

## BEWARE OF MENTAL HEALTH AFTER EARTHQUAKE!

Emphasizing the importance of psychological preparedness against disasters after the earthquake in the Marmara region, Istanbul Gelisim University Psychology Department Head Asst. Prof. Bülent Tansel shared applicable recommendations for both adults and children. Although the earthquake that occurred in Istanbul on April 23 and was felt throughout the city did not cause physical destruction, it brought the fear of earthquakes back to the agenda in the society. Stating that the psychological effects of such disasters should not be ignored, especially for children and individuals with high levels of anxiety, Asst. Prof. Bülent Tansel explained psychological support methods.

## DEALING WITH THE FEAR OF EARTHQUAKES: KNOWLEDGE REDUCES ANXIETY

Istanbul Gelisim University Head of Psychology Department Asst. Prof. Bülent Tansel stated that the most basic emotion experienced by individuals is uncertainty and loss of control and added following; "Getting information from the right sources on issues such as what an earthquake is, how it occurs, when it poses a danger reduces the anxiety of the person and reinforces the sense of control in a crisis. Knowledge often removes uncertainty and reinforces the idea that "I know what to do."

## PSYCHOLOGICAL PREPARATION REDUCES THE CHRONICITY OF TRAUMATIC STRESS REACTIONS

Asst. Prof. Bulent Tansel stated that the preparations made before the earthquake increase not only physical but also mental resilience: "Preparing an emergency plan, determining exit routes, creating an earthquake bag and conducting regular drills make the individual feel more prepared and stronger.

Individuals can give "fight-flight-freeze" reactions in times of high stress, Asst. Prof. Tansel stated that breathing control and internal suggestions are effective in this process; Taking deep breaths signals the brain that danger has passed and stabilizes the heart rhythm. The person can direct himself/herself by saying 'I am prepared, I have to stay calm. "

## WAYS TO PREVENT FEAR OF EARTHQUAKES IN CHILDREN

Stating that children have difficulty in understanding the earthquake and expressing their feelings, Asst. Prof. Bülent Tansel, emphasized that they should be approached in a realistic and appropriate way for their age; "Children should be given messages such as 'It is normal to be afraid, but we are prepared and together'. It is very important to share instead of suppressing the fear caused by the earthquake. Such expressions both give confidence and help them make sense of their feelings."

Stating that children can express their fears about earthquakes through play and art, Asst. Prof. Tansel made the following suggestions:

- Teach how to create safe spaces.
- Gamify the drills to make them instructive.
- Use picture and story methods to express their feelings.
- Enabling them to narrate their fears and express their feelings with pictures and games will help them develop insight and create awareness.
- Maintaining routines : Habits that will make them feel safe,
- Bonding: Family communication and teacher support,
- Narratives that make you feel powerful: "I'm proud of you, how brave you've been."

## IMPORTANT WARNINGS TO PARENTS AND TEACHERS

Tansel emphasized that parents should not directly reflect their own concerns to children and said; "Children are very affected by their environment. Therefore, a parent who remains calm in crisis also maintains the emotional balance of the child."

The first step to overcome this process in a healthy way is to express emotions without suppressing them. Individuals should express their feelings in ways such as telling, sharing, and writing about their experiences.

## Post-Earthquake Trauma Symptoms: Recognize the Warning Signs

Istanbul Gelisim University Head of Psychology Department Asst. Prof. Bulent Tansel said that insomnia, loss of appetite, restlessness, distraction and guilt are the most common symptoms seen in adults. "Peeing, finger sucking, nightmares, separation anxiety and earthquake themes in games can be observed in children.

These symptoms may be part of a natural process, but if they last for a long time, expert support should be sought.

Psycho-educational group work to be organized particularly for children will be of great benefit in terms of expressing and making sense of emotions. In such groups, children realize that they are not alone and are emotionally relieved."

## A FIRST AT ISTANBUL GELİSİM UNIVERSITY: ERASMUS+ BIP PROGRAM STARTED

Istanbul Gelisim University (IGU) is organizing a Blended Intensive Program (BIP) for the first time within the scope of Erasmus+, taking an important step in line with its internationalization goals. A total of 32 students from Poland, Portugal, Romania, Bulgaria, Latvia and Lithuania will participate in the program, which will be held from April 28 to May 2, 2025.

The opening of the program was made with the speech of Alisa Usubova, International Exchange and Cooperation Coordinator of Istanbul Gelisim University and also the Administrative Coordinator of BIP. Usubova wished an efficient and unforgettable experience by informing the participants about the content of the program. Training Coordinator Asst. Prof. Şükran Kahveci conveyed her wishes of success to the students. The lecturer of the program, Asst. Prof. Sibel Zengin made a comprehensive presentation on weekly training content and project work.

In the afternoon, students visited IGU Technology Transfer Office (TTO), Technology Development Center (TEKMER) and Scientific Research Projects Coordination (BAP) units and had the opportunity to observe the university's work in the field of innovation and entrepreneurship on-site. The first day of the program was completed with teamwork.

## CULTURAL EXPERIENCE: TRADITIONAL TURKISH CUISINE AND ISTANBUL TOUR

On the second day of the program, cultural experiences came to the fore. The day, which started with the "Turkish Cuisine Workshop" event, offered the participants the opportunity to get to know traditional Turkish cuisine closely. Students had the experience of preparing and tasting Kayseri Lubrication, one of the favorite dishes of Turkish cuisine, with their own hands. This colorful activity increased students' interest in Turkish culture.

In the cultural trip program to be held on April 30, students will witness the history of Istanbul in the Basilica Cistern after visiting the Istanbul Metropolitan Municipality Project Office. The day will end with a Bosphorus tour; participants will have the opportunity to watch the unique beauties of the city from the sea.

