



MONTHLY EVENTS AND NEWS BULLETIN



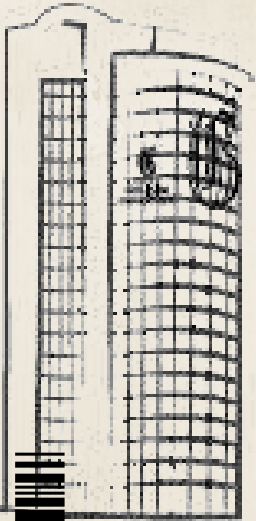
Faculty of
Health Sciences



100

THE 100TH ANNIVERSARY OF THE REPUBLIC OF TÜRKİYE

SEPTEMBER 2024 | ISSUE 45 | VOLUME 4



İSTANBUL GELİŞİM ÜNİVERSİTESİ





Faculty of
Health Sciences

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



September 2024

SUN	MON	TUE	WED	THU	FRI	SAT
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	30					

September 1: World Peace Day



September 3-9 : Public Health Week



September 4: Sivas Congress



September 9: Liberation of İzmir



September 12: World First Aid Day



September 21: World Alzheimer's Day



September 29: World Heart Day



CONTENTS



- 4 WELCOME TO OUR IGU FAMILY
- 6 ISTANBUL: A CITY ON TWO CONTINENTS
- 7 SIVAS CONGRESS
- 8 FACULTY OF HEALTH SCIENCES CAREER PLANNING AND ALUMNI RELATIONS COMMITTEE ESTABLISHED
- 9 2024-2025 ACADEMIC YEAR ORIENTATION PROGRAM
- 10 ACADEMIC STUDIES
- 13 A BUILDING, A PROJECT, A BOOK: THE FORMER BRITISH POST OFFICE
- 14 OPENING SPEECH BY ASST PROF. A. YÜKSEL BARUT, SCIENTIFIC CHAIR OF THE 3RD TOKAT INTERNATIONAL SCIENTIFIC RESEARCH CONGRESS
- 18 WORLD ALZHEIMER'S DAY
- 19 10 TIPS FOR PARENTS WHOSE CHILDREN WILL START SCHOOL!
- 22 "DIGITAL ARCHIVE PROJECT" STEP FOR SUSTAINABILITY FROM IGU
- 24 THE DANGER OF THE AGE IN CHILDREN: OBESITY: TURN DIGITALIZATION INTO AN ADVANTAGE
- 24 DEVELOPMENTAL READINGS
- 30 OUR GUEST OF THIS MONTH



WELCOME TO OUR IGU FAMILY



ISTANBUL: A CITY ON TWO CONTINENTS

Where should I visit in Istanbul?

DISCOVER



KAMONDO STAIRS, KARAKOY

Popularly known as the "Lovers' Ladder", the staircase was built by the Kamondo family for their grandchildren. Realizing that his grandchildren had to take a longer route to go to school, Abraham Kamondo built these stairs for his grandchildren as a shorter and more comfortable transportation route.



GALATA TOWER

Galata Tower is located in Beyoğlu district of Istanbul. Built as a watchtower on the Galata Walls, the tower is now used as an exhibition space and a museum. It is one of the symbolic structures of both Beyoğlu and Istanbul.



TAKSİM SQUARE

"İstiklal Caddesi", named "Cadde-i Kebir" in Ottoman and "Grande Rue de Pera" in French, is a street belonging to the district of Beyoğlu, located between Tünel Square and Taksim Square. It has been among the most popular streets in Turkey since the late 1800s.





Sivas Congress

Sivas Congress was held on September 4, 1919 with the participation of delegates from various parts of the country. One of the important topics of the congress was mandate and protection. Among the delegates in question was Hikmet, who came to the city with the money collected by his fellow students. On the evening of September 8, when there were heated debates on the Mandate and Protectorate, Hikmet, a military medical student, said:

“My medical friends, to whom I am a delegate, sent me here to participate in the work to achieve our independence cause. I cannot accept the Mandate and the Protectorate. If there are those who will accept it, whoever it is, we strongly reject and condemn it. It will not happen, but if you accept the mandate idea, we will reject you as well. We call and curse Mustafa Kemal not as the savior of the homeland, but as the destroyer of the homeland.”

Mustafa Kemal Pasha, who was proud of these words and said, "Friends, look at the youth, pay attention to the expression of the noble blood in the Turkish national body," turned to Hikmet Bey and said, "Son, be happy. I am proud of youth and I trust youth. Even if we remain in the minority (minority), we will not accept the mandate and patronage. Our password is unique and unchangeable, either independence or death." said.

This is exactly what the Sivas congress is;
Sivas Congress is the moment when a nation chooses to live.



Istanbul Gelisim University

FACULTY OF HEALTH SCIENCES CAREER PLANNING AND ALUMNI RELATIONS COMMITTEE ESTABLISHED

Istanbul Gelisim University's Faculty of Health Sciences has established the Career Planning and Alumni Relations Committee to support the career development of students and graduates. This committee, formed within our faculty, aims to help students achieve their professional goals and maintain continuous communication with alumni to ensure successful careers in the business world.

The committee's responsibilities include providing career planning guidance for students, establishing a strong communication network between alumni and the faculty, and organizing various seminars, events, and career days for graduates.

The Chair of the Committee, Vice Dean of the Faculty of Health Sciences, Asst. Prof. Neşe KISKIÇ, stated, "With this committee, we aim to be by your side at every stage of your career journey, offering guidance and support. Through various seminars, workshops, and alumni gatherings, we aim to contribute to your personal and professional development. As the future health professionals, your success is our greatest reward. We will continue to support and guide you throughout your career planning process."

The committee is expected to offer a wide range of opportunities for students and graduates and to prepare them for the future. Through this committee, the Faculty of Health Sciences will guide the career paths of its students and contribute to the rapid advancement of its graduates in their careers.

You can find more information about the committee's activities on the Faculty of Health Sciences website under the Alumni section.

Click [here](#) to reach the page.



2024-2025 ACADEMIC YEAR ORIENTATION PROGRAM

The 2024-2025 Academic Year Faculty of Health Sciences Orientation Program began with the opening speech of the Dean of the Faculty of Health Sciences, Prof. Dr. Rifat MUTUŞ. In his speech, Prof. Dr. Rifat Mutuş talked about the opportunities, achievements, and advantages offered by the faculty, and wished the students success.. The program continued with a speech by the University Vice-Rector, Prof. Dr. Arda ÖZTÜRKCAN. The event featured presentations on the departments within the faculty, introductions to student clubs, and information about the coordinatorships that can provide support during the students' academic journey. The orientation program, designed to assist students in adapting to university life, stood out with its rich content.



