



MONTHLY EVENTS AND NEWS BULLETIN



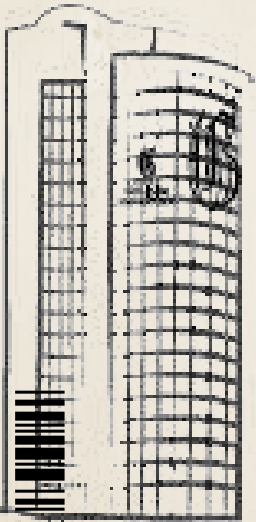
Faculty of
Health Sciences



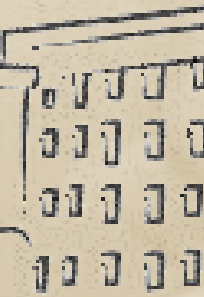
100

THE 100TH ANNIVERSARY OF THE REPUBLIC OF TÜRKİYE

NOVEMBER 2024 | ISSUE 47 | VOLUME 4



İSTANBUL GELİŞİM ÜNİVERSİTESİ



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

Mustafa Kemal ATATÜRK

04-17

WE HAVE NOT
FORGOTTEN



6 FEBRUARY 2023



NOVEMBER

The eleventh month of the year.

M	T	W	T	F	S	S
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4	5	6	7	8	9	∞
11	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

1 -7 November: Revolution of Turkish Alphabet Week

2-8 November: International Week for Children with Leukemia

3 -9 November: Organ Donation and Transplant Week

10 November: Ataturk Remembrance Day

12 November: Disaster Preparedness Day

20 November: World Children's Rights Day

24 November: Teacher's Day

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The "Atatürk Commemoration" program was held at IGU!

Ghazi Mustafa Kemal Atatürk was commemorated at IGU on the 86th anniversary. Commemoration program was carried out with the contributions of IGU Rector Prof. Bahri ŞAHİN, Deputy Dean of the Faculty of Health Sciences Asst. Prof. Abdullah Yüksel BARUT, Research Author Dr. Onur Uzer. The program started with the opening speech of IGU Rector Prof. Bahri Şahin, then continued with Yüksel Barut's and Dr. Onur Uzer's speeches. In the program, the folk songs, poems and zeibek dance that Ghazi Atatürk loved were also included.

IGU Rector Prof. Bahri Şahin said, "Atatürk should be commemorated not just for one day, but throughout the year. Istanbul Gelisim University has progressed to the goal it has set on the path led by Atatürk and continued a quality-oriented development. Mustafa Kemal Atatürk is a leader who is remembered not only by Türkiye but also by the whole world. I invite Istanbul Gelisim University academicians and all scientists to make more breakthroughs in the field of science. Only then will we follow the footsteps of the Founder of our Republic, our Head Teacher Mustafa Kemal Atatürk." Prof. Bahri Şahin concluded his speech as follows: "The common denominator of the Republic of Türkiye is Gazi Mustafa Kemal Atatürk and our flag."





Vice Dean of the Faculty of Health Sciences Asst. Prof. Abdullah Yüksel Barut's speech started immediately after the song "Yank Ömer", which Atatürk loved very much. "We want to understand Atatürk first and then commemorate him." Barut read the writings of Yakup Kadri Karaosmanoğlu and Halide Edip depicting Atatürk. He emphasized how accurate Atatürk's predictions were. Asst. Prof. Barut continued his speech after "Benzemez Kimse Sana" and "Yemen Folk Song", pointed out that Mustafa Kemal strongly opposed the supernaturalism and extraordinaryness attributed to him, and that he had all the respectable qualities because he was a member of the Turkish nation.



Asst. Prof. Abdullah Yüksel Barut ended his speech with the Atatürk's words; "My spiritual heritage is science and reason." Dr. Onur Uzer started his speech by explaining the unknown aspects of Atatürk, his illnesses and injuries. "Today, we will try to understand Atatürk from different aspects." Dr. Uzer said. Uzer conveyed anecdotes about Atatürk's sensitivity to children and nature. Dr. Uzer also emphasized that Atatürk sometimes devoted his whole day to reading books, personally participated in some archaeological excavations, pioneered science in every field, and encouraged scientific studies at every opportunity. Dr. Uzer continued his speech by mentioning that Atatürk sent many students abroad for education. He drew attention to Atatürk's interest and love for zeibek folk dance. He ended his speech with the words, "Great leaders do not need mourning."

IGU Rector Prof. Bahri Şahin presented a plaque to Dr. Onur Uzer. Prof. Bahri Şahin then thanked the academicians and students, participants and guests. The program ended with the performance of the IGU Youth Choir.

AHPGS EVALUATION COMMITTEE VISITED IGU WITHIN THE SCOPE OF RENEWAL OF ACCREDITATIONS



Faculty of
Health Sciences

Leadership, Management, Quality



The German Accreditation Agency in Health and Social Sciences (AHPGS), which aims to increase the quality of education by carrying out the accreditation studies of various education programs in the field of Health and Social Sciences, visited Istanbul Gelisim University between 10-12 November 2024 within the scope of discussing and renewing the international accreditation processes of the Faculty of Health Sciences academic programs.

