



# MONTHLY EVENTS AND NEWS BULLETIN



Faculty of  
Health Sciences



# 100

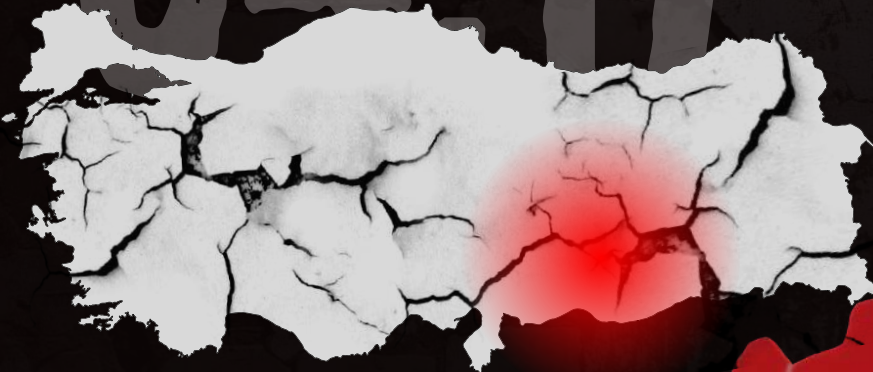
THE 100TH ANNIVERSARY OF THE REPUBLIC OF TÜRKİYE

**FEBRUARY 2024 | ISSUE 38 | VOLUME 4**



04-17

WE HAVE NOT  
FORGOTTEN



6 FEBRUARY 2023



Faculty of  
Health Sciences

**7,7 and 7,6**

The epicenter is in the Pazarcık and  
Elbistan districts of Kahramanmaraş.

**EARTHQUAKE**

**06.02.2023**

#Get well soon  
Turkiye

**It is necessary to overcome pride in  
successes and to resist despair in disasters.**

**Mustafa Kemal ATATÜRK**

2024

February

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	1	2	3

4 February: World Cancer Day



6 February: Kahramanmaraş Earthquake



9 February: World No Smoking Day



13 February: World Radio Day



14 February: Valentine's Day



17 February: Mirac Lamp



28 February: Civil Defense Day



27- 28 February: Tax Week



# CONTENTS



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- 6 ANOTHER AWARD FOR IGU, WHICH IS AT THE TOP WITH ITS SUSTAINABILITY STUDIES!
- 8 IGU CONTINUES ITS RISE IN WEBOMETRICS WORLD UNIVERSITY RANKINGS!
- 10 URBAN TRANSFORMATION AND SOCIAL AWARENESS RAISING: BEYLIKDUZU EXAMPLE
- 13 SOCIAL SERVICE IN EARTHQUAKE AND DISASTERS
- 15 BECOMING A AFAD VOLUNTEER
- 18 NEWS FROM THE FACULTY OF HEALTH SCIENCES
- 19 ARTICLE
- 20 ACADEMIC DEVELOPMENT
- 22 POSITIVE DISCIPLINE
- 23 CULTURAL AND SOCIAL LIFE
- 24 DON'T BREAK YOURSELF
- 26 WHO IS WHO? PROF. DR. NURIYE PINAR ERDEM
- 29 OUR GUEST OF THIS MONTH
- 30 DEPARTMENT'S RECOMMENDING: AUDIOLOGY
- 31 DEVELOPMENT READINGS
- 32 THE STORY OF THE SONG 'CUFFLINK' AND BARIS MANCO
- 34 ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

# ANOTHER AWARD FOR IGU, WHICH IS AT THE TOP >>>WITH ITS SUSTAINABILITY STUDIES! <<<



ISTANBUL GELISIM UNIVERSITY (IGU), WHICH CARRIES OUT ITS STUDIES IN THE FIELD OF SUSTAINABILITY WITH PRECISION, WAS AWARDED THE "HIGHLY COMMENDED" AWARD AT THE DALI LIGHTINGS AWARDS 2023 WITH ITS LIGHTING ELEMENTS AND AUTOMATION RENEWAL PROJECT.

**DALI  
PROTOCOL HAS  
BEEN  
PREFERRED**

Istanbul Gelisim University, which attaches importance to sustainability studies in all areas, especially environmental sustainability, by adopting the "Sustainable Development Goals", carries out practices for the effective use of natural resources and proceeds with a universal sense of responsibility. IGU, which is at the top in the category of "Renewable Energy Resources Use" under the title of "Sustainability" in the "University Monitoring and Evaluation General Report-2023" prepared by Council of Higher Education (YÖK), was awarded the "Highly Commended" award at Dali Lightings Awards 2023 with its lighting elements and automation renewal project, one of its works with its stakeholder Elekon Smart Building Technologies.



## “Using renewable energy sources is now a necessity for the sustainability of our planet”

Standing out in the field of sustainability with its rapid rise in the categories in GreenMetric 2023 and Times Higher Education (THE) 2023, IGU ranked at the top in the category of "Use of Renewable Energy Resources" under the title of "Sustainability" in the "University Monitoring and Evaluation General Report-2023" prepared by Council of Higher Education (YÖK). In this context, IGU achieved significant success with the lighting elements and automation renewal project, which is one of the works it carried out with the company "Elekon Smart Building Technologies", one of its stakeholders. In the project, which aims to increase the welfare level of working environments and to use energy correctly by using up-to-date technology, it was stated that the DALI protocol, which fully meets the needs and provides a rapid adaptation thanks to its flexibility and programmability even if the purpose of use physical areas is changed, was preferred.

With the replacement of the lighting in Istanbul Gelisim University K Block, while creating scenarios suitable for the areas serving various activities such as lectures, presentations and exhibitions according to the current architecture, studies were created to ensure energy analysis at the floor level within the scope of sustainability. It was also stated that the security level in the building was increased by organizing it with a fire system. With these works, IGU was awarded with the "Highly Commended" award at the DALI Lightings Awards 2023, which is an international event.



Stating that they are happy to add a new one to their projects for energy efficiency, IGU Rector Prof. Dr. Bahri Şahin said, "Sustainability and climate change are among the important agendas of the world. All countries of the world are in a significant transformation. Within the scope of sustainability studies, we are moving forward intending to leave a better world for future generations with the studies we carry out for the effective and efficient use of energy resources. Using renewable energy sources is now a necessity for the sustainability of our planet. In order to contribute to the development of both our country and our university in the field of sustainability at the highest level, in addition to our interactive activities in the fields of education and research, we are actively implementing projects that provide added value in the field of university-industry cooperation, science, technology and employment in line with our strategic goals for the benefit of the society."