MEHMET AKIF
ERSOY
CONFERENCE
HALL

24 SEPTEMBER 2024

FACULTY OF HEALTH SCIENCES

ACADEMIC STUDIES

ARTICLE



The article titled “Healthcare Workers Ethical Codes Scale: A Scale Development Study”, conducted by Res. Asst. Gözde TETİK and Res. Asst. Semanur OKTAY, academicians of our faculty’s Health Management Department, together with Asst. Prof. Gülşah TAMER, Gülşah UNSAL JAFAROV and Asst. Prof. Dursun BOZ, was published in Istanbul Gelişim University Health Sciences Journal (IGUSABDER). With the study in question, a measurement tool was developed to explain the expectations and basic principles that help healthcare workers focus on the ethical problems they encounter. [Click to access the article.](#)

ACADEMIC PAPER



Asst.Prof.Aslı KAYA, a faculty member of our Health Management Department, and Lec.Dr. Cemile ŞEKER, along with their co-authored papers titled 'The Role of Emotional Intelligence and Intercultural Communication Anxiety in the Effect of Networking Behavior on Employees' Sustainable Performance' and 'The Role of Job Satisfaction and Motivation in the Effect of Burnout on Employees' Sustainable Performance: An Application in the Health Sector,' presented their work at the 3rd International Paris Social Sciences Conference organized by the Journal of Business Administration.

ACADEMIC PAPER



Asst. Prof. Aslı KAYA, along with Asst. Prof. Ömer Faruk ŞARKBAY and Asst. Prof. Murat BAŞAL, from our Faculty's Department of Health Management, presented their paper titled 'DETERMINING THE RELATIONSHIP BETWEEN DIGITAL BUSINESS MODEL STRUCTURES IN HEALTH TOURISM AND CREATING EFFECTIVE CONTENT IN DIGITAL MARKETING' at the 24th NATIONAL TOURISM Congress.

ACADEMIC PAPER



Asst. Prof. Aslı KAYA, along with Asst. Prof. Ömer Faruk ŞARKBAY and Asst. Prof. Murat BAŞAL, from our Faculty's Department of Health Management, presented their paper titled 'AN INVESTIGATION INTO THE IMPACT OF A COMPANY'S FINANCIAL STRUCTURE ON THE PERCEPTION OF ORGANIZATIONAL CYNICISM AND ORGANIZATIONAL DISSENT' at the 11th INTERNATIONAL ACCOUNTING AND FINANCE RESEARCH Congress.

BOOK



İÇİNDEKİLER	
Önsöz	3
SAĞLIK TURİZMİ VE TEMEL KAVRAMLAR <i>Mehmet Emin BAĞCI (SAGLIK)</i>	9
SAĞLIK TURİZMİ VE MÜLHİBİLERİN YAKLAŞIMI <i>Alihan Önal ÇETİNE (SAGLIK)</i>	23
SAĞLIK TURİZMİ VE EKONOMİK ROYUTU <i>Zahra SABİ ÇALIZ</i>	39
SAĞLIK TURİZMİNİN ETİK VE HUKUK ROYUTU <i>Tarkan ÖZÜCÜ - Seren AKTAŞ UÇAR</i>	57
SAĞLIK TURİZMİ <i>Sinan KAYI</i>	73
SAĞLIK TURİZMİ VE KALITE <i>Tolhan TEMİZKAN</i>	109
SAĞLIK TURİZMİ VE DİJİTAL PAZARLAMA <i>Merve BAŞAL</i>	127
SAĞLIK TURİZMİ VE MARKALASMA <i>Kaan Berk DİKLİ (SAGLIK TURİZMİ) / Hakkı ÇILGINOĞLU</i>	145
SAĞLIK TURİZMİ VE DEVLET FENSLERİNE TEBAKİTÜDEKİ ENYETİSİMLERİN SAĞLIK TURİZMİNE ETKİSİNİN İZLENİMİ <i>Mehmet KARACI - Osman AKIN</i>	168
SAĞLIK TURİZMİ VE YAFAY ZEKİ <i>Cemile ŞEKER</i>	185
SAĞLIK TURİZMİ VE ARACI KURUMLAR <i>Seren AKTAŞ UÇAR - Tarkan ÖZÜCÜ</i>	199
REKREASYON VE SAĞLIK TURİZMİ İLİŞKİSİ <i>Abdullah AKOĞLU (SAGLIK) - Sinan KAYI</i>	209
SAĞLIK TURİZMİ VE DİNÇ, İYİNE, GELECEĞİ <i>Günay KAYI (SAGLIK)</i>	229
SAĞLIK TURİZMİNİN ORGANİZASYON SÜREÇİ <i>Osman Faruk ŞARAKLI</i>	261

Asst. Prof. Aslı KAYA, along with Asst. Prof. Hakkı ÇILGINOĞLU and Asst. Prof. Ebru Özlem KORKUTATA from our Faculty's Department of Health Management, served as editors of the book titled 'Journey to Health: Health Tourism,' which was published by Efe Publishing House.

CONFERENCE PARTICIPATION



Düzenleme Kurulu Üyeleri

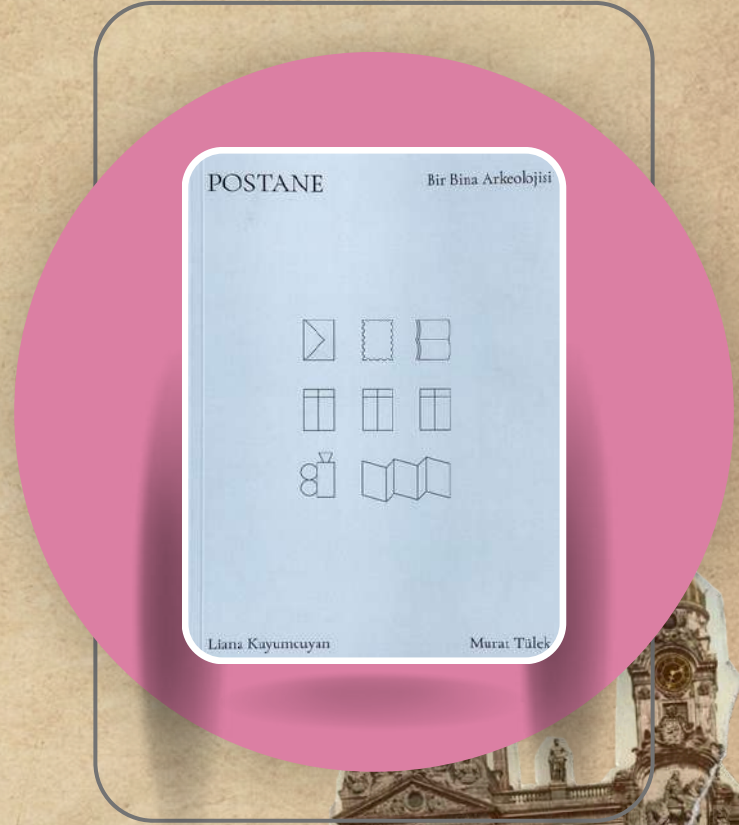
Assoc.Prof.Dr. Fahri Özsungur, Mersin Üniversitesi, Türkiye
Assoc. Prof. Dr. Muhammad Zia-Ur-Rehman, Universiti Malaya, Malaysia & NDU, Pakistan
Assist. Prof. Dr. Ananda MAJUMDAR, North Central Theological Seminary, Minneapolis, USA
Assist. Prof. Dr. Aslı KAYA, İstanbul Gelişim Üniversitesi, Türkiye
Dr. Keshab Chandra MANDAL, Kolkata, India
Dr. Cebrail YAKIŞIR, Diyanet İşleri Başkanlığı, Ankara, Türkiye
Dr. Nadire KANTARCIOĞLU, UBSDER