Accreditation Agency in Health and Social Sciences (AHPGS), which is an authorized and independent accreditation institution in its field, evaluates the content and quality of the curriculum offered in the departments according to different criteria in terms of management, education, research, community service, physical environment, faculty members, institutional environment and quality assurance. A total of 13 departments of the Faculty of Health Sciences at Istanbul Gelisim University, which has the most internationally accredited department in Türkiye, were accredited by AHPGS in 2018. AHPGS Evaluation Committee visited IGU as part of the negotiation and renewal of the accreditations of the Nutrition and Dietetics (Turkish-English), Physiotherapy and Rehabilitation (Turkish-English) and Nursing (Turkish-English) departments as of 2024. Chairman of the Board of Trustees Abdülkadir Gayretli, Rector Prof. Bahri ŞAHİN, Vice-Chancellor Responsible for Education Prof. Nuri KURUOĞLU, Vice Rector for Quality, Accreditation and Internationalization Prof. Arda ÖZTÜRKCAN and Quality Coordinator Prof. Hasan Hakan BOZKURT participated to the meetings.



AHPGS EVALUATION COMMITTEE VISITED IGU WITHIN THE SCOPE OF RENEWAL OF ACCREDITATIONS



AHPGS delegation consists of Prof. Ulta Gaidys, Prof. Johannes Graske, Prof. Christian Grüneberg, Prof. Kathrin Kohlenberg, Prof. Kerstin Lüdtkke and Jasmin Szewczyk, included General Manager Georg Reschauer and Quality Assurance Consultant Corina Sutter

During the visit, while the curriculum of the program, the education and training opportunities of the university and the faculty were examined by the expert team members, the Dean of the Faculty of Healthy Sciences Prof. Rıfat MUTUŞ, Vice Deans Asst. Prof. A. Yüksel BARUT, Asst. Prof. Neşe KISKAÇ, Head of Nutrition and Dietetics Department Asst. Prof. Merve BAYRAM, Head of Physiotherapy and Rehabilitation Department Asst. Prof. Gülşah KONAKOĞLU, Head of Nursing Department Asst. Prof. Mahruk RASHIDI and the faculty members of the department took part in the interviews. While the library, laboratory facilities and facilities of the Faculty of Health Sciences were evaluated, the accreditation evaluation committee also met with Faculty of Health Sciences students. The delegation stated that it is proud that Turkish students attach great importance and interest to accreditation processes.



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The "You Are Not Alone" workshop was held on the "Healthy Development" platform by the Student Dean's Office and the Addiction Combat Coordination of Istanbul Gelişim University.



An awareness workshop on addiction prevention and healthy lifestyle behaviors was held by Asst. Prof. Nurten ELKİN, Coordinator of the Fight Against Addiction, for students participating under the title 'You Are Not Alone' on the 'Healthy Development' platform organized by the Istanbul Gelişim University Student Dean's Office and the Fight Against Addiction Coordination. The workshop took place on the 17th floor of Tower.



Health Management Alumni Meeting Day

A conversation was held with İsmail Töbe, a graduate of the Health Management Department, during the "Health Management Alumni Meeting Day" organized by the Health Management Department. He shared his knowledge and experiences as a healthcare professional with prospective graduates and current students of the Health Management Department.





October 27th World Occupational Therapy Day

The students and faculty members of the Occupational Therapy Department at Istanbul Gelisim University's Faculty of Health Sciences celebrated World Occupational Therapy Day on October 27 with great enthusiasm. Celebrated annually on October 27, this special day aims to raise awareness of the occupational therapy profession and highlight its role in supporting individuals' participation in daily activities. Occupational therapists help individuals develop their physical, emotional, and social skills to support their independence in daily life.

The students and faculty members of the Occupational Therapy Department at Istanbul Gelisim University's Faculty of Health Sciences celebrated World Occupational Therapy Day on October 27 with great enthusiasm. Celebrated annually on October 27, this special day aims to raise awareness of the occupational therapy profession and highlight its role in supporting individuals' participation in daily activities. Occupational therapists help individuals develop their physical, emotional, and social skills to support their independence in daily life. The event began with an opening speech by the Head of the Occupational Therapy Department, Asst. Prof. Çağıl ERTÜRK, who emphasized the significance of the day. On this special occasion, we extend our gratitude to esteemed occupational therapist Barış Uzundağ, who joined us and contributed with a valuable seminar on "Animal-Assisted Therapy." The seminar included an interactive Q&A session, where students actively participated and posed various questions. This event, which highlighted the positive impact of occupational therapy on individuals' quality of life, was met with great excitement and interest within the department.



The "Addictions and Procrastination Psychology" event was organized by the IGU Addiction Fighting Coordination

The event, held on November 4, 2024, from 11:00 AM to 1:00 PM at the Tusi Conference Hall, was attended by academics and university students, with Asst. Prof. Kamala KHALINBAYLI as the speaker.

Asst. Prof. Kamala KHALINBAYLI, who was the speaker, started her talk by defining procrastination behavior and emphasized that individuals tend to procrastinate not only in situations related to their responsibilities but also in their emotions. She highlighted the importance of being "good enough" rather than "perfect" in life, discussed the relationship between perfectionism and procrastination, and drew attention to the concept of omnipotence. The seminar also focused on the importance of staying present, followed by a practical exercise. At the end of the event, a BOTS Procrastination practice was conducted, and questions and contributions from students were welcomed.

At the conclusion of the event, Asst. Prof. Nurten ELKIN, Head of the Child Development Department, and Prof. Dr. N. Semra ERKAN presented a plaque to the speaker.



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“INITIAL ASSESSMENT AND CASE PRESENTATION IN AUDITORY REHABILITATION” *Event*

Specialist Audiologist Dilara KORHALILLER presented herself and her working experience in the first part of the event. She talked about the educational materials she created. She emphasized the importance of auditory rehabilitation in the lives of individuals with hearing loss.