# IGU CONTINUES ITS RISE IN WEBOMETRICS WORLD UNIVERSITY RANKINGS!

Advancing with the vision of "Research University", Istanbul Gelisim University was listed as 2278th in the Webometrics World University Rankings in 2024. Continuing its rise in the last four years in the Webometrics World University Rankings, IGU once again proved its success by ranking 54th among Turkish universities and 12th among foundation universities.

Webometrics World University Rankings, one of the most well-known academic rankings of Higher Education Institutions that offer an independent, objective and clear study that evaluates all universities twice a year, in January and July, have been announced. IGU continued its rise in all areas in the Webometrics World University Rankings, which aim to promote academic web presence by supporting "Accessibility" initiatives to significantly increase the transfer of scientific and cultural knowledge produced by universities to the entire society.

## RANKING WEB OF UNIVERSITIES

### IGU CONTINUES ITS RISE IN WEBOMETRICS WORLD UNIVERSITY RANKINGS!

# 2278<sup>th</sup> IN THE WORLD

## 54<sup>th</sup> IN TURKIYE

## 12<sup>th</sup> AMONG FOUNDATION UNIVERSITIES

In Continental Rankings;

CVETS	Middle East	Europe	Asia
132 <sup>th</sup>	183 <sup>th</sup>	804 <sup>th</sup>	806 <sup>th</sup>





## IGU RANKED 54TH AMONG TURKISH UNIVERSITIES



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Advancing with the vision of "Research University", Istanbul Gelisim University (IGU) attaches global importance to science and R&D studies by contributing to the production of new technologies. Adding a new one to its national and international successes, IGU ranked 2278th in the Webometrics World University Rankings, where it has continued to rise for the last four years. It was listed as 54th among Turkish universities and 12th among foundation universities.

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Other rankings received by Istanbul Gelisim University, which has achieved success in rising in all categories published by Webometrics for the last four years, in the Webometrics World Rankings are as follows:

- 1775th in Webometrics Transparency Category,
  - 1914th in the Excellence Rankings,
  - 6500th in Impact (Visibility) Rankings.
- 

IGU also was ranked as follows:

- 132nd among CIVETS countries (including countries such as Colombia, Indonesia, Vietnam, Egypt, Turkey and South Africa),
  - 183rd in the Middle East university rankings,
  - 804th among European universities,
  - 806th among Asian universities.
- 

IGU Vice Rector Prof. Dr. Arda Öztürkcan stated the following: "We continue our work to quickly achieve the results we target in our internationalization journey. In our internationalization efforts, we get better results every year than the previous year. We will continue this with determination."



## Urban Transformation and Social Awareness Raising: Beylikduzu Example

Interview with Vice President Hakan KARADEMİR on Urban Transformation and Disaster Preparedness

Interview: Asst. Prof. Emrah TUNCER

Beylikdüzü Municipality is an exemplary municipality in terms of preparation for natural disasters. He established the Beylikdüzü Ready Platform to prepare for disasters. This platform informs and educates citizens against all possible disasters. In addition, projects such as Disaster Information System (ABIS) and Beylikdüzü Disaster and Emergency Response Station were also implemented. On the anniversary of the earthquake, we talked with Hakan KARADEMİR to learn how local governments prepare for natural disasters. Hakan KARADEMİR, who is working hard to make Beylikdüzü a safer and more livable city, is both a city planner and the deputy mayor of Beylikdüzü. He told us about the importance and difficulties of urban transformation.

**What kind of campaigns does your municipality run to raise public awareness about disasters? What do you think should be the precautions to be taken for natural disasters?**

Natural disasters are a part of our lives, a reality. The biggest natural disaster threat for our country is earthquakes. In recent years, flood disasters have occurred due to global warming, but earthquakes are still the most problematic area in terms of loss of life and property. Unfortunately, our cities are very vulnerable to earthquakes. There are serious risks in big cities due to outdated building stock. At this point, of course, municipalities that control and manage urban construction have great responsibilities. At this point, it is necessary to give credit to our Mayor Mehmet Murat Çalık, who is also an urban planner (in fact, the only urban planner in Istanbul is the mayor). He carried out a truly important disaster preparation process in Beylikdüzü, which he managed with his sensitivity about earthquakes and other natural disasters. We are carrying out our disaster studies on the path he showed us.

There are serious risks in big cities due to obsolete building stock.



### WHO IS HAKAN KARADEMİR?

He was born in 1980 in Şavşat, Artvin. He completed his primary education in Rize, secondary education in Ankara and high school education in Bursa. He graduated from Yıldız Technical University, Faculty of Architecture, Department of City and Regional Planning in 2006. He entered the Urban Planning master's program at Mimar Sinan Fine Arts University. After working in various companies in Istanbul between 2006 and 2009, he worked as an Urban Planner in Bursa Metropolitan Municipality between 2009 and 2016. During this period, he also served as Branch President and Branch Secretary at the Chamber of Urban Planners Bursa Branch. He served as Deputy Technical Mayor at Mudanya Municipality between 2016-2020. Karademir, who started working as Technical Deputy Mayor in Beylikdüzü Municipality as of the beginning of 2021, resides in Beylikdüzü and is married.



Disaster preparation processes have three main headings. These headings are: Before the disaster, during the disaster and after the disaster. In the pre-disaster phase, all necessary preparations must be made during and after the disaster in the district. At this point, Beylikdüzü Municipality broke new ground in Turkey and placed large containers containing the necessary materials in each neighborhood. Especially disaster teams coming from other provinces will have all their needs ready when they come here. Another important pre-disaster preparation is disaster volunteers and the training to be given to them. Because it is impossible to predict who will be exposed to disaster in the event of a disaster. At this point, the number and training of disaster volunteers is of great importance. Of course, Beylikdüzü Municipality has all the necessary facilities and infrastructure to carry out this entire training process.

Disaster preparation processes have three main headings. These headings are: Before the disaster, during the disaster and after the disaster.

In fact, the pre-disaster preparation phase is the most important phase. At this point, it is possible to minimize the negativities that will occur during and after a disaster in well-prepared settlements. Beylikdüzü is a district where the coordination center and temporary shelter areas to be used in case of disaster are also ready.