Asst. Prof. Aslı KAYA from our Faculty's Department of Health Management participated in the 3rd INTERNATIONAL PARIS SOCIAL SCIENCES Congress organized by the Business Journal. She also served as a member of the Congress Organizing Committee during the event.

A Building, A Project, A Book: The Former British Post Office

The Post Office: A Building Archaeology, a product of the project Searching for the Cosmopolitan City in a Building, led by Liana Kuyumcuyan and Murat Tülek from January to December 2022, was introduced to readers on September 11, 2024, at a launch event organized as part of European Heritage Days by the Beyoğlu Municipality. Published with the support of CultureCIVIC and under the leadership of the Center for Spatial Justice, the book provides an in-depth examination of the building's history through archival research and oral history studies. The building, originally constructed as the British Post Office in 1859, is explored through a rich array of materials, including newspaper clippings, letters, and interview excerpts. The book was edited by Asst. Prof. Yonca Güneş YÜCEL and designed by Ada Tuncer.

The authors delve deeply into the building's multi-layered history and the multicultural structure of Galata. This book meticulously uncovers the architectural and historical layers of the former British Post Office in Galata, highlighting its role not only as a building but also as a comprehensive archive reflecting Istanbul's cosmopolitanism and the evolving demographic shifts of the city. From the Crimean War to the Istanbul Pogrom of September 6-7, from the proclamation of the Republic to the 1980 coup, the building carries traces of many pivotal moments in history.



OPENING SPEECH BY ASST PROF. A. YÜKSEL BARUT, SCIENTIFIC CHAIR OF THE 3RD TOKAT INTERNATIONAL SCIENTIFIC RESEARCH CONGRESS

The purpose of our congress is not only to promote international research and knowledge exchange but also to highlight the beauty, traditions, and history of Tokat, a distinguished city in our country. By observing the region's values and characteristics, we aim to inspire new scientific research and emphasize the importance of the treasures we possess.

Throughout history, Tokat has been given many names, the most well-known of which are Comano Pontica, Komana, Evdoksia, Dokia, Dokat, Kah-Cun, Sobaru, Darün-Nusret, Darün-Nasr, and finally, Tokat.

There are various legends regarding the origin of the name "Tokat." One suggests that it was founded by the Togayit Turks, and the name derives from them. Another explanation is that it comes from "Toh-kat," meaning a walled city. Evliya Çelebi, on the other hand, writes that the Tokat Castle was built by "Dok-Ad," a legendary hero from the Amalika tribe, and that the name "Tokat" originates from this figure.

It is known that Tokat has a history dating back to 5500 BC, during which 14 states and 5 principalities have lived and ruled. Findings from excavations in the region indicate that the area has been open to settlement since the Chalcolithic Age. These lands have always been an important settlement area during the periods of the Hatti, Hittite, Phrygian, Medes, Persians, Alexander the Great, Pontus, Roman, Byzantine, Arab, Danishmend, Anatolian Seljuk, Ilkhanate, Principalities, Ottoman Empire, and the Republic of Türkiye.





In Tokat, where the majority of the population consisted of Turks, the people generally led a settled life. This strengthened their loyalty to the state. Since the time of the Danishmends, the city became a homeland for Turkmens, with a strong Turkish culture prevailing. The Seljuks did not face any issues in governing the city. Since it came under Turkish control, the city had not experienced any significant invasions or plunder. Due to its location on an ancient trade route extending from Samsun to Sivas, it had a prosperous economy. The presence of numerous caravanserais in and around the city center indicates that it was a vibrant commercial hub.

According to the sources, this region, where the Danishmend Principality was established after the Battle of Manzikert, was annexed by the Seljuks in 1175. After the Battle of Köseadağ in 1243, it came under the control of the Ilkhanate, followed by the Eretna in 1335, Kadı Burhaneddin in 1388, and was incorporated into Ottoman lands in 1392. After the Battle of Ankara, the region briefly fell out of Ottoman control but was re-annexed in 1413. In 1863, it became a township under the Sivas Province, a sub-province in 1878, an independent district in 1920, and was designated as a province in 1923. In addition to well-known crafts such as coppersmithing, block printing, weaving, wood carving, jewelry making, blacksmithing, and leatherwork, Tokat was one of the four significant original ceramic centers in Anatolia, along with İznik, Kütahya, and Çanakkale, until the 20th century. One of the most important cultural figures of the 20th century, Prof. Dr. Süheyl Ünver, wrote a report about Tokat in 1961, stating: "Let me share my impressions of the ancient monuments I saw while walking around Tokat; believe me, the most beautiful works that cannot be found in Istanbul, Konya, Bursa, or Edirne are in Tokat. I was amazed to discover that Tokat is the homeland of great figures such as Ibn Kemal, Molla Hüsrev, Molla Lütfi, the Plevna hero Gazi Osman Pasha, and Sheikh Emin Efendi. It is a city with the most monuments in Anatolia. The Seljuks and the Ottomans seem to have competed with each other here, each building one more monument than the other. Honestly, I couldn't count them. To put it plainly, these works, ranging from 300 to 800 years old, are truly the saints of Tokat.

Evliya Çelebi speaks of Tokat in the following way: "From all four sides of this pleasant city, water flows through gardens and orchards. The sound of nightingales in these gardens brings peace to the soul. Its fruits are delicious and delicate, sent as gifts to many places. Each vineyard has a pavilion, a pool, fountains, and a variety of fruits. The people are joyful, friendly with strangers, harbor no grudges, are guileless, generous, and mild-mannered. They always think well of others, live in harmony, and are eager to do good deeds. The mosques, palaces, pavilions, and charitable institutions are so solid and beautiful that those who enter are amazed. The city is vast and affordable, seemingly unparalleled in the world. The people's provisions are abundant throughout the year."

Evliya Çelebi also uses the phrases "the crown of the Seljuks and the throne of the Danishmends" to describe Tokat.