Specialist Audiologist Dilara Körhaliller talked about the educational evaluation processes in detail. After taking a detailed history of the individual with hearing loss, she explained the importance of evaluations such as general development level, auditory perception skills, language skills, voice and speech, psychosocial status of the family and child, and visual disorders.

She shared case examples with the students, giving examples of cases and solutions they may encounter in the field, and presented the educational strategies they apply to children with hearing loss. She talked about their work on receptive and expressive language skills.

In the second part of the event, Specialist Audiologist Dilara Körhaliller had an interview with two students of different ages and their parent, whose rehabilitation process she follows. Audiology Department students had the opportunity to listen to the importance of early diagnosis and auditory rehabilitation through shared experiences.

The productive event ended with answering the questions of our audiology department students.

Istanbul Gelisim University (IGU) Faculty of Health Sciences (FHS) Department of Audiology held a seminar titled “Initial Assessment and Case Presentation in Auditory Rehabilitation” on November 6, 2024 between 10:30 and 14:30 with Specialist Audiologist Dilara Körhaliller as the key speaker.



[Click for the news.](#)



Digital Transformation in Institutional Food Services.

The “Digital Transformation and Artificial Intelligence Applications in Nutrition and Dietetics” event, supported by TÜBİTAK 2237-A Scientific Education Activities, brought together leading experts in the field on October 24-25, 2024. At the event, our Department Head, Asst. Prof. H. Merve BAYRAM, participated as a speaker with her presentation titled "Digital Transformation in Institutional Food Services."

In her presentation, Asst. Prof. H. Merve BAYRAM provided an in-depth perspective on the innovations brought to the sector through digitalization and artificial intelligence integration in institutional food services.

The event, aimed at fostering interdisciplinary knowledge sharing to explore the potential of digital transformation and artificial intelligence applications in the field of nutrition and dietetics, received considerable interest and appreciation from the participants.

[Click here to access the news.](#)



**Asst. Prof. HATİCE
MERVE BAYRAM**

WORLD DIABETES DAY EXHIBITION HELD

The "**World Diabetes Day**" exhibition, organized by the Istanbul Gelişim University Faculty of Health Sciences, was held in the B Block foyer area with the participation of teaching staff and students.

In the exhibition organized to raise awareness on **World Diabetes Day**, lecturers and students presented informative materials to visitors about diabetes management, risk factors and prevention methods.

While visitors learned up-to-date information about diabetes, the importance of diabetes awareness was emphasized once again with speeches on the meaning and importance of the day.

The exhibition ended after visitors' questions were answered.

[Click here to access the news.](#)



A WORKSHOP ON "Peer Bullying" HELD WITHIN THE SCOPE OF THE HEALTHY DEVELOPMENT PLATFORM

An event on "Peer Bullying" was organized within the scope of the Healthy Development Platform in collaboration with Istanbul Gelişim University's Department of Child Development and the Office of Student Affairs.

The event took place on November 14, 2024, between 14:00 and 15:00 on the 17th floor of IGU Tower. It began with a speech by Addiction Prevention Coordinator and Head of the Child Development Department, Asst. Prof. Nurten ELKIN. In her opening remarks, Dr. Elkin discussed what peer bullying entails, its relationship with addictions, and its current impacts. She then handed the floor to the workshop instructor, Res. Asst. Şebnem ÇELİK.

Çelik started the workshop by asking questions about peer bullying. After participants shared their thoughts on the topic, she defined peer bullying and discussed its psychological effects on children. She elaborated on the family dynamics of both children who engage in bullying and those who are victims.

She explained methods for addressing peer bullying and emphasized the significant roles that teachers and professionals working with children play in this matter.



Çelik also highlighted that peer bullying occurs not only face-to-face but also in online environments. A Q&A session on cyber violence followed. After discussing measures to prevent peer bullying, participants engaged in a poster-making activity inspired by the question, "***If you were in charge, what would you do to raise awareness about peer bullying?***" At the end of the workshop, participants shared their questions and suggestions.

[Click here to access the news.](#)



AWARENESS TRAINING ON SMOKING ADDICTION AND LUNG CANCER HELD

In collaboration with the Istanbul Gelisim University (IGU) Drug and Addiction Coordination and the Department of Child Development and Health Management at the Faculty of Health Sciences (SBF), a special event was organized in recognition of World Lung Cancer Awareness Month.

The event took place on November 13, 2024, from 1:00 PM to 2:00 PM at the IGU E Block Tusi Conference Hall. Professor Dr. Oğuzhan ÖZYURTKAN, a speaker from Istanbul Medeniyet University (SBÜ) Şişli Etfal Thoracic Surgery Center, led the session, while Asst. Prof. Nurten ELKİN, the Drug and Addiction Coordination Coordinator at IGU, moderated the event.

Asst. Prof. Nurten Elkin opened the event by providing an overview of the mission and activities of the Drug and Addiction Coordination and then passed the floor to Professor Dr. Oğuzhan Özyurtkan.

In his speech, Professor Dr. Özyurtkan started with the history of tobacco and nicotine, explaining how humanity was introduced to tobacco and the long-term health effects of tobacco products, citing key studies in the literature. He also discussed the current status of smoking use worldwide and in Turkey, the harmful effects of smoking on health, and the risks associated with hookah and e-cigarettes.

Professor Dr. Özyurtkan further addressed cancer's etiology and pathogenesis, the prevalence of lung cancer in both women and men, as well as diagnostic and treatment approaches for lung cancer. He concluded his talk by emphasizing that the most effective way to prevent lung cancer is to never start smoking.

At the end of the event, Professor Dr. Özyurtkan was presented with a plaque in recognition of his valuable contribution to the event.