After all these preparations, the most important element that remains is to make the city physically durable. Because no matter how prepared you are, unfortunately it is impossible to catch up with all the destruction that will occur in many places at the same time. Unfortunately, we have experienced this many times as a country. At this point, the subject comes to urban transformation. This process needs to be implemented quickly and the buildings we live in need to be protected as a priority.

### **What methods are used in the identification and transformation process of risky areas? What are your efforts as Beylikdüzü Municipality on this issue?**

The concept of urban transformation has a negative perception due to many wrong practices. Instead of producing social housing, the central government created a legal infrastructure that left the contractor and the citizen alone. Law No. 6306 (known as the Urban Transformation Law) is entirely based on the agreement of the citizen with the contractor. The government is involved in this process only by providing rental assistance. It is also necessary to underline that the rental assistance, which is currently 5,500 TL, is very low for Istanbul. At this point, it is necessary to remind about the earthquake taxes collected since the 1999 Izmit earthquake. Ultimately, the process is less about creating healthy living spaces and more about increasing rent and how to share it. Zoning increases are being made under the pretext of urban transformation. Valuable areas are declared risky areas and opened to construction. Our cities are becoming more unlivable. Infrastructure and transportation problems are moving to a point where they are almost unsolvable.

At this point, Beylikdüzü Municipality plays two important roles. Our Municipality, which has a Mayor who is an urban planner, prepares revision plans on a neighborhood basis in order to achieve a healthy urban transformation, and works to transform the citizens on-site, considering not only a transformation based on zoning increase, but also the transportation and equipment infrastructure.

Another important role is to act as a bridge between citizens and contractors. We provide technical and legal support to the benefit of citizens who are looking for the transformation of their homes. In short, we are working to ensure that no one is victimized, as well as our city.

### **How are citizens' opinions taken in urban transformation projects? What communication methods are used to raise public awareness in this process?**

Site visits are one of the most effective methods of raising public awareness about urban transformation. As I mentioned above, we have a mayor who is very sensitive about urban transformation and disasters. He gave us instructions that we would not refuse any invitations coming to our municipality regarding urban transformation. We held dozens of meetings at the sites, sometimes with the invitation of the sites and sometimes with the Municipality organization. We visit the sites with both our technical team and our legal friends and provide information about urban transformation. Of course, on special days, our Municipality also organizes many panels, meetings, etc. on this subject. We continue to inform our organizations.

### **How do you evaluate the social and economic effects of Urban Transformation on district residents? What support mechanisms are provided?**

Unfortunately, the most victimized part of this process is our citizens. As I mentioned above, the urban transformation process continues as a commercial process in terms of its legal infrastructure. The central government is involved in this financial process only by providing rental assistance. This amount is a very low amount considering the conditions in Istanbul. In this case, many of our citizens think that they will not be able to achieve urban transformation.

Especially after the February 6 earthquake, there is a serious state of helplessness among our citizens who think that the houses they live in are not safe. These days, when the country's economy is not very bright, families in financial difficulties are gripped by the fear of earthquakes. As of the current situation, there is serious unhappiness in regions where urban transformation is difficult to realize in terms of development rights or location.

As the Municipality, we continue to work with all our strength to ensure that this situation is resolved as soon as possible and that every citizen can live in safe homes. At this point, it is necessary to finally mention the Istanbul Metropolitan Municipality. In addition to the rental assistance provided by the central government, additional support is provided by the decision of the parliament. They also provide serious support to those who want to transform their homes themselves, covering their costs.

Beylikdüzü Municipality undertakes two important roles. Our Municipality, which has a Mayor who is an urban planner, prepares revision plans on a neighborhood basis in order to achieve a healthy urban transformation, and works to transform the citizens on-site, considering not only a transformation based on zoning increase, but also the transportation and equipment infrastructure.