Hacı Bektaş-ı Veli described Tokat as "the abode of scholars, the homeland of the virtuous, and the cradle of poets.

Seljuk Vizier Muinuddin Suleyman Pervane was deeply devoted to Hz. Mevlana. In addition to being one of the most important political figures of the second half of the 13th century in the history of the Anatolian Seljuks, Muinuddin Suleyman Pervane is also a highly significant figure in the early history of the Mevlevi Order and Tokat's history. During his rule, he acted like a sultan, considering not Konya, but Tokat as his capital. Due to their close friendship, Mevlana Jalaluddin Rumi visited Tokat while he was still alive. The existing Mevlevi Lodge in Tokat is the third one in the city, known as one of the most beautiful Mevlevi Lodges in Anatolia due to its wooden structure. It is one of the rare Mevlevi Lodges that has survived as a whole, along with its outbuildings, to the present day. While Sultan Giyaseddin Keyhusrev was alive, he appointed his son Alaaddin Keykubad as the governor of Tokat. Tokat is the only city that Hz. Mevlana praised, saying, "It is necessary to go to Tokat because the people and the climate of Tokat are temperate." The last Mevlevi sheikh of the Tokat Mevlevihane was Abdülhâdi Efendi (his daughter was Bedriye Üstün, and his granddaughter was Nurten Tüzemen).

The most important factor that makes a city livable for people is its defensibility. During uprisings or invasions, Seljuk sultans would leave the capital, Konya, and seek refuge in cities they found safe. One of the cities preferred by the Seljuk sultans in difficult times was Tokat. One of the reasons for this preference was the Tokat Castle. Due to its location and structure, the Tokat Castle was extremely difficult to capture. In his work Seyahatname, Evliya Çelebi used the following words to describe the castle: "The castle is built on a high hill with cut stone and is not very large. Its surroundings are adorned with bastions and towers, and it does not have a moat. It is a fearless fortress that rises to the sky like the Milky Way."





The great leader Mustafa Kemal Pasha first came to Tokat secretly on June 26, 1919, for security reasons. After the Sivas Congress, on October 16, 1919, Mustafa Kemal Pasha arrived in Tokat for the second time with his companions, on his way to Amasya, and on October 18, 1919, he continued to Amasya. On October 21, 1919, Mustafa Kemal Pasha came to Tokat for the third time, accompanied by journalists. He was welcomed in front of the military recruitment office and hosted at the home of Hamamcıoğlu Rifat Bey, before leaving for Sivas on October 28, 1919. After the proclamation of the Republic, he came to Tokat with his wife, Latife Hanım, on September 25, 1924, stayed at the home of Tokat MP Mustafa Bey, and continued to Sivas on September 27, 1924. Following the Alphabet Reform, on September 18, 1928, at 10:00 p.m., Mustafa Kemal, along with Prime Minister İsmet Pasha, Minister of Health Refik, Secretary General of the Republican People's Party Safvet, Gaziantep MP Kılıç Ali, Kütahya MP Nuri, Bolu MP Cevat Abbas, Yozgat MP Salih, Sinop MP Recep Zühtü, and Rize MP Hasan Cavit, visited Tokat for the second time during the Republican era. On September 19, 1928, they traveled to Sivas with their companions. Mustafa Kemal Atatürk's sixth and final visit to Tokat (the third during the Republican era) took place on November 21, 1930. On November 11, 1930, they traveled by train from Ankara to Kayseri. During this national tour, which started in Kayseri and continued to Trabzon, aimed at listening to the people's complaints and finding solutions, Atatürk came to Tokat with his colleagues. After staying in Tokat for one night, President Mustafa Kemal Pasha traveled first to Turhal and then to Amasya by special train on November 22, 1930.

It is not possible to explain to you, esteemed members of the congress, within this short time why our congress is being held in Tokat. As I emphasized at the beginning of my speech, Tokat has many features worthy of research, and we, as the people of Tokat, must shed light on these studies and keep our values alive. It is important to understand the difference between liking and loving. If you like a flower, you pick it, but if you love it, you come every day to water it. As enlightened individuals of our beloved country, we must protect the values we have, strive for the better and the beautiful, and contribute to society through our research and publications filled with knowledge.

We must never forget the words of Gazi Mustafa Kemal Atatürk: "For everything in the world, for civilization, for life, for success, the truest guide is science and technology. Seeking a guide outside of science and technology is ignorance, negligence, and error."

21

SEPTEMBER

WORLD ALZHEIMER'S DAY



REMINDE ME IF I FORGET

Each year on September 21, World Alzheimer's Day is observed to raise global awareness about Alzheimer's disease and other forms of dementia. Alzheimer's is a progressive brain disease that affects millions of people worldwide, characterized by symptoms such as memory loss and impaired cognitive abilities. Although it is often associated with aging, it is not merely a natural part of getting older.



The early diagnosis of Alzheimer's plays a critical role in slowing the progression of the disease. It offers patients and their families the opportunity to better plan their lives and receive the appropriate care. Raising awareness in society and recognizing the early signs of the disease are crucial for both patients and their loved ones.

World Alzheimer's Day not only highlights the need to support patients and their families but also emphasizes the importance of scientific research and the search for treatments. On this special day, we can all take steps to learn more about Alzheimer's and raise awareness.

This special day not only raises awareness about the disease but also calls for support for individuals living with Alzheimer's and their families. By emphasizing the importance of research, early diagnosis, and proper care, it serves as an opportunity to strengthen societal solidarity in the fight against Alzheimer's.

10 TIPS FOR PARENTS WHOSE CHILDREN WILL START SCHOOL!

The school adaptation week for preschool and primary schools start on September 2. Parents are concerned about how to manage this process. Specialist Child Developer Kevser Tuğba Çınar Karasu said, "This process can become a new period of anxiety and anxiety for children. Therefore, parents' approaches are important for children who are just starting school."

Stating that the school start period is an uncertain process for children to be separated from their families, homes, toys, and home arrangements, Istanbul Gelisim University, Faculty of Health Sciences, Department of Child Development Res. Asst. Kevser Tuğba Çınar Karasu: "Physical separation that starts with birth and then physical distancing from the mother occurs with the beginning of walking in infancy. While this situation creates the joy of being able to act independently in children, it can also create an anxiety caused by moving away. Children try to cope with this anxiety at that time. Over time, they realize that the presence of the caregiver will not be lost and they start to feel safe."

Parents' supportive attitudes in their children's school start-up process can facilitate the school adaptation process. Res. Asst. Kevser Tuğba Çınar Karasu listed the responsibilities of parents in 10 items.