Short Description Of The Teaching Mobility

Ágnes-Rózsa Sántha, PhD, sociologist
Sapientia Hungarian University of Transylvania

Following the formal contact with the International Office of the Gelisim University in spring 2024, I contacted the Department of Social Work to make the necessary administrative arrangements before getting prepared and starting my teaching mobility in the field of social sciences.

Communication with the Department was smooth and quick thanks to Res. Asst. Aslihan Kübra SAKARYA who represented the Department. As the Faculty has publicly accessible course descriptions in English language on its website, all information was available and transparent.

Following an on-time preparation, the mobility faced no obstacles. The receiving institution sent a work plan and a time schedule for teaching in its English language program Child Development.



In the morning of the 30th of October, the Health sociology seminar took place in room 025, block B. I was overwhelmed by the numerous presence, thanks to the efforts of the department to advertise the event with a poster. Faculty staff, teachers, researchers and students participated at the seminar and were interested in the topics covering various aspects of population health in Europe. Lect. Berk Efe ALTINAL was translating the seminar into Turkish language.

On the same day, I held a lecture for the first year students at the Child development study program on the topic Individual and family life cycle, according to the timetable and course plan of the Department. The lecture was part of the course The dynamics of life and family of Asst. Prof. Ashifa Kariveliparambil Mohammed ASHRAF. The English language course had five students in block B, room 026. The questions and opinions of the students enriched me with valuable cross-cultural perspectives.

On the 31st of October, second year students from the (Child development) study program attended the course Family planning education within the course of Asst. Prof. Hina ZAHOOR in block B, room 024. The topic was Reproductive systems and their functions from a social point of view. All students enrolled to the second year were present. The course was followed by a fruitful discussion on the topic, which provided insights into family issues in different cultures where students originate from.

My experience at the receiving institution was overwhelming and totally positive. I experienced valuable characteristics of this young institution.

First, the Department emphasizes the importance of knowledge, innovation and development. It motivates for and expects hard work and competition. Posters and banners are exposed to highlight the ranking of the university in national and international scientometrics, which according to my view increases institutional attachment of its workers, both students and teachers.

Second, the international character of the Department is strongly present, and it was a nice feeling to experience the cultural diversity of a big university.

Third but not least, the friendly atmosphere at the Department was welcoming. The staff was truly interested in my work and my person, they engaged in discussions even apart of the classes, and created a warm ambience. We discussed cultural issues and touched the topic of eventual further collaboration. I was truly delighted by this unique experience.

In spite of the energy investment of this mobility, my experience was enriching for both my professional and my personal life, and it contributed to my work satisfaction.

I am grateful for this unique opportunity to the staff of the Department of Social Work and the International Office of Gelisim University.



ACADEMIC STUDIES



ARTICLE

The article titled ‘The Relationship Between Nepotistic Leadership and Organizational Learning in Institutions,’ authored by Asst. Prof. Asli KAYA, a faculty member in the Department of Health Management at our Faculty, Lec. Dr. Cemile Şeker from Near East University, and Lecturer Damla Karadayı, has been published in the Socrates Journal of Interdisciplinary Social Studies.



[Click here](#) to access the article.

CONFERENCE PRESENTATION



The papers titled ‘An Examination of Artificial Intelligence Anxiety Among Health Sciences Students,’ co-authored by Asst.Prof. Asli KAYA, a faculty member in the Department of Health Management at our Faculty, and Asst.Prof. Semiha KILIÇASLAN from Malatya Turgut Özal University, and ‘An Examination of Studies on Ethical Leadership,’ co-authored with Independent Researcher Aslı Ercan Önbiçak, were presented as oral presentations at the 11th Organizational Behavior Congress held on October 31–November 3, 2024.



CONFERENCE PRESENTATION

The paper titled 'Raising Next-Generation Female Leaders,' prepared by Asst.Prof.Aslı KAYA, a faculty member in the Department of Health Management at our Faculty, was presented as an oral presentation at the 1st International Women's Studies Congress held on November 4-6, 2024.



The paper titled 'Gift Exchange and Characteristics of Gifts in Ottoman Diplomacy,' prepared by Asst.Prof. Aslı KAYA, a faculty member in the Department of Health Management at our Faculty, and Independent Researcher Dr. Mustafa Sarper ALAP, was presented as an oral presentation at the ILFEMC 8th International Law, Finance, Economics, and Management Congress held on November 15-17, 2024.

The paper titled 'The Role of Openness to Change and Innovative Work Behaviors in the Impact of Transformational Leadership on the Learning Organization,' prepared by Asst.Prof. Bumin Çağatay AKSU, a faculty member in the Department of Health Management at our Faculty, was presented as an oral presentation at the 11th Organizational Behavior Congress held on October 31-November 3, 2024.



CONFERENCE PARTICIPATION



Asst.Prof.Aslı KAYA, one of the faculty members of the Department of Health Management at our Faculty, served as the 'Conference Chair' at the 2nd International Multidisciplinary Student Congress in the Light of Science.



Asst.Prof. Aslı KAYA, a faculty member of the Health Management Department, served as the "Congress General Coordinator" at the 1st International Mavişehir Mersin Scientific Research Congress.



Asst.Prof.Aslı KAYA, a faculty member of the Department of Health Management, was invited as a keynote speaker to deliver the 'Opening Speech' at the 8th International USBİLİM Education, Economics, Management, and Social Sciences Congress."