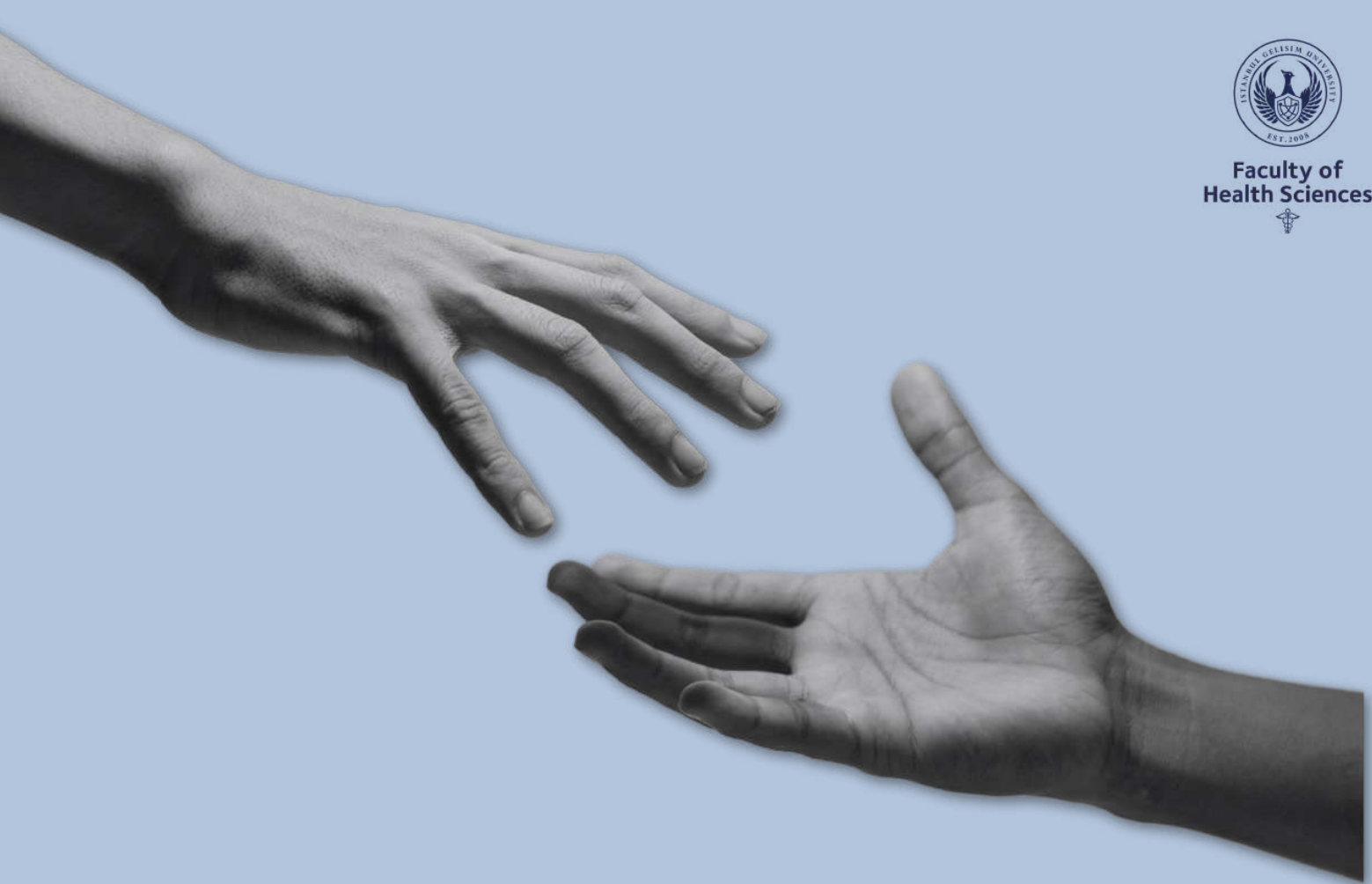
# SOCIAL SERVICE IN EARTHQUAKE AND DISASTERS

Prof. Dr. İsmet Galip YOLCUOĞLU

Disasters are events that destroy the normal life of society by disrupting the ecological balance and loss of life and property. Disasters are natural and technological events that cause physical, economic and social losses for people, and affect communities by interrupting normal life and human activities. The normal flow of human life is damaged. It is necessary to consider natural or man-made disasters that affect settlements and cause significant material and moral losses, not as an event itself, but as a result. This perspective is also extremely important in terms of social work, and the results of the event should be seen as the starting point in all processes of planning, implementing and evaluating social work intervention in disaster situations. The magnitude of disasters, the measures to be taken before the disaster on the basis of scientific knowledge, and effective and systematic interventions after the disaster are important in terms of quickly eliminating or mitigating the effects of these disasters.

In our Anatolia, which has a lot of risky areas, it is necessary to create social awareness against disasters, in other words, a "disaster culture" in the society. Disaster management is a broad concept that requires the organization of all institutions, organizations and resources of the society to direct, coordinate and implement the work to be done by following the steps to be addressed to prevent natural or human-made disasters and reduce their damage. Activities related to disaster events; mitigation, pre-preparation, recovery and first aid, recovery and reconstruction. The pre-preparation phase is essentially the most vital and scientific process, and it includes efforts to eliminate the consequences of disaster hazards that may have negative effects on people, by taking countermeasures, on time, in the most appropriate way, with the most effective organization and methods. In the post-disaster days, it is of vital importance to meet the basic needs of the people living in that region and to restore their physical, mental and social health. After disaster response; The main purpose of the work carried out during the recovery phase is to ensure that individuals, families and communities; have communication, transportation, water, electricity, education, long-term temporary residence, economic and social activities, etc. It is the realization of all interventions in order to meet their extremely important needs as the main purpose of the "reconstruction" phase is the reconstruction of all destroyed or damaged structures; It includes activities that spread to areas such as restoring the economic, social and spiritual integrity of the society that has been disrupted due to the disaster





The distress of the people who are exposed to it is at the highest level at the stage when the disaster occurs and the negativity and destruction are experienced with all their intensity. Shock, fear and bewilderment are common at this stage. The post-disaster phase begins when the affected people find time to reconsider the situation they face and think about what happened to them. The person feels lucky to have survived. Many people and organizations in the community are helping. He/She is also eager to rebuild his life. As time progresses, the inability to meet the needs adequately leads to emotional reactions such as anger, fear, loss of confidence, addiction or anxiety. The last stage of the process after the disaster is the "return to new normal life stage". People who have lost their jobs, homes, and loved ones, and have suffered emotional changes after the disaster may experience problems in family communication and marriage, not being able to accept their changing situation, mental problems, turning to crime, drug and alcohol use habits and similar problems. Psycho-social effects of disasters, which create significant changes in people's physical environment, on individuals and families are loss of income, loss of home, breaking of social ties, insecurity about the future, anxiety and stress, difficulties in coping with multiple systems and socio-psychological effects caused by losses. While all members of a family who lost their relatives experience psychological problems after the disaster, the family as a whole may remain in economic deprivation, the education of the children is disrupted, and the family may be deprived of their relatives, relatives, neighbours, in other words, social support systems because they have to leave the place where they live and settle in another place. The family-oriented social work intervention will only be effective and beneficial with a holistic and multi-level assessment of problems and emerging needs.





# BECOMING A AFAD VOLUNTEER

Interview: Res. Asst. Tuğba TÜRKCAN

Under the protocol signed between AFAD (Disaster and Emergency Management Authority) and Istanbul Gelişim University, **Research Assistant Başak CAN**, who participated in the "Support AFAD Volunteer" training sessions for academic and administrative staff as well as students, shared her experience of the training process and her perspective on crisis situations on the anniversary of the earthquake.

## How can we prepare individually, as families, and as a society against disasters?

As individuals living in Turkey, we have all become acquainted with earthquakes since our childhood, through both drills conducted at schools and anecdotal information. With the earthquakes on February 6th, we realized that our familiarity did not truly reveal the real face of disasters and did not prepare us for a potential catastrophe. We experienced firsthand the helplessness, and enduring pain with every cell in our bodies.

Now, we need to be prepared for the long-anticipated potential earthquake in Istanbul. The power of knowledge will alleviate our fear of the impending disaster. Firstly, if there are any doubts about the structural integrity of our homes, workplaces, healthcare facilities, and schools, we should ensure that they are inspected by the necessary authorities. Following this, in the event of a larger-scale disaster that could impact other infrastructures like earthquakes, it is crucial to understand the significance of the first 72 hours and learn what actions can be taken. Since we cannot predict when and where a disaster will occur, we should inform all family members about all possible scenarios and pre-determine our communication tools and assembly points. We must keep a bag ready, containing essentials such as shelter, food, and hygiene items, in a location that we can easily access in the first 72 hours after an earthquake.

We should create neighborhood units to establish an action plan for potential disasters. We need to identify the locations of emergency equipment containers in our district and record whom to contact when necessary.

