

VISIT TO ISTANBUL GELISIM UNIVERSITY FROM THE VICE RECTOR OF AGRICULTURAL UNIVERSITY OF TIRANA

Within the scope of Erasmus+ KA171 Staff Mobility, the Vice Rector of the Agricultural University of Tirana (AUT), one of the well-established higher education institutions of Albania, Prof. Ilir Kapaj visited Istanbul Gelisim University (IGU). Erasmus+ KA171 International Credit Mobility Project is a program that aims to develop learning and teaching opportunities in the field of higher education in cooperation with countries outside Europe. This visit, which was carried out within the scope of the Erasmus+ KA171 Project, is the first staff visit hosted by IGU from Albania.

Founded in 1951 in Tirana, the capital of Albania, Agricultural University of Tirana, which offers undergraduate and graduate programs in fields such as agricultural sciences, food technologies, environmental engineering and economics, is one of the most well-established higher education institutions in the country. Vice Rector Prof. Ilir Kapaj made contacts with Istanbul Gelisim University. During the meeting held within the scope of the visit, IGU Rector Prof. Bahri Şahin, Vice Rector Prof. Necmettin Maraşlı, International Exchange and Cooperation Office Coordinator Alisa Usubova, UDIO-K Specialist Mehmet Emir Çetinberk and Assistant Specialist Yaren Ergenç attended.

COLLABORATION AND EXCHANGE PROGRAMS ARE DISCUSSED

During the meeting, academic cooperation opportunities, exchange of students and personnel between the two universities and bilateral agreements that may be made in the future were evaluated. Then, a certificate was presented to Prof. Ilir Kapaj.

IGU'S GLOBAL COLLABORATION NETWORK EXPANDS

Istanbul Gelisim University actively cooperates with many universities from different geographies such as Azerbaijan, Bangladesh, Bosnia and Herzegovina, Indonesia, South Korea, Georgia, Kosovo, Ukraine, Jordan and Albania, as well as countries such as the United States, Canada and Japan. While these collaborations include student and academic staff exchange, joint projects and research activities, they also contribute to the sharing of academic knowledge as well as strengthening cultural interaction.

Istanbul Gelisim University continues to offer an integrated education environment to its students and academicians on a global scale thanks to its ever-expanding international connections.

BE CAREFUL AGAINST THE HEAT IN THE SUMMER IT IS A LIFE-THREATENING THREAT TO CHRONIC PATIENTS!

While rising temperatures in the summer can be challenging even for healthy individuals, they pose serious risks, especially for people with chronic conditions. According to experts, conditions such as heat stroke, dehydration and change in drug effects can lead to vital consequences in heart, diabetes, COPD, kidney and hypertension patients. The ways of protection from summer heat and the measures to be taken against the heat are explained by Istanbul Gelisim University Faculty of Health Sciences Vice Dean and Nursing Department Assoc. Prof. Nese Kiskac.

"CARDIOVASCULAR, DIABETES, RESPIRATORY AND KIDNEY DISEASES ARE IN THE MOST RISKY GROUP"

Vice Dean of Istanbul Gelisim University Faculty of Health Sciences, Department of Nursing Assoc. Prof. Nese Kiskac said that summer temperatures have more destructive effects on the elderly, children and individuals with chronic diseases and listed the diseases most affected by this situation: "Chronic diseases that are more affected by hot weather include cardiovascular diseases, respiratory diseases (COPD, asthma), diabetes, kidney diseases, hypertension and some neurological diseases."

Pointing out that the physiological reactions of the body to temperature can cause serious health problems in people with chronic diseases, Assoc. Prof. Kiskac emphasized that water and electrolytes lost, especially with sweating, can adversely affect many systems from heart rhythm to kidney functions.

“DEHYDRATION THICKENS THE BLOOD, TIRES THE HEART”

Stating that the vessels expand and increase to lower the body temperature in hot weather, Assoc. Prof. Kiskac: “With increased sweating, the body loses water and electrolytes, which leads to dehydration. Dehydration lowers blood pressure, thickens the blood and disrupts kidney functions. This may increase the risks such as heart attack, stroke, kidney failure.”

Emphasizing that summer temperatures put a great burden on the circulatory system of especially heart patients, Assoc. Prof. Kiskac also added: “The heart needs to work harder because in hot weather the body pumps more blood to the skin. This can trigger heart failure or angina attacks. Excessive fluid loss also increases the risk of stroke by increasing clotting.”

Stating that the scientific researches also support these warnings, Assoc. Prof. Kiskac continued as follows: In the period of high temperatures, patients with heart failure saw an average increase in hospitalization rates of between 2% and 10%, while extreme temperatures affected cardiovascular disease deaths by 3% to 12%.

DIABETICS ARE MORE SENSITIVE TO HEAT STRESS

Emphasizing that diabetes patients are another risk group affected by hot weather in addition to heart diseases, Assoc. Prof. Kiskac said that high-temperature air can disrupt the blood sugar balance of diabetes patients: “Due to fluid loss, blood sugar rises, insulin activity decreases. The risk of hyperglycemia or hypoglycemia increases. Especially patients using insulin need to keep their medication in a cool environment.” In patients with diabetic neuropathy, burns may occur as a result of contact with hot surfaces and if this situation is not noticed, the increased risk of infection is among the issues to be considered.