Opening Ceremony

Online

Date: November 28, 2024
Time: 18:50 - 19:00

Speeches:
Asst. Prof. Dr. Aslı KAYA
İstanbul Gelişim Üniversitesi



B B B B B B

In recent days, the rapid production and consumption of Dubai chocolate have brought along numerous health concerns when consumed excessively. Asst. Prof. Merve Bayram, a Nutrition and Dietetics Specialist, explained Dubai chocolate's risks and health-threatening aspects. Dubai chocolate, which is made with pistachios, tahini, and roasted kadayıf, has turned into a consumption craze, fueled by social media shares. While it captivates consumers with its appearance and taste, Dubai chocolate is not as innocent as it seems. Asst. Prof. Merve Bayram, Head of the Nutrition and Dietetics Department at Istanbul Gelisim University (IGU) Faculty of Health Sciences, shared critical insights on the subject. Asst. Prof. Merve Bayram stated:

“Both Dubai chocolate and other types of chocolate contain sugar, fat, caffeine, and certain components that can negatively impact the digestive system. Some of these adverse effects include increasing stomach acid, which can lead to reflux, and causing a burning sensation due to stomach acid flowing back into the esophagus. Additionally, lactose (found in milk chocolates) and sugars can cause intestinal gas in some individuals. The fat and sugar content can affect bowel movements and lead to stomach cramps. These issues can be more pronounced in individuals with irritable bowel syndrome (IBS).” She warned consumers about these potential risks.

A Warning for Those with Pistachio Allergies

Dubai chocolate is notable for its high pistachio content, a common allergen that poses a risk to those with pistachio allergies. On this matter, Asst. Prof. Merve Bayram stated:

“Pistachio cream can be very dangerous for individuals with a pistachio allergy, potentially leading to severe allergic reactions (anaphylaxis). Tahini, made from sesame seeds, can also cause allergic reactions in those with sesame allergies. Sesame allergies can result in skin rashes, nausea, or even severe allergic reactions in some individuals. Kadayıf, made with wheat flour that contains gluten, poses issues for those with gluten allergies (celiac disease or gluten intolerance). While kadayıf, particularly when roasted, might be harder for some individuals to digest, it is not as common an allergen as pistachios or sesame.”

Long-term Risks: Type 2 Diabetes

Addressing all the potential harms of Dubai chocolate, Asst. Prof. Merve Bayram highlighted its sugar content:

“Dubai chocolate contains a high amount of sugar, which rapidly raises blood sugar levels. This triggers the quick release of insulin, potentially leading to insulin resistance over time. If insulin resistance develops, the body becomes less sensitive to insulin, which can increase the risk of type 2 diabetes in the long term.” She urged consumers to be cautious about the risk of type 2 diabetes due to excessive sugar consumption.

2 - 8 NOVEMBER

LEUKEMIA KIDS

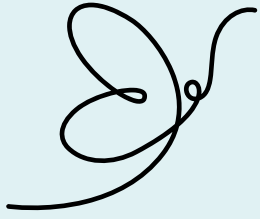
WEEK



NOVEMBER 8



**WORLD
RADIOGRAPHY
DAY**



NOVEMBER 20, WORLD CHILDREN'S RIGHTS DAY

"INVESTING IN OUR CHILDREN IS AN INVESTMENT IN SOCIETY AND THE FUTURE."

At the core of public health science, there is the necessity of giving every child the best and equal start in life for healthy societies and healthy lives. Providing the best start means granting them the right to be healthy and to live a healthy life, which is a direct result of the most fundamental right to life.

To protect all the children of the world from neglect and abuse, prevent them from facing maltreatment, and safeguard their rights, the "Convention on the Rights of the Child" was adopted by 193 countries in the United Nations General Assembly on November 20, 1989, and the Republic of Turkey signed this convention in 1990.

Children's rights is a universal concept that defines all the rights children are born with, such as education, health, housing, the right to life, play, and protection against physical, psychological, or sexual exploitation.

The protection of children's rights in freedom and balance is in the best interest of both the child and society.

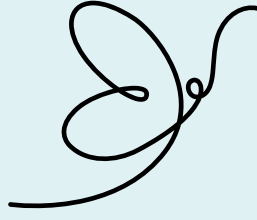
The Convention on the Rights of the Child is an international treaty that guarantees the rights of children in terms of education, health, life, nutrition, housing, and community. The provisions of the Convention on the Rights of the Child are based on four principles:

*Non-discrimination: Every child, regardless of sex, race, ethnic origin, national origin, religion, disability, sexual orientation, or any other status, has the right to equal education.

*Best interests of the child: In all actions concerning children, the best interests of the child must be a primary consideration. This concept refers to the healthy, balanced, and free development and protection of the child in terms of physical, emotional, social, cultural, moral, legal, and economic aspects. In more concrete terms, the child's best interests are reflected in ensuring healthy physical, mental, and emotional development, protection from illness, and access to essential health and education opportunities. All these rights must be provided by parents and society under any circumstances. When a child is raised with these opportunities, the person making decisions for the child should also act in a way that preserves the child's best interests.

*Right to life and development: Ensuring equal opportunities for children to reach full development and access to basic services.

*Right to participation: Emphasizes the need to value and respect children's views on all matters related to their rights.



Regulations related to child health are clearly outlined in Article 24 of the Convention: State Parties recognize the right of the child to the enjoyment of the highest attainable standard of health and to facilities for the treatment of illness and rehabilitation of health. They shall strive to ensure that no child is deprived of his or her right to access such health care services. They shall take measures to reduce infant and child mortality, provide necessary medical assistance, and ensure that basic health services are developed. Other key measures include fighting diseases and malnutrition through the provision of nutritious food, clean drinking water, and taking into account the dangers of environmental pollution. Additionally, ensuring the provision of appropriate prenatal and postnatal care for mothers is highlighted.