We need to explain to all our relatives and students the precautions and actions that can be taken during and after an earthquake. We should encourage everyone we can reach to receive basic volunteer training. In Istanbul, with a population of 15 million, there are only 8,000 Support AFAD Volunteers. It is essential for us to increase this number.



## How can we contribute as volunteers during disasters and collaborate with which institutions?

Our knowledge, profession, skills, and equipment can contribute in various ways as volunteers during disasters. For instance, if we have psychological resilience, we can assist professional search and rescue teams. Alternatively, we can participate in infrastructure, logistics, and social activities at coordination centers. There are many areas where we can actually be of help at the moment when human need will be significant.

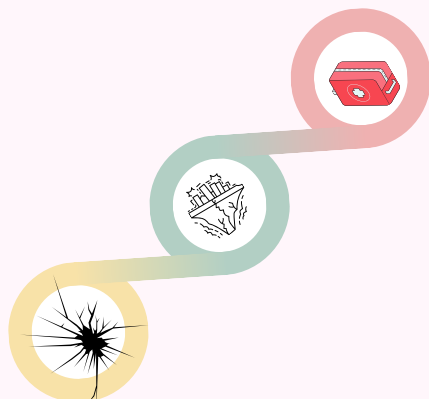
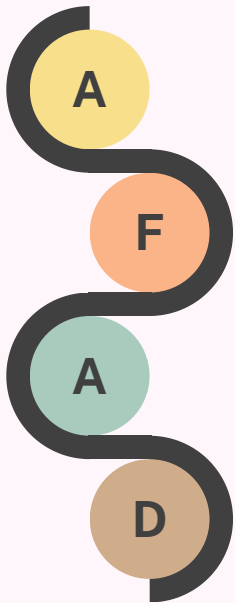
Firstly, AFAD (Disaster and Emergency Management Authority) provides the basic coordination. There are many civil society organizations that support AFAD, and these organizations actually receive the necessary training from AFAD. Individuals can collaborate or volunteer with AFAD or any organization they feel closely connected to.

## What are the requirements to become a Support AFAD Volunteer?

All individuals who have reached the age of 18 can become Support AFAD Volunteers.

### In which disasters and emergency situations can Support AFAD Volunteers take part?

The trainings primarily focus on disasters such as earthquakes, floods, and fires, as well as search and rescue, social assistance, and first aid. In fact, Support AFAD Volunteer trainings aim to cultivate individuals with the knowledge and skills to assist professional teams in possible disasters.







## What are the topics covered in the training sessions for Support AFAD Volunteers?

Support AFAD Volunteer training consists of 3 days of theoretical instruction and 2 days of practical training. In addition, it is required to complete the online training modules within the AFAD Volunteer system.

On the first day of theoretical classes, under the topics of psychological first aid and communication, we learn how to approach ourselves and disaster victims psychologically during emergencies. On the second day, basic first aid level information is provided by expert instructors. As Support AFAD Volunteers, we never administer treatment. Instead, we learn to stabilize the health conditions of disaster victims until medical teams arrive and receive necessary training on the transportation of the injured. The last day of theoretical training covers Light Search and Rescue. In this training, we learn to assess the damage levels of buildings based on their structures, mitigate potential hazards around the debris after a disaster, and, as taught in the first aid training, extract and hand over the injured from lightly damaged buildings to medical teams. The two-day practical training involves setting up tents, learning knots used in search and rescue activities, basic fire knowledge, and hands-on experience in light search and rescue operations. After the 5-day training, volunteers are eligible to obtain a Support AFAD Volunteer certificate through an examination.

## Would this training have an impact on the social responsibility awareness of university students, faculty members, etc.? How would it happen?

Certainly, because with knowledge, we can overcome the helplessness we find ourselves in. For this, we need to reach the source of accurate information. As young people, we should be aware of what we can achieve with the power of knowledge through correct application and make those around us realize it.





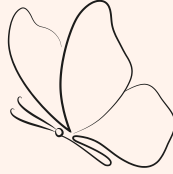
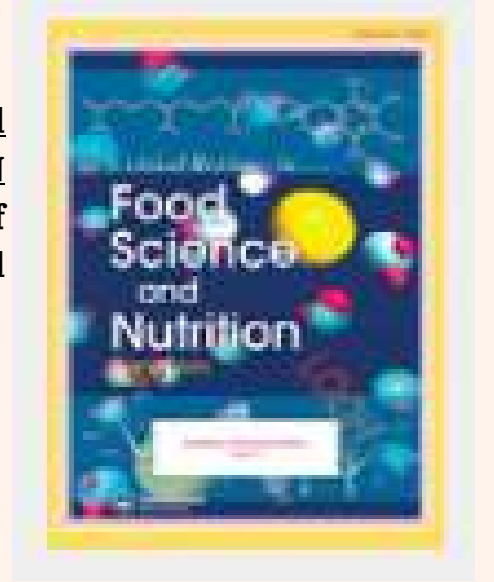
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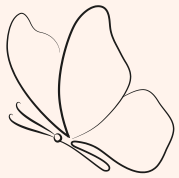
**NEWS FROM THE  
FACULTY OF HEALTH  
SCIENCES**

# Article

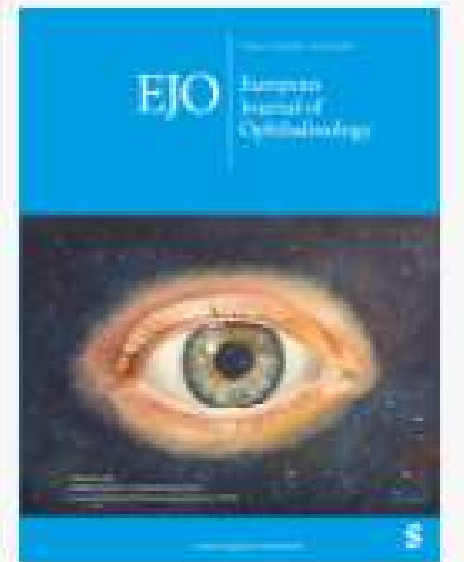
The article titled "Alzheimer, Parkinson, Dementia and Phytochemicals: Insight Review" by Res. Asst. Başak CAN from the Faculty of Health Sciences, Department of Nutrition and Dietetics, was published in the journal Critical Reviews in Food Science and Nutrition.



