 RESULTS ANNOUNCED: IGU HAS RISEN 23 PLACES IN THE OVERALL RANKING!**

According to the results announced by Round University Ranking (RUR), one of the institutions ranking universities in the world, Istanbul Gelisim University rose 23 places in the world with 1099th. IGU, on the other hand, ranked 48th among universities in Türkiye and 18th among foundation universities.

Continuing to progress with the vision of "World University", Istanbul Gelisim University (IGU) has achieved a significant success in the international arena and increased its place in the RUR 2024 World Universities Ranking by 23 steps compared to last year. According to the list published by the RUR Rankings Agency for 15 years, IGU ranked 48th in Türkiye and 18th among foundation universities in Türkiye this year.

Round University Ranking (RUR), one of the prestigious organizations ranking world universities, announced the results of 2024. RUR, which evaluates the leading universities around the world according to a total of 20 indicators under the headings of teaching, research, international diversity and financial sustainability, bases its ranking on certain criteria. When determining the scores of universities, teaching and research dimensions are reflected in the total score as 40 percent, and international diversity and financial sustainability indicators are reflected in the total score as 10 percent.

According to the ranking explained in the indicators of Teaching, Research, International Diversity and Financial Sustainability, IGU ranked 1113th in the world in the 'Teaching' indicator and 15th among foundation universities in Türkiye. While maintaining its place in the 'Research' indicator last year, it ranked 1017th in the world ranking and 16th among foundation universities by increasing its score. IGU, which achieved global success with its internationalization strategies, continued its success in the 'International Diversity' indicator and ranked 730th in the world and 16th among the foundation universities in Türkiye, while it ranked 1106th in the world and 16th in the foundation universities in the 'Financial Sustainability' indicator.

### **IGU'S BIG THE SUCCESS: 1ST IN THE 'ACCESSIBLE AND CLEAN ENERGY' CATEGORY!**

World universities ranking organization Times Higher Education (THE) Impact Ranking 2024 was announced. Among the 2152 universities in the ranking, Istanbul Gelisim University (IGU) ranked 6th in the "Accessible and Clean Energy" category by increasing its success ranking from 12th last year to 6th this year, while it ranked 1st among the foundation universities in Türkiye.

A total of 2152 universities were evaluated with the addition of 447 universities to the number of applications, which was 1705 last year in the Times Higher Education (THE) ranking, the world's leading higher education rating agency based in the UK. Türkiye ranked 2nd in the Times Higher Education (THE) 2024 ranking, where 92 universities were rated.

Advancing with the vision of World University, IGU ranked 27th in Türkiye and 7th among the foundation universities in the Times Higher Education (THE) Impact Ranking 2024 list, IGU also ranked in the 801-1000 band worldwide.

In the ranking carried out in line with the 17 categories determined by the United Nations within the scope of the Sustainable Development Goals (SDG), Istanbul Gelisim University attracted great attention in 4 different categories with its studies in the field of education, innovative projects and contributions to society. IGU has achieved the following significant achievements:

6th in Türkiye in SDG-7 Accessible and Clean Energy category, 1st among foundation universities in Türkiye and 101-200th in the world,

12th in Türkiye in SDG-17 Partnerships for Purposes category, 5th among foundation universities in Türkiye, 401-600 worldwide,

28th in Türkiye in the SDG-3 Health and Quality Life category, 9th among foundation universities in Türkiye, 601-800th worldwide,

26th in Türkiye in the SDG-10 Reducing Inequalities category, 9th among foundation universities in Türkiye, 401-600 in the world,

In the Impact Ranking, IGU ranked 27th in Türkiye, 7th among the foundation universities in Türkiye, and 801-1000 worldwide.

“We are committed to continuing our work on energy efficiency”

Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University, pointed out that IGU ranks 1st among the foundation universities in Türkiye in the ‘Accessible and Clean Energy’ category. Gayretli continued his words as following: “While supporting the practices for the effective use of natural resources, we are proceeding with sensitivity on energy and waste management with a universal sense of responsibility. We remain committed to continuing our important work on energy efficiency and climate change.”

“We prioritize sustainability studies in all areas”

According to the United Nations 17 Sustainable Development Goals, Istanbul Gelisim University (IGU) Rector Prof. Dr. Bahri Şahin made statements about the ranking in which it is aimed to evaluate the effects of ecological, economic and environmental sustainability practices on society. Prof. Dr. Bahri Şahin said, “As Istanbul Gelisim University, we develop projects by focusing on sustainability studies in all areas, especially environmental sustainability, with the aim of leaving a more livable world for future generations and achieving permanent success. We implement projects that

provide added value in the field of university-industry cooperation, science, technology and employment in a way that benefits the society by adopting the 'Sustainable Development Goals'. Council of Higher Education (YÖK) Chairman Prof. Dr. Erol Özvar: "I fully believe that we will further increase our achievements in the future by focusing on the internationalization, academic productivity and research quality of our university and proceeding with responsible production and consumption awareness."