Monitoring child health and access to health services includes continuous review of existing health services (Article 25), ensuring social security coverage (Article 26), and providing appropriate conditions and care environments (Article 27).

Protecting children from exploitation and abuse is emphasized, including:

Protection against dependency-inducing substances (Article 33)

Protection against all forms of sexual exploitation and abuse (Articles 34-35)

Protection from any exploitation that may harm the child's well-being (Article 36).

Health professionals have the responsibility to defend children's rights, provide information to children and families about their rights, inform them about the role and use of children's rights within the health system, protect the privacy of the child and family, show empathy by understanding their emotions, and ensure care approaches that consider traditional and cultural features.

"Children are not small individuals with small rights, but rather individuals with equal rights to those of adults."

Asst. Prof. Nurten ELKIN

Head of the Department of Child Development, Faculty of Health Sciences
Coordinator of the Fight Against Addiction, Istanbul Gelişim University

[Click here to access the news.](#)



November 2nd: World Vitamin D Day
A Time to Discover the Health Benefits of Sunshine!

Münevver Gaye AYBEY, Lecturer at Istanbul Gelisim University's Faculty of Health Sciences, Department of Nutrition and Dietetics, provided insights on the significance of Vitamin D and its impact on our health on this World Vitamin D Day.

Celebrated annually on November 2nd, **World Vitamin D Day** aims to raise awareness about vitamin D deficiency as we approach the winter months. This essential nutrient plays a crucial role in strengthening the immune system, supporting bone health, and enhancing our mood. Yet, a large part of the population does not get enough of this vital vitamin. Limited sunlight during the winter months makes vitamin D deficiency an even more prevalent issue.

Research in Türkiye shows that the prevalence of vitamin D deficiency ranges between 50% and 80%. This deficiency, identified through serum 25-hydroxyvitamin D levels, is typically measured at values below 20 ng/mL, affecting not only bone health but also weakening the immune system. Especially in the northern hemisphere, the lack of sufficient vitamin D intake during winter months can lower resistance to illnesses.

Vitamin D can be obtained through sunlight as well as from certain foods. While sources are limited, vitamin D can be found in cod liver oil, fatty fish, egg yolks, and certain plant-based foods. Supplements recommended by a doctor can also be taken when necessary. Exposing oneself to the sun for 10-15 minutes in the morning can naturally boost the body's vitamin D production and help reduce the risk of deficiency.

This day serves as a reminder of the symptoms and health impacts of vitamin D deficiency. Persistent fatigue, muscle and bone pain, frequent infections, and depressive symptoms may indicate a lack of vitamin D. If these symptoms continue, checking vitamin D levels becomes essential.

World Vitamin D Day emphasizes the importance of getting sunlight, balanced nutrition, and taking precautions when necessary for a healthy life. Through this special day, we can take small yet impactful steps to increase our vitamin D awareness and move towards a healthier lifestyle.

[Click here to access the news.](#)