- **Listen to your child's worries and concerns:** Your child may have concerns about school, you can listen to him/her carefully, try to understand him/her and eliminate the question marks in his/her mind by using simple, clear and developmental language. Children may need embodiment due to their developmental characteristics during this period. Uncertainties about anxiety can be embodied by singing, nursery rhyming, painting, and animating events.
- **Try to understand your child's emotions:** Your child may have negative emotions such as anxiety and anxiety in this new period of his/her life, as well as positive emotions such as excitement, enthusiasm, happiness, joy, and he/she may experience these emotions at the peak. Because your child will enter a new environment, meet new friends, get to know new materials and experience new emotions. For this reason, the child may need to express himself. In such periods, it may be useful to create areas where he/she can express himself/herself. In this period, children's feelings need to be cared for, accepted and shared. At these times, you can talk about what your child thinks about school and what feelings these thoughts create in him.
- **Be systematic about your daily routines:** Daily routines help children feel safe and cope with uncertainty. The regularity of children's times such as breakfast time before school, time to prepare their belongings, play time, meal time, screen usage time, and sleep time after school make the school adaptation process easier. It is also important for parents to supervise children's screen usage times and content in daily routines.
- **Give the opportunity:** Give your child the opportunity to take on their own responsibilities, remembering that your child is a separate individual. For instance, providing opportunities for your child to prepare his/her school bag, take his/her lunch bag from the kitchen, fill his/her drinker, wear his/her own school clothes, tie his/her shoes, etc. supports his/her development of these skills. It helps them to adopt the responsibility of collecting their lunch box, school bag, cardigan and jacket after school without you. At the same time, it is important to perform the skills of going to the toilet alone and doing personal cleaning.
- **School introduction:** The school is a physically large and crowded place. During the adaptation weeks to the primary school, the internal and external environment of the school is introduced. It is comforting for your child to learn basic areas such as the classroom, the toilet, the teachers' room, and to have places around him/her that he/she has seen before when he/she is alone.

- 
- **Set realistic expectations:** Avoid describing unrealistic situations related to school before your child starts school. If you say that the school will be constantly playing games like a park and that friendship relations will always progress very well, you may have reduced your child to an unrealistic expectation. For this reason, it is important to make realistic statements about the school in accordance with the level of development. It would be healthier to mention that the school has rules, there are lesson times and break times, and these rules should be followed.
 - **Every child is different:** Be aware of your child's individual differences. Unlike children's daily routines, their sensory sensitivity (auditory, visual, tactile) may increase in the school environment. The crowd in the school may disrupt their tactile sensory regulations such as visual, noise, auditory, holding hands with friends, etc. For this reason, it is important for you to be aware of your child's sensitivities, to understand him/her, to accept the situation, not to force your child and to support him/her.
 - **Do not compare:** Each child will go through a different adjustment process. In this process, some children adapt quickly and enjoy going to school, while some children try to cope with fear and anxiety in this process. It is natural for each child to react differently. Comparing your child with his/her friends, using expressions such as "Look, your friend does not cry at all, you cry like a baby" will not make the process easier for your child, on the contrary, it will make it difficult. Instead of comparing this issue, it will be important to give your child time to adapt to the new situation.
 - **Your past experiences:** You can talk about your own school process to eliminate the uncertainties in your child's mind. You can talk about your excitement in the process of starting school, your fears, or a memory you remember with your teacher or friends.
 - **Avoid threats and excessive rewards:** During this period when your child is trying to adapt to school, it is important not to accustom him/her to external control such as rewards and punishments, but to support him/her to get used to this process by providing internal control as much as possible. For example, after you leave school every day, you can first tell them about your day; then you can ask them to tell you about their day and share their feelings about school.

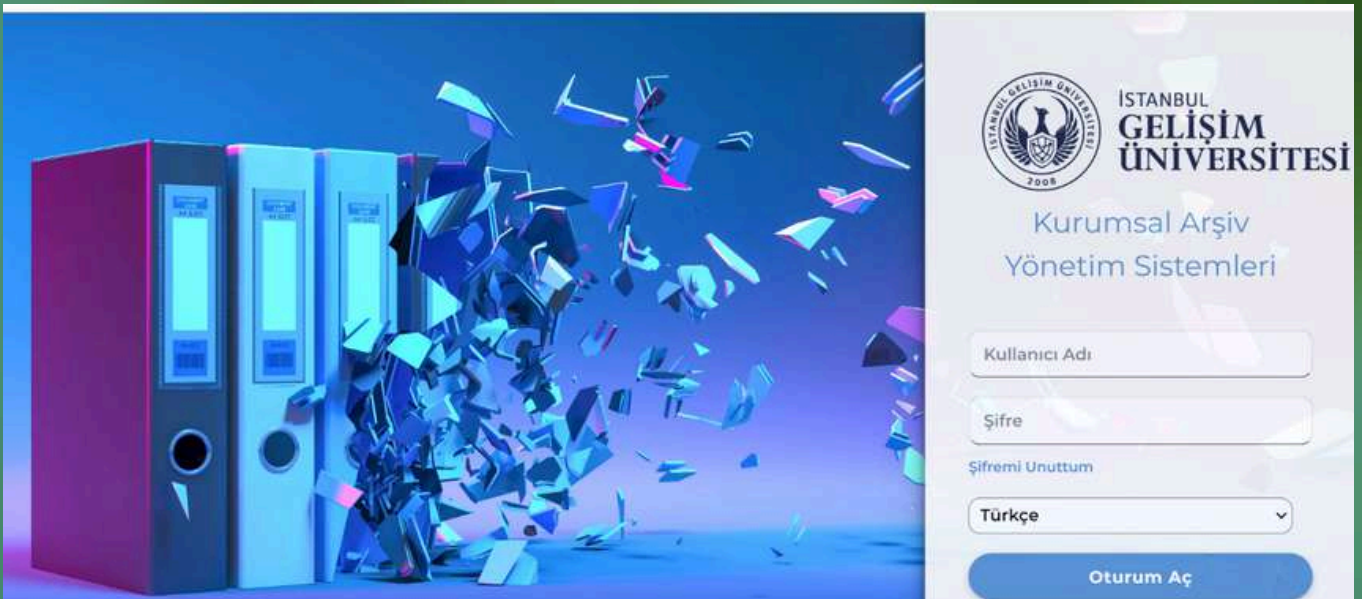
[Click for the news.](#)

“Digital Archive Project” Step for Sustainability from IGU

Istanbul Gelisim University took a significant step in line with the principles of sustainability and switched to digital archiving. This new system aims to minimize environmental impacts and modernize archiving processes by reducing the use of paper.

Istanbul Gelisim University has implemented the "Digital Archive Project" in order to carry its historical and academic heritage into the future. Since the physical archive structures kept by traditional methods are vulnerable to natural disasters such as fire, earthquake, flood, it is almost impossible to recover the lost and damaged document. With the digital archive, it is aimed to eliminate all these risks.