AIR QUALITY IS VITAL FOR RESPIRATORY PATIENTS!

Summer months are full of serious triggers for individuals with respiratory diseases such as COPD and asthma. Assoc. Prof. Nese Kiskac: "High temperature increases ozone and particulate matter levels. This can trigger asthma and COPD attacks. Air quality should not be taken out on bad days, and should be kept in air-conditioned and filtered environments."

HYPERTENSION AND KIDNEY PATIENTS SHOULD PAY ATTENTION TO FLUID BALANCE!

Assoc. Prof. Kiskaç: Blood pressure may decrease due to the expansion of the vessels in hot weather, this time after fluid loss, the blood pressure may rise suddenly. Hypertension drugs, especially diuretics, can disrupt the body's fluid balance in hot weather. This increases the risk of fainting, heart rhythm disorders and stroke." Assoc. Prof. Kiskac also provided explanations for individuals with kidney disease.

High temperature airs trigger the risk of dehydration in kidney patients. It is difficult to balance due to limitations in fluid intake. Excessive sweating can lead to acute kidney injury. However, in some patients, taking too much fluid may also trigger edema and heart failure. Loss of potassium and sodium in dialysis patients may affect heart rhythm."

BEWARE OF WRONG PRACTICES IN HOT WEATHER! PREVENTION GUIIIDE FOR CHRONİC PATİENTS

While hot and oppressive weather affects the whole country, some common practices preferred to protect from the heat also carry risks for patients. "Suddenly drinking too much cold water can lead to heart rhythm disorders, while sudden cold showers can cause blood pressure spikes. Suddenly entering an air-conditioned environment forces the respiratory system. It is not right to change the drug dose without the approval of the doctor. Emphasizing that patients in the risk group should especially be careful, Assoc. Prof. Kiskac recommended that individuals with chronic conditions take the following basic precautions in hot weather:

You should avoid going out between 10:00–16:00.

You should drink water at regular intervals.

Wear light-colored, cotton clothes; you should wear hats and sunglasses.

Stay in cool environments; if there is no air conditioning, you should prefer public air-conditioned areas.

Avoid heavy meals, you should eat mainly vegetables and fruits.

You should do the exercises morning or evening.

You should protect your medicines from direct sunlight and heat.

Emphasizing that summer temperatures should not be underestimated, Istanbul Gelisim University Faculty of Health Sciences Vice Dean in the Department of Nursing Assoc. Prof. Nese Kiskac: These risks can be mitigated with simple measures, so it is vital that individuals and their relatives act consciously.

FOUR NEW PROGRAMS OPENED AT ISTANBUL GELISIM UNIVERSITY!

Istanbul Gelisim University (IGU) continues to expand its education range by focusing on the professions of the future. With the General Assembly Decision of the Council of Higher Education dated 03.07.2025, four new associate degree programs approved for student admission as of the 2025-2026 academic year once again reveal the vision of the university in vocational education.

The newly opened programs are as follows:

- Medical Data Processing Technician Program (Vocational School of Health Services)
- Tele-Health Technician Program (Vocational School of Health Services)
- Carbon Management Technician Program (Istanbul Gelisim Vocational School)
- Intelligent Infrastructures Technician Program (Istanbul Gelisim Vocational School)

These programs, which are shaped by digital transformation and sustainability-oriented environmental awareness in the field of health, aim to train qualified technicians who will respond to the needs of the age.

FUTURE SHAPING EDUCATION APPROACH

Proper processing and management of medical data is of great importance in increasing the quality of service in the health sector. While the Medical Data Processing Technician Program aims to gain competence for this need, the Tele-Health Technician Program aims to respond to the need for qualified human resources that has emerged with the spread of remote health services.

On the other hand, while the Carbon Management Technician Program, which will raise awareness in the field of environmental sustainability, provides technical information for the calculation, monitoring and reduction of carbon footprint, the Smart Infrastructure Technician Program aims to train experts in the field of infrastructure technologies that come to the fore with the digitalization of cities.

Istanbul Gelisim University continues to prepare its students not only for today's but also for the world of the future with its dynamic and innovative programs.

STRATEGIC PARTNERSHIP FROM IGU AND IM 'AN AL-A 'MAL COMPANY: INTERNATIONAL FRANCHISE AND TRADE FORUM ORGANIZED

Istanbul Gelisim University (IGU) hosted the International Turkish Franchise and Commercial Agencies Forum (IFEFA) within the scope of its strategic cooperation with the Saudi Arabia-based Im 'an Al-A 'mal Company. This important event held on the university campus brought together brands, investors and entrepreneurs from Turkish and Gulf countries and paved the way for regional and global collaborations.