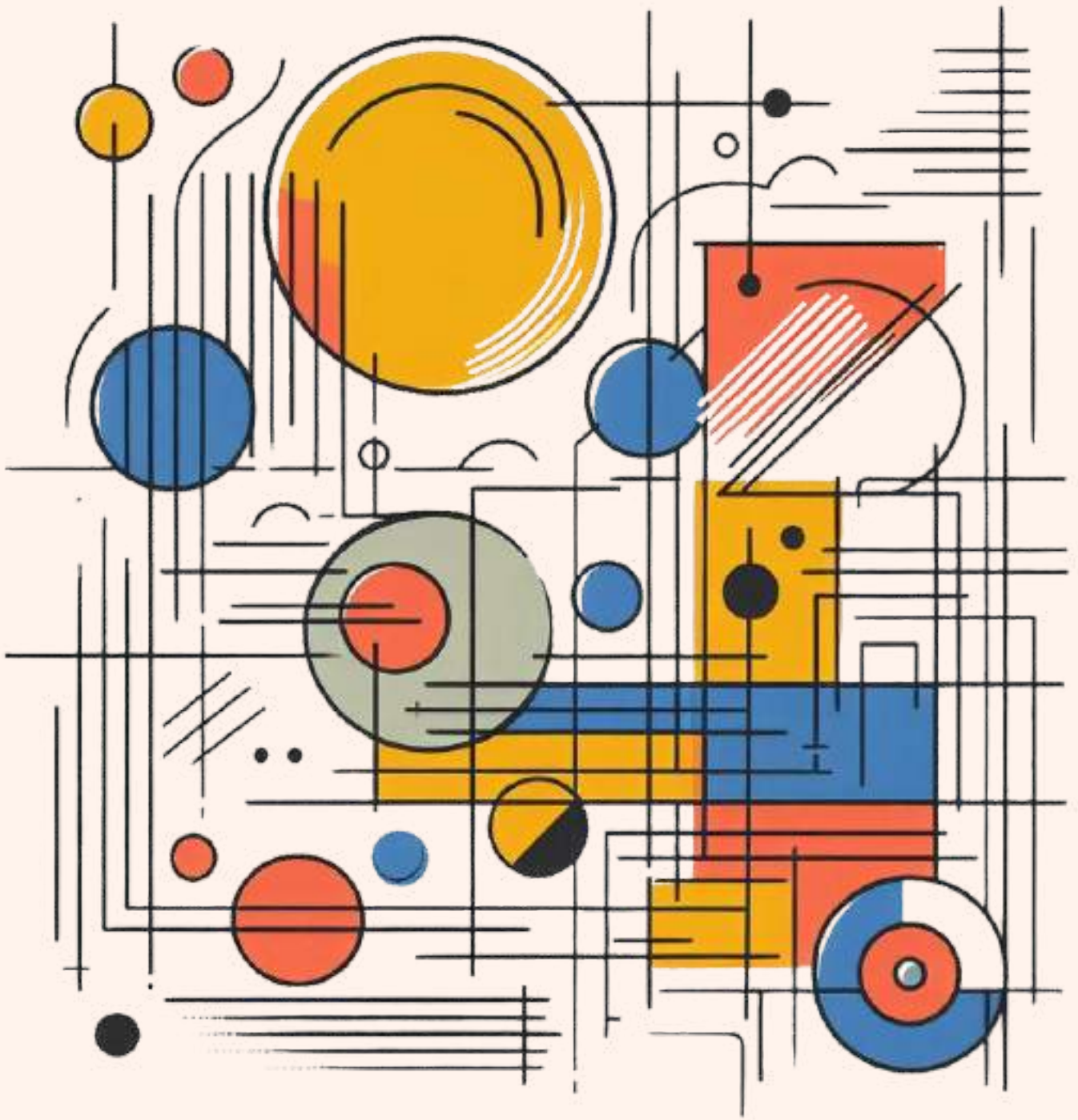
SOCIAL WORK STUDENTS VISIT BAHÇELİEVLER ŞEYH ZAYED CHILDREN'S HOME SITE

Under the guidance of Prof. Dr. İsmet Galip YOLCUOĞLU, Social Work Department students visited the Bahçelievler Şeyh Zayed Children's Home Site, located on the Bahçelievler Additional Service Campus of the Istanbul Provincial Directorate of Family and Social Services.

During the visit, the Deputy Director of the Children's Home Site provided students with a comprehensive introduction to the institution. Detailed information was shared regarding the institution's operations, admission criteria, and the services offered to children. Following the introduction, the visit continued with an interactive Q&A session involving the students.

This visit allowed students to gain deeper insights into child welfare services and observe the practical workings of social work in the field.





CULTURE ART
LITERATURE

"CAPERNAUM" FILM REVIEW: INVISIBLE RIGHTS IN URBAN SURVIVAL

SENA NUR İKİNCİ
Social Work Department
Third-year student

"The city is a place where one must fight not only for survival but also for the right to truly live." This quote from Jean Paul Sartre highlights the challenges of urban life, emphasizing that individuals must fight not only to sustain their existence but also to lead a meaningful, dignified life. Sartre's words resonate deeply with the film Capernaum, where the hardships faced by Zain illustrate a struggle not just to survive, but to live with dignity.

Capernaum, directed by Lebanese director Nadine Labaki, addresses profound social issues. It portrays the life of Zain, a boy thought to be around 12 years old, shaped by factors such as poverty and neglect, while providing a profound critique of his environment. Examining the film through themes of urban space, migration, and poverty provides a wider lens on lives beyond Zain's.



As Henri Lefebvre mentions in his book "The Right to the City," cities should be places where individuals can meet their needs for safety, education, entertainment, and social interactions (Lefebvre, 2016). However, as seen in Capernaum, urban life often turns into a struggle for survival, especially for women and children. Cities are not merely physical structures; they also mirror social hierarchies, class differences, and social injustices. The continuous growth of cities exacerbates urban poverty, making living conditions particularly difficult for low-income individuals. In line with Bauman's (1999) definition of poverty, poverty is a deprivation of everything considered part of a "normal life," and it is migrants, women, and children who experience its harshest impacts.

Lebanon, where the film was shot, is a society shaped by complex issues such as poverty, economic inequality, uncontrolled migration flow, and gender dynamics. Through Zain's story, Labaki underscores these themes of poverty, inequality, and class differences while offering a broader social critique. Additionally, Labaki portrays herself as the lawyer for Zain, who kills the much older man his sister was forced to marry, symbolizing her advocacy for millions of children.

The film prompts us to contemplate the fundamental rights individuals should have in society, especially the violations of rights such as the right to life, the right to exist, and the right to education. In Capernaum, this theme merges with the struggles faced by refugees. In the global era, the violations of rights and marginalization that refugees encounter are strikingly captured in Aspro's words: "He will live in this country like a fugitive, and they will throw you both out the moment he's spotted; he'll live like a sewer rat, will never see the sun, won't go to school, won't have any rights, I suggest you give him to a family. Your son was stillborn, he doesn't live; even a ketchup bottle has a name, a production date, and an expiration date." Aspro's words poignantly highlight the social exclusion and deprivation of basic rights endured by refugees and undocumented children.



Erikson's statement, "From the moment a baby is born, it is almost marked with an identity, which acknowledges its existence and distinguishes it from other individuals" (Erikson, 1997/2014), helps us understand the identity crisis faced by Zain and his siblings. Being unable to attend school due to the lack of identification documents reflects just how deprived they are of fundamental rights. This situation renders them "invisible," not just physically but socially also in society. In the film's final scene, Zain's lawsuit against his parents exposes the root cause of all these adversities. His response to the judge's question, "Why do you want to sue your parents?" – "For bringing me into this world" – is one of the film's most impactful moments. This answer not only reflects Zain's personal trauma but also conveys a broader social and cultural critique. Zain is, in essence, holding his parents accountable not merely for his birth but for failing to provide him with an identity and rights after bringing him into the world. This is a powerful message in the film about social justice and the violation of human rights.