Istanbul Gelisim University (IGU), which attaches importance to sustainability studies in all areas, particularly environmental sustainability, adopts the "Sustainable Development Goals" and implements practices for the effective use of natural resources. The new digital archive system makes it easy to store and access a wide range of documents in digital format. Students, academicians and administrative staff can now access archive documents online, from anywhere and at any time.



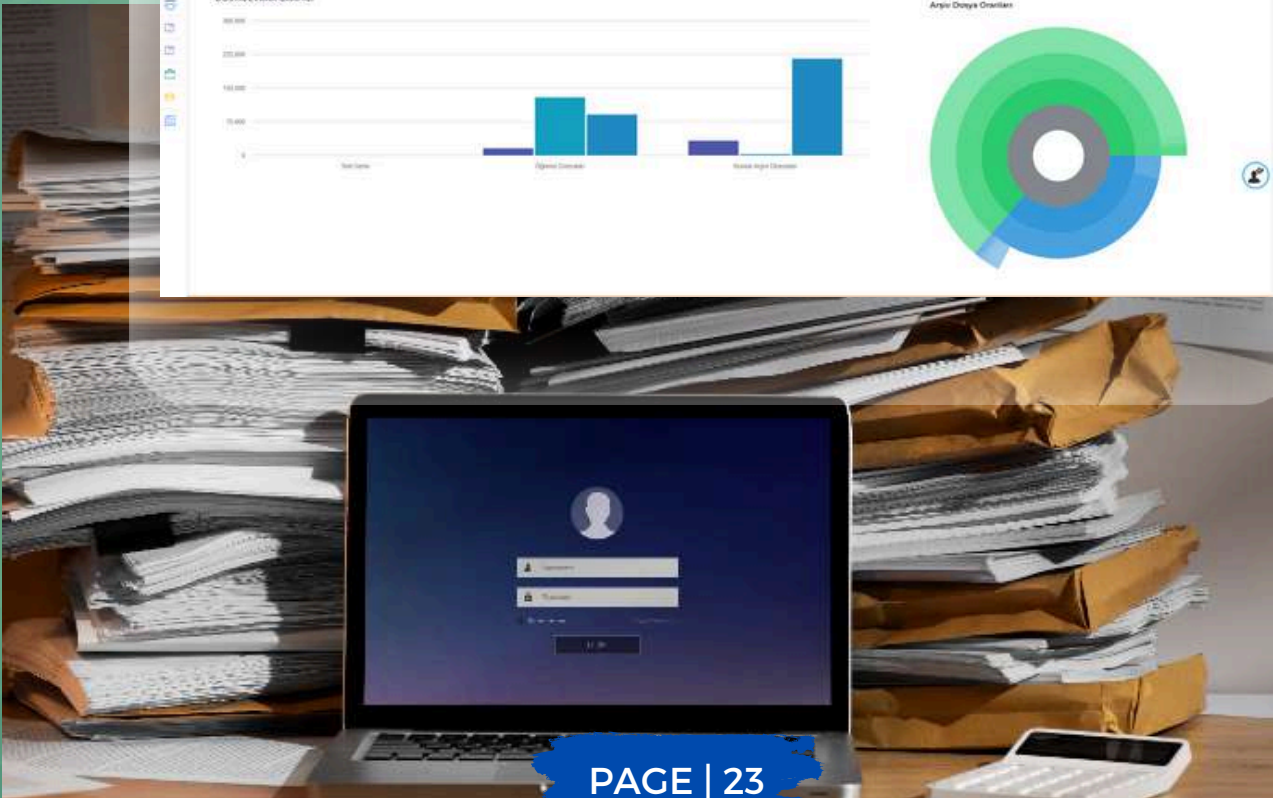
The digital archive contains all correspondence, student personal files, staff files, etc. since the establishment of the university. The digital archive project uses a modern and advanced interface to provide users with easy and fast access to information. Documents and contents in the archive can be searched by keywords and categories.

IGU avoids paper waste!

Although the use of less paper and the recycling of paper has become one of the issues that institutions attach great importance to today, there are still many areas that can be transformed with paperless offices. One of the parts of the transition to a paperless office is actually to reduce paper and similar office supplies by switching to digital archive. Istanbul Gelisim University aims to protect the environment by preventing unnecessary paper use by switching to digital archiving. With the realization of the project, IGU did not receive documents by hand in the new registration period, however received all documents in the digital environment and created the student personal files in the digital environment.

"Digital Archive Project" works started on August 19, 2024 and 131656 files and 339049 documents were digitized in a short time. You can access Istanbul Gelisim University archive at <https://dijitalarsiv.gelisim.edu.tr/login.aspx>. Authorized documents can be viewed by logging in with a username and password.

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THE DANGER OF THE AGE IN CHILDREN: OBESITY: TURN DIGITALIZATION INTO AN ADVANTAGE

Obesity, which is increasingly seen in childhood, brings with it not only excess weight but also various diseases. Drawing attention to the danger of childhood obesity, Nutrition and Dietetics Specialist Asst. Prof. Merve BAYRAM mentioned significant points to be considered, from nutrition to physical activity, in order to protect children from this risk.

One of the most important disorders caused by ready-to-eat food consumption and sedentary life today is obesity. According to the report, which was last prepared in 2016 with the joint work of the World Health Organization (WHO) and the Ministry of Health, the obesity rate in children reached 9.9 percent. Istanbul Gelisim University (IGU) Faculty of Health Sciences, Head of Nutrition and Dietetics Department Asst. Prof. Merve BAYRAM pointed out that this rate has increased even more today and made important warnings to prevent obesity.

Emphasizing that the biggest cause of obesity in childhood is wrong eating habits, BAYRAM said, "We can group these habits under a broader heading. For instance, uniform nutrition. Children love the pasta and bread group. When they consume such foods, they do not get the other nutrients they need. Another factor is the widespread consumption of fast food or the ease of access of children to processed packaged products, particularly junk food. The fact that these products are widely consumed by their peers or households, the advertisements associated with these products or the healthy presentation of packaged products are other factors."

Insomnia is also the cause of obesity!!

Stating that another most important factor causing obesity is insomnia, Asst. Prof. Merve BAYRAM made the following statements:

"Especially with the spread of digitalization, the screen exposure of children using tablets, computers, mobile phones and televisions has increased. At this point, insomnia also comes into play. While sleep deprivation alone is a factor that causes obesity, exposure to digital screens can also lead to insomnia in children. Children's desire for snacks may increase when they are exposed to them. If they are sleep deprived at night, their desire to eat at night may increase. Or the calories they take in may increase because they eat the food quickly in front of the screen and do not know what they are eating."

Development of cancer types increases with obesity!!