On May 2, the last day of the program, participants will present the projects they have developed for a week. After the presentations, a music concert and a certificate ceremony will be held. The closing event will be completed with a ceremony with all participating students and staff.

## A STRONG STEP TOWARDS INTERNATIONALIZATION

Istanbul Gelisim University hosted the BIP organization and became one of the few universities in Turkey to organize this program. Welcoming students from different countries of Europe, IGU had the opportunity to introduce its strong infrastructure at both academic and cultural levels in the international arena. With this program, which aims to deepen cooperation with Europe and increase international student mobility, the university once again demonstrated its determination in the field of education and cultural diplomacy.

## RECORD SUCCESS AT THE RATE OF FEMALE INVENTORS FROM ISTANBUL GELİSİM UNIVERSITY!

According to the Turkish Patent and Trademark Office's "Innovation Map of Universities" report for 2025, Istanbul Gelisim University (IGU) stood out as Türkiye's innovation leader with its 125 patent applications in 2024. Another remarkable element in the 2024 data of Istanbul Gelisim University was the high representation of female inventors in patent applications. It was noted that 115 of the 125 applications made during the year included at least one female inventor. This rate of 92% is well above the general average of 66% in Türkiye.

## DETERMINATION IN WOMEN'S EMPLOYMENT, STRONG PARTICIPATION IN INNOVATION

Istanbul Gelisim University attracts attention not only with its academic achievements, but also with the importance it attaches to women's employment. The strong representation of female inventors in the university's patent ecosystem demonstrates the success of an egalitarian and inclusive understanding of science. Encouraging the active participation of women in scientific production in every field, IGU stands out as an exemplary higher education institution in Türkiye in this respect.

## BACK AT THE TOP IN 2024: TÜRKİYE WINS WITH 125 APPLICATIONS

Istanbul Gelisim University became the university with the highest number of applications in Türkiye with 125 patent applications in 2024. Between 2010 and 2024, it continued its long-term success graph by signing a total of 932 applications. The university had previously been the first in Türkiye with 286 applications in 2018.

## TOP PERFORMANCE IN ACADEMIC PRODUCTIVITY

As of 2024, 1 patent application per every 7 academicians in IGU. This rate indicates a

productivity level well above the average in Türkiye. The patent application processes at IGU are carried out professionally by the Technology Transfer Office (TTO) within the university and the commercialization potential of each application is systematically evaluated. Yahya Kemal Kıran, Director of the Technology Transfer Office, pointed out that the interest and effort of academicians in invention development and commercialization are the elements that make success possible and added, "The fact that the patent application culture has become a part of academic life also supports the research-oriented growth vision of our university."

While the university redefines innovation on the basis of social equality by encouraging the active participation of women inventors in this process, it also stands out with its support mechanisms and conscious policy preferences that enable women inventors to take an active part in industrial property processes.

This achievement clearly shows that when women are offered equal opportunities, they have the potential to achieve significant success, not only in academia, but in many areas such as science, technology and innovation. While the approach of Istanbul Gelisim University in this field reveals how competent and creative women are in the production of knowledge, it also strongly reminds that equality of opportunity is an indispensable part of social development.

#### WOMEN'S POWER IS GROWING WITH FUTURE-ORIENTED STRATEGIES

Istanbul Gelisim University is preparing for new strategic programs to ensure that more projects meet with the industry under the leadership of female inventors and to increase the participation of female academicians in innovation processes in the coming period. Women's employment, sustainable development goals and an understanding of science based on equality are also included in the future vision of the university.

## A FIRST AT IGU: THE ERASMUS+ BIP PROGRAM HAS BEEN COMPLETED

Istanbul Gelisim University (IGU) has left behind an important first in line with its internationalization goals. The Blended Intensive Programme (BIP), which was organized for the first time within the scope of Erasmus+ between April 28 -May 2, 2025, was held with the participation of 32 students from six different countries of Europe.

### ACADEMIC AND CULTURAL RICHNESS COMBINED

Students from Poland, Portugal, Romania, Bulgaria, Latvia and Lithuania both attended interdisciplinary academic sessions for a week and had the opportunity to get to know Turkey's cultural values closely. On the first day of the program, participants visited the IGU Technology Transfer Office (TTO), Technology Development Center (TEKMER) and Scientific Research Projects (BAP) Coordination Office and learned about the university's innovation infrastructure.

Cultural activities, which started with the "Turkish Cuisine Workshop" on the second day, offered students the opportunity to experience traditional Turkish cuisine. Participants discovered a delicious aspect of Turkish culture with the Kayseri lubrication they prepared with their hands. Within the scope of the cultural trip held on April 30, Istanbul Metropolitan Municipality Project Office was visited. Then the historical and natural beauties of Istanbul were experienced on site with the Basilica Cistern and Bosphorus tour.

### PROJECTS SUBMITTED, CERTIFICATES PRESENTED

The last day of the program started with presentations of the project work carried out by the students during the week. At the closing ceremony held afterwards, Vice Rector Prof. Necmettin Maraşlı, Faculty of Economics and Administrative Sciences Erasmus Coordinator Asst. Prof. Şükran Kahveci and Department of Political Science and International Relations Asst. Prof. Sibel Zengin addressed the participants. At the end of the ceremony, Rector Prof. Bahri Şahin presented the certificates to the team members involved in the projects.



## A STRONG STEP TOWARDS INTERNATIONALIZATION

Istanbul Gelisim University, one of the few Turkish universities hosting the Erasmus+ BIP organization, further strengthened its academic cooperation with higher education institutions in Europe with this program. IGU has once again demonstrated its commitment to improving the quality of education and contributing to cultural diplomacy with such programs that support student mobility on a global scale.