Another example of rights violations is embodied in Rahil, an Ethiopian migrant woman. Through Rahil's character, the film portrays the exploitation of migrants who work illegally in urban spaces, constantly under the threat of deportation, forced to work for extremely low wages. The film also features a scene that underscores the human rights abuses linked to the kafala system. This system, present in many Arab countries in the Middle East, including much of the Arabian Peninsula, ties migrant workers to a specific employer during their residence. Because this system allows employers to confiscate passports and mistreat workers with little chance for legal recourse or repatriation, it has been widely criticized by human rights organizations.

In conclusion, the film provides a powerful inquiry into the violation of essential rights such as the right to life, the right to exist, and the right to education, prompting us to reflect on the fundamental rights every individual should have.





OUR GUEST OF THIS MONTH

Lect. Münevver Başak ONAT

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?

No working more than 4 days a week, because 5 is too much!

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

I would like to be the inventor of the printing press, because I love books and showing off by sharing them on social media.

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

I would have loved to be among the first people to watch a cartoon.

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

"Short but Very Good Stories"

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

I would like my life to be a cartoon. In that case, Darwin Watterson could play me.

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

Organization, procrastination, determination, creativity, and loyalty.

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

I wish I had a natural talent for a sport I would enjoy doing regularly.

8-Who is your hero?

Horace Slughorn.

9-Who is your favorite author?

J.R.R. Tolkien

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

Experiment



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.

DEVELOPMENT READINGS

THE MAN WHO PIERCED THE SKY CALLED PAPALAGI

Hevin ÇELİK

2nd-Year Health Management Student

Abstract

Space is the most sensitive area for all societies in terms of adapting individuals to the community and values they belong to, thus shaping their identity. Individuals construct their mental worlds in relation to space, and the world they create in their minds is also the one in which they position and interpret their society and themselves. Based on these motives, an individual will either build an unshakable identity or experience a detachment within a life disconnected from this reality. This study attempts to explore how space and identity influence each other through several examples.



The book begins with a description of Westerners' clothing. Our indigenous tribal chief accuses the degenerate Westerners of wearing unnecessary garments. He finds it absurd that part of the body, composed only of flesh and bone, should be left uncovered while another part must be concealed. The influence of the nudist cultural movement, known as "Freikörperkultur," which was gaining popularity in Germany at the time of the book's publication, is clearly evident in these views. Moreover, we know that even the most primitive tribes today have a sense of modesty, and no natural human community lives entirely naked. Sadly, this is a blatantly "Eurocentric" perspective disguised as "ethnocentric." Scheurmann tries to pass off his own "European" ideas as the untouched thoughts of the "innocent indigenous people" to his readers.

DEVELOPMENT READINGS

In the second part, the focus shifts to European houses. Tuavii describes Europeans' houses, doors, and furniture with "rather childish" depictions. However, no matter how primitive, it is unreasonable to assume that indigenous people—such as Tuavii—would be unfamiliar with the concept of a "door," describing it as a "heavy wooden wing that must be forcefully pushed to enter the shelter" (p.27). Although not widespread at the time, even telephones were known to be in use on the Samoan islands. For someone who has seen a telephone, describing a doorbell as a decorative woman's breast makes no sense at all (p.28). Moreover, the kind of house Tuavii describes, with separate kitchens, living rooms, dining rooms, and bathrooms, belonged only to the wealthy elite, the very few who could afford such luxuries at the time. These were the types of homes that wealthy Europeans—who could afford to send their sons on trips to the Samoan islands—would live in, not the type that an indigenous traveler to Europe would typically encounter!

In the third section, Tuavii discusses money, which he claims has become the "god" of the Papalagi. In fact, Scheurmann can be seen as critiquing capitalism and private property from a Christian moral perspective. In the subsequent sections, the European man's obsessions with time, diet, and profession are explored. Scheurmann attributes all the criticisms he wishes to make of his own society to the fictional tribal chief. Discussions on these themes tend to intensify during periods of economic, political, or cultural crisis. One side blames the worsening conditions on our departure from our nature, the legacy of our glorious ancestors, and the fundamentally good aspects of our character; the other attributes it to our inability to fully break free from the remnants of the past, our insufficient development, and our failures in enacting reforms. The man who pierces the sky, or Papalagi, is a European fantasy. Like many of his contemporaries, the German author's thoughts are quite conflicted. On one hand, there is technological advancement that alters the flow of life through interventions in nature; on the other, the natural world is being destroyed for the sake of these advancements. On one side, there are generations inherently good yet corrupted; on the other, people are controlled through education, close monitoring, and disciplinary tools aimed at restraining potential evils.

The book centers on a Samoan tribal chief, Tuavii, recounting his days in Europe to his people in the form of a letter. It is stated within the book that it consists solely of a letter written by the chief to his community.



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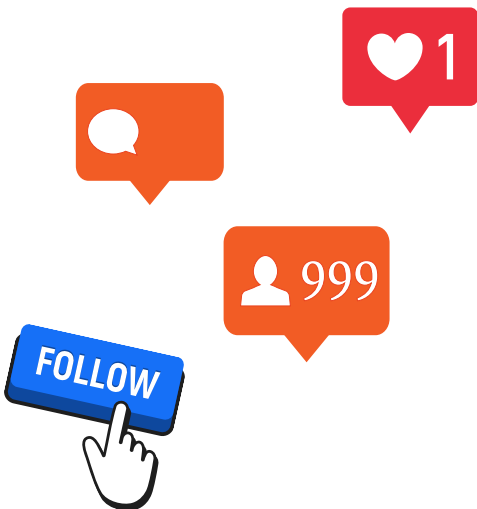
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