"The steps we have taken together with world-renowned leaders are very valuable for a sustainable future"

Participating in the 2024 THE Global Sustainable Development Congress held on June 10-13, 2024 at Queen Sirikit National Convention Center in Bangkok, the capital of Thailand, IGU Vice Rector for Quality, Accreditation and Internationalization Prof. Dr. Arda Öztürkcan: "It is the second international the event I attended this year after THE Asian Universities Summit. Our participation in congresses such as Greenmetrics, Zero Waste and THE and our breakthroughs in this field have brought many achievements to our university in the field of sustainability. In line with our goals, steps we have taken by meeting with world-renowned leaders for a sustainable future by participating in 2024 THE Global Sustainable Development Congress are very significant. Vice President of the Council of Higher Education (YÖK) Prof. Dr. Halim Haldun Göktaş announced that GSDC 2025 will be carried out in Istanbul. I would like to thank YÖK for this success."

### **THE EXPERT EXPLAINED: IT IS POSSIBLE TO SPEND THE SACRIFICE HOLIDAY HEALTHY IN 11 WAYS!**

Sacrifice Holiday is a special time when traditional dishes and particularly red meat consumption are intense. In order to stay healthy during this period, it may be necessary to make minor interventions in eating habits. Nutrition and Dietetics Specialist Asst. Prof. Dr. Merve Bayram said, "By paying attention to a balanced diet, you can spend the Sacrifice Holiday in a way that is both delicious and healthy."

Istanbul Gelisim University (IGU) Faculty of Health Sciences, Head of Nutrition and Dietetics Department Asst. Prof. Dr. Merve Bayram listed what needs to be done to spend the holiday in a healthy way by eating a balanced diet in 11 items:

1. Be cautious in meat consumption: Red meat consumption increases during Sacrifice Holiday. However, excessive meat consumption can cause digestive problems and elevated cholesterol levels. Try to limit your daily meat consumption to 150-200 grams.

2. Begin the day with a healthy breakfast: Start the day with a nutritious breakfast to keep energy levels high and then avoid overeating, where whole grains, fruits, and protein-rich foods can be preferred.
  
3. Portion control is essential: Since a wide variety of dishes is available, overeating becomes possible. Using smaller plates, small portions should be taken and the body's hunger signals rested.
  
4. Balance your plate: Consuming a balanced plate of lean proteins, vegetables, whole grains, and healthy fats provides a good nutritional balance and helps to feel satisfied.
  
5. Stay hydrated: Especially during this holiday, which coincides with these days when air temperatures increase, plenty of water should be drunk throughout the day in order not to be dehydrated with the increase in meat and dessert consumption. Care should be taken to drink at least 2-2.5 liters of water per day. Sugary drinks should be limited whereas herbal teas, water and fresh fruit juices should be preferred.
  
6. Slow and careful consumption: Eat your food slowly and chew well. Eating fast can lead to digestive problems and cause you to overeat. Eating slowly can help to notice the feeling of satiety and prevent overeating.
  
7. Do not neglect to eat egetables and fruits: Increase your intake of vitamins, minerals and fiber by consuming plenty of vegetables and fruits along with meat. Salads and fruits made from vegetables help relax your digestive system.
  
8. Be cautious to sweet consumption: Care should be taken to choose healthy alternatives made with less sugar, such as light milk desserts or fruit-based desserts, by enjoying the desserts consumed during the Sacrifice Holiday.
  
9. Choose healthy snacks: Be careful to consume healthy snacks other than main meals. Nuts, yoghurt, fresh vegetables, and fruits are good options.

10. Healthy cooking methods: Wash the meat thoroughly before cooking. Pay attention to the hygiene of the cutting tools and surfaces used. Thoroughly clean all materials that come into contact with raw meat. Prepare the sacrificial meat by healthy methods such as grilling, boiling, baking or steaming. These methods prevent the excessive use of fat while maintaining the nutritional value of the meat. It is important that the internal temperature of the meat reaches at least 75°C for the destruction of harmful microorganisms. Make sure the meat is well cooked using a food thermometer. Preparing the sacrificial meat before cooking with the marination process increases its flavor and keeps it soft. You can use acidic ingredients (lemon juice or vinegar) and olive oil for marination. Avoid using excess fat during cooking and cook the meat in its own oil if possible. When grilling, be careful not to expose the meat directly to fire. After cooking, resting the meat for a few minutes allows the water in it to disperse and be more delicious.

11. Stay active: Attempts should be made to increase physical activity during the holiday. For instance, a walk with family or a fun game can help balance the extra calories consumed during meals.