The article titled "The Effect of Employees' Emotional Intelligence on Organizational Performance," prepared by our faculty member Asst. Prof. Aslı KAYA from the Department of Health Management and Lecturer Cemile ŞEKER from Near East University, has been published in the International Academic Accumulation Journal.



The article titled "Artificial Intelligence Based Detection of Age-Related Macular Degeneration Using Optical Coherence Tomography with Unique Image Preprocessing" authored by Asst. Prof. Erkan BULUT from the Faculty of Health Sciences, has been published in the European Journal of Ophthalmology.



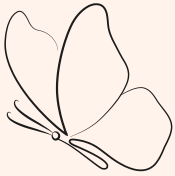
# Academic Development

## Congress

**Asst. Prof. Aslı KAYA**, a faculty member of the Department of Health Management, successfully organized the 7th UBSDER Scientific Research Congress held in Ankara. She served as the Congress president. During the congress, she presented a paper titled "Challenges Encountered by Female Physicians in Healthcare Services."



## Award



**Prof. Dr. Makbule Meziyet ARI** from the Faculty of Health Sciences attended the "Gratitude to the Pillars of Health" ceremony held on December 13, 2023, in collaboration with the Turkish Industrialists' and Businessmen's Association (TÜSİAD) and Hacettepe University. During the ceremony, she received the Gratitude Certificate from Hacettepe University Rector Prof. Dr. M. Cahit GÜRAN and the Chairman of the Board of Directors of the Turkish Industrialists' and Businessmen's Association, Veli SARITOPRAK.

# Academic Development



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**Asst. Prof. Aslı KAYA**, a faculty member of the Department of Health Management in our faculty, has completed her doctoral program in the Department of Accounting and Finance at İnönü University, obtaining the title of "Doctor" for the second time.



**Res. Asst. Hande Nur Onur ÖZTÜRK**, one of the faculty members of our Faculty's Department of Nutrition and Dietetics, successfully completed the Nutrition and Dietetics Doctoral Program at Başkent University and received the title of 'Assistant Professor'.



Expert Clinical Psychologist and Lecturer Selin KALABAŞ, who emphasizes the importance of not transferring dysfunctional learning experiences to the next generations and works towards this goal, talked to mothers about the "Positive Discipline" approach. KALABAŞ, who works in Child Development at Istanbul Gelisim University, discussed the positive effects of the positive discipline approach on parent-child communication.

Positive discipline is an approach and method used in child rearing and education. Positive discipline aims to guide children's behaviors while developing their self-confidence and sense of responsibility. This approach focuses on encouraging children's positive behaviors, setting boundaries, and establishing healthy communication, rather than punishment and sanctions.

Positive discipline aims to teach children collaborative problem-solving skills with adults. This approach involves treating children respectfully, educating them, and helping them understand the consequences of their behavior. Positive discipline values supporting children's emotional needs and development and aims to raise them in a nurturing environment.

This approach helps increase children's internal motivation, helping them adopt positive behaviors and take responsibility. Positive discipline helps parents and educators build healthy relationships with children and establish a strong foundation in their lives. Therefore, positive discipline is an approach aimed at supporting children's development and raising them as healthy, happy individuals.

At the end of the seminar, questions were answered, and a school presentation was made to mothers who were curious about Istanbul Gelisim University.

# Positive Discipline





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# CULTUREL AND SOCIAL LIFE

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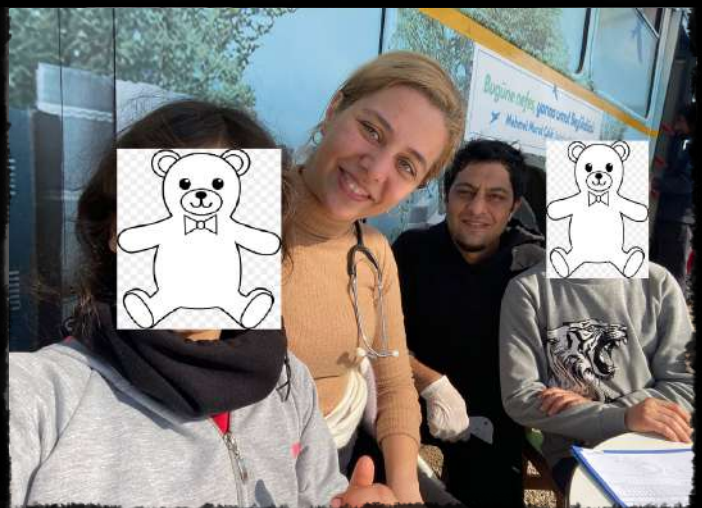


# DON'T BREAK YOURSELF

Asst. Prof. Fatma Sila AYAN

Since February 6, 2023, a pivotal day in our lives, there hasn't been a day in the year that I haven't thought about the earthquake and the month that followed. I'm sometimes half sleeping, sometimes half awake, sometimes learning to appreciate my extremely good moments or feeling guilty of them, sometimes holding someone I love or seeing a call from friends I made there on the screen... But now, when I am asked to write something about those events, I am surprised at how many times I give up, staring at the screen for minutes without being able to write a single word. Still, I think it is my duty to explain what happened as much as I can.

Perhaps the reason we were so hurt is that the devastation and suffering spread to so many places, shattering our faith in a just world that sustains us on a daily basis. The conviction that comes from being a good person, leading a moral life, filing taxes, sleeping soundly knowing that we will wake up early in the hopes of going to work, and stockpiling food that we have prepared in our home and are certain will last through the winter. The faith that persisted beneath the debris in every city spared from destruction on February 6, 2023. It's an ideal we strive to uphold.







On the fourth day after the earthquake, during our journey with the valuable team of "One Step Health" and Asst. Prof. Emrah TÜNCER, despite the fading hope and the embarrassment of being late, I saw that even though faith may have been buried under the rubble, hope had not died. Despite injustice, helplessness, loneliness, incompetence, and evil, I witnessed the existence of goodness. During the approximately ten days we spent in the tent city of Iskenderun, we saw how life flowed not as it should be. We saw Iskenderun locals who turned makeshift clinic walls painted by young people into a place of hospitality, accepting guests and brewing tea for them over the fire they had made themselves. We saw the Iskenderun locals who turned tents into playgrounds, the smiling children unaware of the hardships they were going through, and the cats and dogs that accompanied us despite their fears. We saw people who set aside their own wounds, pains, and losses to work for hours in the rubble, feeling ashamed to rest. We also saw some individuals who were "assigned" to help, but followed office hours and did not open their doors outside of those hours. We saw young mothers in their twenties, who, unable to be accommodated by families whose homes were still standing, were kicked out with their newborns, their wounds stitched up while still fresh. Even if I wanted to, I couldn't properly convey what I saw there to you. I cannot describe the dignified grievances of the people there trying to fend for themselves. I cannot explain what my friends and colleagues who returned from there felt. I cannot justify how surprised we were at how quickly everything in Istanbul returned to normal when we landed from the return flight.