Family's eating habits are crucial. Children can eat a lot due to situations such as sadness, stress and peer bullying. Describing the diseases that occur in children with obesity, Asst. Prof. Merve BAYRAM remarked, "Obesity is a problem in itself for chronic diseases. With obesity, the development of type 2 diabetes, hypertension, cardiovascular diseases, and some specific types of cancer will be increasing. Childhood obesity is more important than in adulthood. If you have obesity in childhood, the age of development of these diseases will decrease. At this point, the risk of complications for advanced ages will increase. "

Healthy eating habits start in the family!!

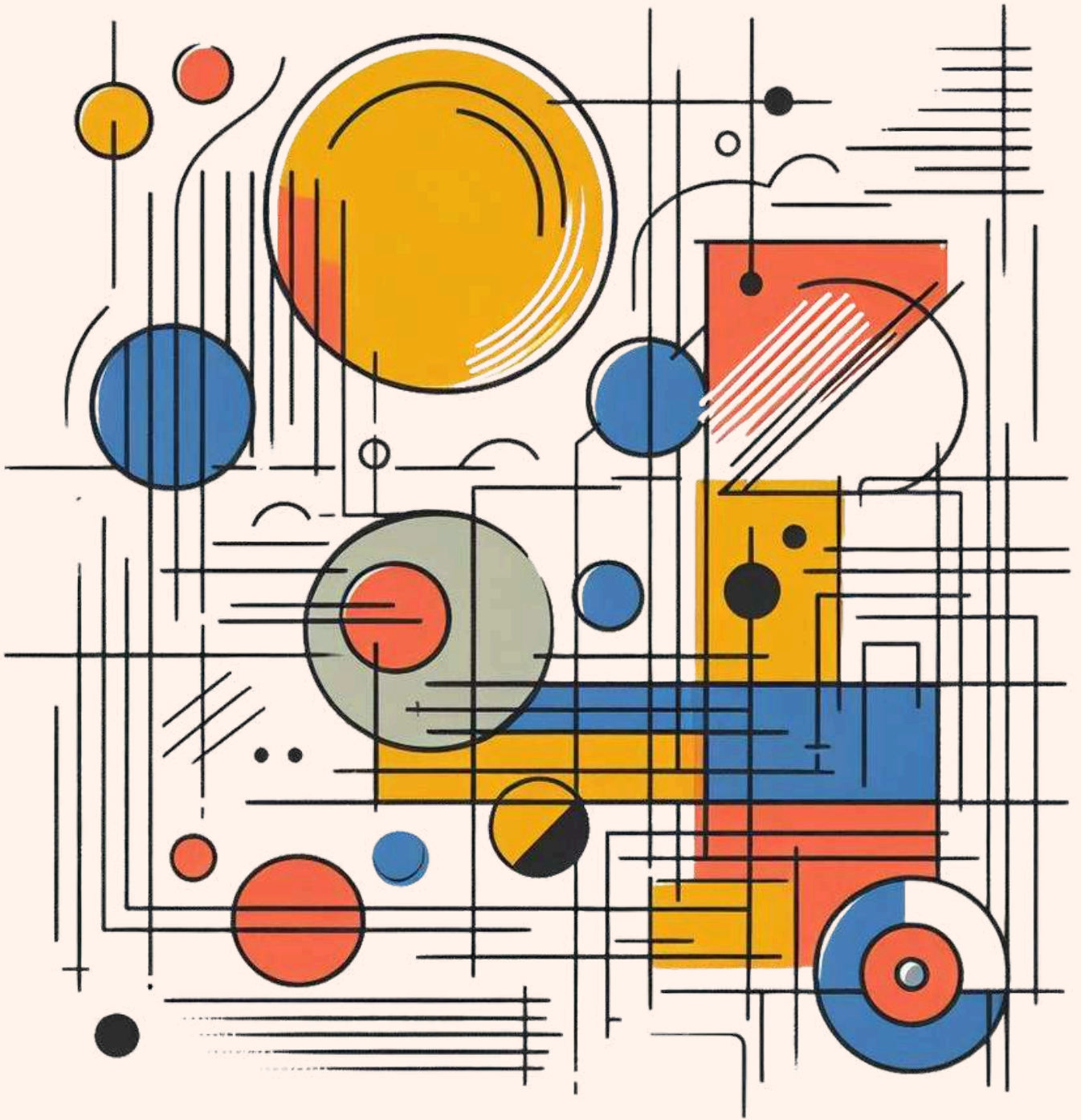


"Healthy eating habits in children start from the family. Parents should adopt healthy eating habits. If the parents have this habit, since the child starts by imitating them, s/he will continue his/her life by learning it." Istanbul Gelisim University Faculty of Health Sciences, Head of Nutrition and Dietetics Department Head Asst. Prof. Merve BAYRAM also reminded the effect of sedentary life on obesity.

"Set a family sports day"!!

BAYRAM gave important advice due to the fact that children will be in the house and do less physical activity as the weather gets colder." Digitalization needs to be transformed into benefit at this point. There are various digital games that will increase physical activity. The family can encourage the child to play such games or even play with them. By determining a sports day, you can go for a family walk or any activity done in winter season."

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CULTURE ART
LITERATURE

DEVELOPMENTAL READINGS

Montaigne's "Essays": A Guide to Self-Knowledge and Life Examination

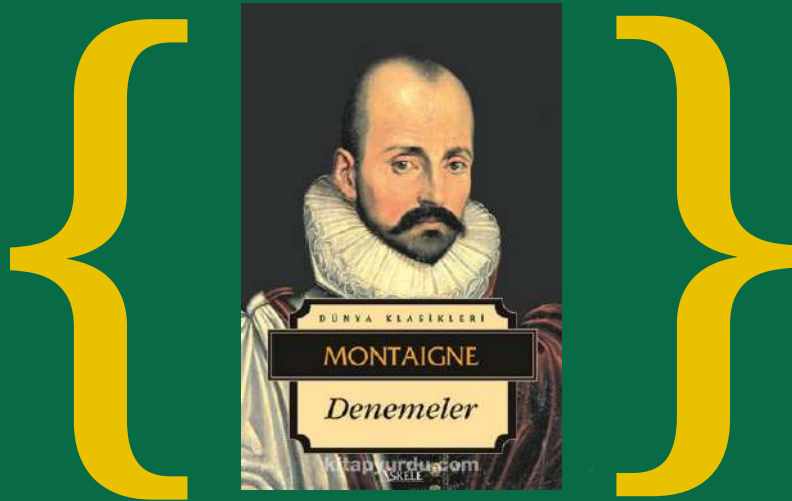
Res. Asst. Gökay ÇAKIROĞLU

In the turbulent intellectual landscape of the 16th century, Montaigne's work "Essays" delves deeply into the individual's relationship with themselves and their surroundings in an unprecedented way. The work is considered the first example of the essay genre and brought a significant innovation to the field of literature. Montaigne, writing his personal thoughts and inner world in a sincere style, inspires readers to know themselves and question life.