INTERNATIONAL BRANDS AND STRATEGIC SECTORS MEET

With the "International Turkish Franchising and Trade Agencies Conference" organized within the scope of the forum, many distinguished company representatives from Saudi Arabia were hosted at IGU. Alkan Kotro, Vice Director of the IGU International Student Directorate, who took part in the organization of the event, stated that they aim to contribute to the career development of students by offering internships and job opportunities at the international level. At the forum, where strategic sectors ranging from food and beverage to health, beauty and fashion come to the fore, it was aimed to establish new partnerships through one-on-one business meetings, expert sessions and digital promotional platforms.

“THIS MEETING IS ALSO AN EXPRESSION OF SPIRITUAL SOLIDARITY”

Speaking at the event, Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University, emphasized Türkiye's responsibility and need for unity in the Islamic geography and made the following evaluations:

“Today, we are going through a period when the Islamic world needs unity and solidarity more than ever. As a country that has always demonstrated its historical leadership in this geography, Turkey again assumes responsibility and leads the way.

This meeting is not only an economic but also an expression of spiritual solidarity. Together, we have to walk to a better future and improve ourselves every day.

For me, this activity is not only an organization, but also the realization of a personal dream. My dreams of Türkiye assuming a more visible, more effective and stronger role in international platforms, which I established in my high school years, come to life today through our university.

All my struggle is for our children, our grandchildren and the youth of this country to have a better future.”

After the event, Asst. Prof. Mahmoud ÉI Harbi from Taibah University drew attention to the importance of the conference with the following words:

“This conference, the second of which we organized, is of great importance in terms of revealing Türkiye's commercial role and strategic position at the regional and global level.

In this way, it is extremely valuable for our students to have the chance to communicate one-on-one with companies from abroad, to have an internship opportunity and to develop commercial collaborations with domestic and foreign companies.

At the same time, such organizations make a great contribution to our international students' career opportunities in their own countries.

As Istanbul Gelisim University, we once again demonstrate our quality of education at both national and international levels with such activities.

The fact that we are in the 1001-1200 band of THE (Times Higher Education) World Universities Ranking clearly shows that universities can emerge from Turkey on a world scale.

Istanbul Gelisim University has become a strong actor representing Turkey in the international arena with its quality in education, innovative approach and global vision."

Asst. Prof. Mahmud ÉI Harbi mentioned the support given to the conference by Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University:

“The IFEFA Conference was actually born as an idea at Istanbul Gelisim University. The main supporter, founder and permanent sponsor of this conference is Abdülkadir Gayretli. He believed in and embraced the project as a dream, and today that dream has become a reality. We hope that this project, which was initiated at Istanbul Gelisim University, will spread not only in Saudi Arabia but all over the world."

DEPUTY MINISTER OF COMMERCE GURCAN: "WE NEED TO ESTABLISH STRONGER TIES"

In his speech at the forum, Deputy Minister of Commerce Mahmut Gürcan emphasized the importance of developing the economic dimension of the strategic partnership between Türkiye and Saudi Arabia:

"Türkiye and Saudi Arabia are two sister countries that are close to each other in terms of history and culture, have strategic partnerships but still have steps to be taken in terms of commercial and economic cooperation.

Strengthening our strategic partnership through tighter trade and investment ties is essential given where the world is today.

It is one of the most concrete steps of the importance our countries attach to each other and the effort to improve relations in the events that bring us together today.

On this occasion, I would like to thank our hosts for their kind invitation to the International Turkish Franchising and Trade Agencies Forum."

"STAY DEVELOPING, KEEP GROWING"

Speaking at the second session, Istanbul Gelisim University Secretary General Assoc. Prof. Serdar Egeli, on the other hand, made the following evaluations about the branding journey of the university:

"We're honored to host here today. Istanbul Gelisim University is now one of the most important brands in Türkiye. Our university, which was founded in 2008, gained university status in 2011. I joined this journey in 2015.

Since then, our number of programs has almost quadrupled. While expanding our physical areas, we are working to make our university an even stronger brand by expanding our human resources.

One of the most important steps was accreditations. We register our programs with the world's leading accreditation organizations.

Branding is based on standardization. If you have a brand, if you standardize it and introduce it to the world with the right vision, then that brand is sustainable.

In line with our motto "'Stay Developing, Keep Growing', we continue to take steps to improve people and education. Our main goal is to protect brand value, increase awareness and share it with the world. On this occasion, I would like to sincerely thank everyone who contributed to this event and took part in its organization."

FROM INTERNATIONAL COLLABORATION TO GLOBAL IMPACT PLATFORM

More than just an economic gathering, the International Turkish Franchise and Trade Forum drew attention as the product of a multi-layered vision that combines education, culture and social responsibility. The forum, where concrete gains were achieved for both domestic and foreign participants through developing sectors, entrepreneurial spirit and investment-oriented sessions, created a permanent platform that strengthens economic and cultural ties between Türkiye and the Arab world.

This event, hosted by Istanbul Gelisim University, once again demonstrated that universities can guide not only knowledge production, but also global dialogues, sustainable business models and humanitarian responsibilities.