Nevertheless, when I look back from today to that day, I can share the lines of Ahmet Arif that come to mind:

"(.....) Don't break yourself like that,  
Don't be so sorrowful, so strange...  
Wherever you are,  
Inside, outside, in class, in line,  
Walk on, step by step,  
Spit in the face of the executioner,  
The opportunist, the troublemaker, the scoundrel...  
Endure with books, endure with work,  
With nails, with teeth,  
With hope, with love, with dreams  
Don't disgrace me.  
See how I am recreated,  
Again, with honest, young hands.  
My daughters, my sons are in the future,  
Each one an indispensable part of the world.  
The lock of my longing for thousands of years,  
From your eyes,  
I kiss from your eyes,  
I have a hope in you,  
Do you understand?"



WHO IS

WHO

Prepared By,

Rest.Asst. Semanur

OKTAY



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# The First Female Earthquake Specialist Geologist in the World; *Prof. Dr. Nuriye Pinar Erdem*



The first organization related to earthquake engineering was held in Berkeley, California, in 1956. Hundreds of scientists attended the organization organized under the name of the 1st World Earthquake Engineering Conference. There was only one name from Turkey among the scientists. This name, which should be remembered with pride, the achievement of the Republic, was the geologist Prof. Dr. Nuriye Pinar Erdem, the first female earthquake expert in the world.



Nuriye Pinar was born in 1914 in Istanbul. After completing her primary education at Yirmi Dokuzuncu Elementary School, she graduated with honors from Erenköy Girls High School. Nuriye Pinar was a successful student; in 1932, she took the exam opened by the Ministry of National Education of the period and became one of the 700 students who passed the exam. Following her success in the exam, she went to France for university education and graduated from the Chemistry and Natural Sciences Department of Bordeaux University after 5 years of education. Nuriye Pinar was now one of Atatürk's engineer daughters...

After completing her university education, Nuriye Pinar returned to Turkey in 1937 and started working as an assistant at the Geological Institute of Istanbul University. During her assistantship, she acted as an interpreter for foreign faculty members and continued her efforts to translate geological terms into Turkish. Continuing her doctoral studies in the 1940s, Nuriye Pinar was also interested in earthquakes occurring in the Sea of Marmara, and as a result of her studies, she became the first geologist to associate the North Anatolian Fault line with the Sea of Marmara. In addition to all these studies, she also conducted research in the field of Paleontology and discovered three new echinid species unique to Anatolia. The book she co-authored with Dr. Ervin Lahn, titled "Turkey's Annotated Earthquake Catalog," was used as the sole source for many years.

In 1976, Prof. Dr. Nuriye Pinar Erdem emphasized in one of her articles that *"The priority in building earthquake-resistant structures should be the firmness of the ground, preferably bedrock. The next step is the type and quality of mortar according to the building types, as well as the strength of the buildings' foundations and the lightness of their roofs. Buildings constructed in this manner can withstand earthquakes... The aim of designing buildings to be earthquake-resistant is to ensure human safety and protect structures from damage."* With these words, she warned about the reduction of earthquake damage even in those years.

In 2006, at the age of 92, Prof. Dr. Nuriye Pinar Erdem, a dedicated scientist whom Turkey takes pride in, passed away in Istanbul. She paved the way for future women scientists, illuminated the field of science with her published works, and was known as a diligent researcher by the public.

Today, Turkey carries in its heart the pain of those who lost their lives in the Kahramanmaraş-centered earthquake on February 6, 2023, whose number was reported to be 50,000 through official channels, as on the first day. However, 48 years ago, in 1976, if the light of Prof. Dr. Nuriye Pınar Erdem, who emphasized settlement selection, earthquake-resistant project design and increasing geology and seismicity in building materials, and all the scientists who worked in this field had been followed, the loss of life and property would have been minimized.

What did Gazi Mustafa Kemal Atatürk say: *“The truest guide for everything in the world, for civilization, for life, for success is science. Seeking guidance other than knowledge and science is heedlessness, ignorance, and deviating from the right path.”*

# OUR GUEST OF THIS MONTH

**Asst. Prof. Çağıl ERTÜRK**



It is said that the French writer Marcel Proust chatted with the characters he created and asked them some questions.

**It is stated that he wrote these questions, also known as the "Proust Questionnaire", at the age of 13 and answered them himself when he was 20.**

**Using these questions prepared by him, we ask these questions to an experienced faculty member for each issue.**

**1-Let's say you decided to start a new society and you discovered a beautiful island. What would be the first rule you put in place?**

Discipline

**2-Which of the inventions would you like to be the inventor of?**

Internet

**3-If you could witness any event in the past or future, which event would you choose?**

Giving women the right to vote and be elected

**4-If you were to write a book, what would it be named?**

The healing power of love

**5-If they made a movie about your life, which actor/actress would you like to play you?**

Nicole Kidman

**6-What are the 5 words that best describe you?**

Hardworking, Elegant, Goodwill, Honest, Emotional

**7-What kind of talent would you like to have?teleport**

Teleportation

**8-Who is your hero?**

My father

**9-Who is your favorite author?**

Paulo Coelho

**10-What word would be the summary of the years you lived?**

Always forward



# DEPARTMENTS RECOMMENDING AUDIOLOGY



## MOVIE IN TIME

The movie depicts time as the greatest power in human life. Societal conditions, economic inequalities are all portrayed through the concept of time. The symbolic expressions here are likely to appeal to the audience. In the film, where material power is also shown as time, the rich are portrayed as living forever, while the poor and powerless are shown to make efforts and resort to bad ways in order to survive one more day.

### ❖ TV SERIES

#### GILMORE GIRLS

A fun series reflecting the mother-daughter relationship. Rory's school success and love for reading will captivate you early on. Stars Hollow, the small town where the series is set, offers viewers a delightful visual.