The main theme of the "Essays" is the individual's self-knowledge and questioning of life. The principle of "know yourself," which is the most striking aspect of the work, lies at the core of Montaigne's effort to explore and make sense of one's inner world. According to him, accepting the imperfection of human nature and the illusion of perfection helps individuals make peace with themselves and lead a more fulfilling life. He emphasizes the imperfection of human nature and the ease with which one's mood can change with the following example:

“Graechus had a flutist. While his master delivered speeches in the squares of Rome, this flutist would adjust and regulate his voice with his flute, raising or lowering it as needed. What other purpose could the flute serve here but to find certain tones and movements that heightened the listeners’ emotions and altered their thoughts? Truly, there is nothing to be said against the supposed solidity and greatness of our blessed human nature, which changes from one state to another and follows the direction it is led, with the vibrations and rises and falls of a mere breath.”

Montaigne, with his intellectual skepticism, highlights the difficulty of attaining certain knowledge and advocates that everything should be questioned. This approach opens the door to individuals' intellectual freedom, emphasizing the importance of self-knowledge and inner exploration. The principle of "know yourself" advises that one should turn inward before understanding the external world, serving as a solid guide in one's life journey. Montaigne's philosophy, centered on inquiry and self-knowledge, offers thoughts on the concept of freedom. In this context, Montaigne expresses his own inner variability as follows:



“My main occupation is to examine myself; I have no other job anyway. I see that I have such weak spots that my tongue hesitates to admit them. What is there in me that is solid and firm? I could stumble and fall at any moment. My eyes see one thing one way, and another thing another way. I find the same path long one time, short another; the same form pleases me one day, displeases me the next. One day I am fit for anything; another day I am good for nothing. Today, what makes me happy might make me sad tomorrow. There are countless emotions within me that are constantly changing, slipping through my fingers. Gloomy thoughts, then suddenly anger; on the verge of tears, then abruptly a surge of joy. While browsing through books, I notice that a passage that stirred me with various beauties yesterday means nothing to me today: I turn it over, read this part and that, but it's in vain: Those pages have emptied and become foreign to me. Even in my own writings, I do not always find the same initial thoughts and feelings. I often ask myself, ‘What was I trying to say here?’; I make changes frequently, sometimes replacing the original meaning I lost with an inferior one. I go back and forth on the same path: My thoughts do not always move me forward; they sway this way and that, haphazardly.”

Freedom emerges as an important theme in Montaigne’s work. According to him, true freedom lies in overcoming one's inner boundaries and living in accordance with one’s natural inclinations. Montaigne suggests that individuals should free themselves from societal and personal pressures and live in harmony with nature.

“I am so fond of freedom that if a corner of the vast India were forbidden to me, it would almost spoil the whole world for me. I wouldn’t want to live hidden or with my hands tied anywhere; rather than idling in such a place, I would pack up and move to a land where the air and soil are open to me. Oh, my God! Is it bearable to be nailed down to one corner of a country? Some live without being able to visit cities, squares, or the roads everyone travels on, simply because they have acted against our laws. If the laws I serve tried to enslave even my little finger, I would go anywhere to find other laws.”

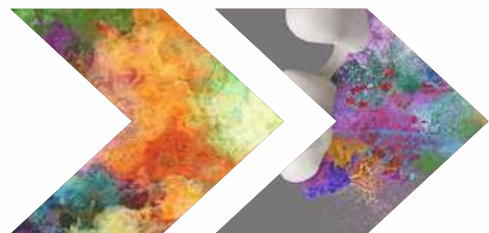


With these words, Montaigne emphasizes how vital freedom is for the individual and how challenging it is to live under societal or personal pressures. By advocating for individual freedom, Montaigne asserts that one should live in accordance with their own inner and natural inclinations.

Montaigne's thoughts on the uncertainty of human nature and accepting one's own limitations form another important theme of the work. Advocating for a more flexible attitude in the face of life's uncontrollable aspects, Montaigne suggests that individuals accept that they cannot always fully determine their own destinies. Adopting a more flexible and accepting approach in the face of these uncertainties provides an opportunity for individuals to understand both themselves and life more deeply.

“I can willingly submit to fate and entrust myself to its embrace. From this acceptance, I have seen more benefit than harm up to now. Fate has always acted more wisely than I, providing for my interests better than I could. There are a few actions in my life that might be considered difficult or even wise. Know that in these, my share is one-third, while fate's share is at least two-thirds. I believe our failures come from not trusting fate enough and attributing an uncontrollable power to our own actions.”

Montaigne's profound and human-centered approaches make the "Essays" a universal guide as the first example of its genre. The work creates a significant innovation in the literary world by combining personal thought and philosophical inquiry. By emphasizing self-knowledge, the importance of freedom, and harmony with nature, the work renders Montaigne's thoughts, which transcend his time, relevant even today. The personal, heartfelt, and sincere style of the book feels like a conversation where Montaigne reflects on human nature, going beyond being merely a philosophical work. The "Essays" continues to exist as a ground-breaking book that guides individuals in their inner journey and invites them to explore the essence of being human and the deeper meaning of life.



OUR GUEST OF THIS MONTH



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.

In this issue, we asked these questions to ChatGPT.

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?

My first rule would be that everyone must respect each other and live without harming nature.

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

I would like to have invented the internet because it transformed access to information and how people connect.

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

I would choose to witness the Apollo 11 moon landing.

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

The title of my book would be "Traces of Time."

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

I would choose Benedict Cumberbatch to portray me.

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

Curious, analytical, patient, creative, logical.

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

I would like to have the ability to switch between languages instantly.

8-Who is your hero?

My hero is Carl Sagan for popularizing science and making it accessible to the masses.

9-Who is your favorite author?

Isaac Asimov, for the depth he brought to science fiction.

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

Transformation.



Faculty of
Health Sciences

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 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.



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IGU ALUMNI AND
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GRADUATE 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.





Faculty of
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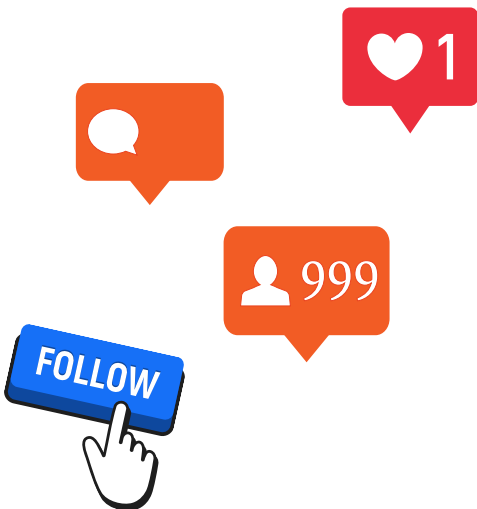
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