#### FRIENDS

If you haven't watched it yet, this series will take you away from the stress of the day for 20 minutes and make you laugh, making you feel like you're friends with the characters. It's a series that's best experienced rather than described.

### ❖ BOOK

#### THE MIDNIGHT LIBRARY

A book where a character with regrets tries out different life possibilities, searching for happiness, and this process is well-crafted.

#### THE ART OF LOVING

It's a book that portrays love not in a classic narrative, but truly as an art. "To love is an action; not a passive feeling. It is to be in something, not to be captivated by something."

#### THE LITTLE PRINCE (ANIMATION MOVIE)

Watching "The Little Prince" is as enjoyable as reading it. It's an animated film that divides time into before and after watching, much like the book. We believe that everyone will reconsider their own path at a different point. It's a beautifully crafted narrative that explores love and commitment.

#### SHUTTER ISLAND

If you want to be surprised at the end of the film and say "it was impressive," then it's truly an ideal movie. The expression "To live as a monster or to die as a good person" will stick in your mind, and you will want to watch the end of the film over and over again.



RES. ASST. ÇAGLA TURK

&

RES. ASST. AZIZE KOSEOGLU



# Developing Readings



## Reasonable Manager

*A Contemporary Fütüvvetnâme*

**Author: Mustafa ÖZEL**



"To be a reasonable level manager... How can one be a reasonable manager?" we ask ourselves. In this book, the qualities that today's managers need to possess are attempted to be explained with examples such as Vehbi Koç, Prophet Abraham, Prophet Ali, Farabi, Halepli Covey, Sühreverdi, Kınalızâde, Ibn Mukaffa, Machiavelli, Gogol, Lawrence of Arabia, Charles Handy, and Turgut Cansever.

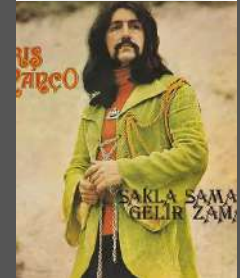
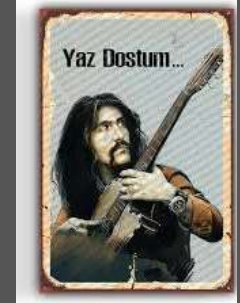
In this book, a portrait of a 'reasonable manager' is drawn based on many ancient and modern sources, ranging from the history of prophets to Chinese and Greek philosophy, from Prophet Ali and Farabi to conscientious contemporaries such as Charles Handy and Stephen Covey. Whether the world will be a place worth living in the future depends on the degree of connection between the portrait of the manager and reality, and it will be possible by taking exemplary scientists from history as role models with their values.

**'Say the words of your ancestors with poetry'**

# The story of the song 'Cufflink' and Barış Manço



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The story begins in 1962 with Barış Manço's engagement to a girl named Semra from Kızıltoprak. However, this short-lived engagement comes to an end when Barış Manço decides to go to Belgium to study Graphic Design and Interior Architecture. Their last meeting concludes with Semra giving him cufflinks as a farewell gift.

This separation must have deeply affected him, as Barış Manço released the song "Cufflinks" in the 1960s. When you read the lyrics of the song below, you will see that this song is entirely dedicated to Semra.





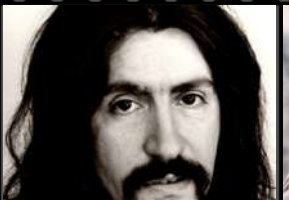
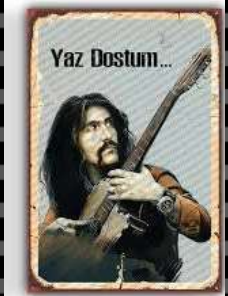


# Barış Manço

## Cufflinks



I remember today as if it were yesterday  
The silent last night that passed  
Your head bowed like a guilty one  
The gift you gave me  
Two small cufflinks  
A whole love story  
Two buttons, on separate sleeves  
Like us, on separate paths  
When evening falls, I silence everyone,  
everything  
It's time for my cufflinks to unite  
I gently take them out and place them side by  
side in the box  
Let this torture end, let them stay together  
Alas, morning breaks, the day shines  
Those who meet in solitude  
Part with aged eyes  
Like buttons, like us  
They part like us  
They part like us





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## ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

The Alumni Tracking System (METSİS) was created in order to monitor the employment and postgraduate education status of our graduates and to generate statistical data.

Istanbul Gelisim University launched METSİS in order to strengthen its relations with alumni and contribute to the employment of graduates. Members of METSİS can sign up for free after graduating. Our graduates can become a member of METSİS free of charge. Our graduates who are members of METSİS can update their personal profiles and follow our job postings.

### What Are the Steps to Join METSİS?

1. Use the web interface at [metsis.gelisim.edu.tr](https://metsis.gelisim.edu.tr) to log in
2. You can follow the postings in the open positions box.
3. To apply for the positions, you can establish an account from the "new candidate" box.
4. You can view job posts after making an account on the top page and apply for positions that interest you.



Instagram -  
[igu\\_mezunlarkoordinatorlugu](https://www.instagram.com/igu_mezunlarkoordinatorlugu)



LinkedIn -  
IGU ALUMNI AND  
MEMBERS COORDINATOR

MC

MEZUN CARD

Dear IGU Alumni,  
Alumni who want to benefit from the opportunities of our university and the discount rates we provide from the companies we have contracted with will be sufficient to fill out the form. When your card is ready, you can pick it up from the Alumni and Membership Coordinator's Office on the 3rd floor of Block K.





**OFFICIAL SOCIAL MEDIA  
ACCOUNTS**



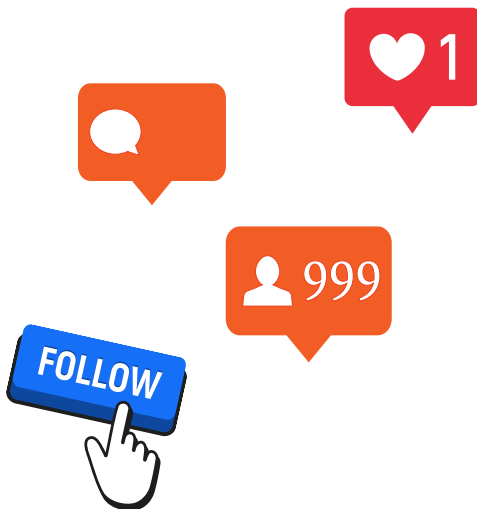
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