

IGU NUTRITION AND DIETETICS DEPARTMENT WHITE COAT WEARING CEREMONY HELD WITH HIGH ATTENDANCE!

The White Coat Wearing Ceremony organized by the Nutrition and Dietetics Department of the Faculty of Health Sciences of Istanbul Gelisim University was held with the participation of approximately 700 people in the J Blok Mehmet Akif Ersoy Conference Hall. At the ceremony, the white coats, which symbolize the first step students will take in their professional life, were dressed by the instructors.

“THE PROFESSION OF NUTRITION AND DIETETICS IS ONE OF THE CORNERSTONES OF PREVENTIVE HEALTH SERVICES”

The head of the Nutrition and Dietetics Department, Assoc. Prof. H. Merve Bayram gave the following statements in her speech in Turkish and English:

“Dear students, the profession of nutrition and dietetics is one of the cornerstones of preventive health services. Today, you are taking your first step into an important profession that will contribute to human health. Professional ethics, scientific competence and a people-oriented approach should always be your guide on this journey. With your graduation, you will become a member of this sacred profession, adding value to society. I sincerely believe that each of you will wear this white coat with honor and responsibility. ”

“THE WHITE COAT YOU WEAR TODAY REPRESENTS THE DIGNITY OF YOUR PROFESSION”

Vice Dean of the Faculty of Health Sciences A. Yuksel Barut drew attention to the symbolic meanings of the white coat in his speech. Asst. Prof. Barut addressed the students with the following words:

"My young friends, today you are not only wearing a white coat; you are also embarking on a journey adorned with professional dignity, responsibility and ethical values. This white coat is not just a symbol; it is an expression of your respect for your patients, your belief in yourself, and your commitment to knowledge. The buttons of your white coat will be off, as this indicates that the secrets entrusted to you will be kept safely. While the white coat you wear today represents the dignity of your profession, it will also be passed on to your colleagues who come after you as a legacy. Wishing you to adopt lifelong learning as a principle and to be thoughtful and devoted individuals... I thank your families who raised you, wish you health and success in your life."

"WE OFFER A TRAINING THAT FOCUSES ON QUALITY"

Speaking at the ceremony, Vice-Chancellor Prof. Arda Ozturkcan emphasized the education vision of the university and the quality standards of the department, and said, "Our university continues to prepare a strong future for you with its student-centered education approach, academic structure open to development and vision of internationalization. At the same time, we offer a training that focuses on quality as a department with AHPGS international accreditation and YÖKAK national accreditation. You are both our today and our tomorrow; our University is working hard to offer you a better future. As a faculty member of the Department of Nutrition and Dietetics, I am very happy to be with you at this special moment when you take your first steps into the profession by wearing a white coat."

After the speeches, the instructors were invited to the stage and the students were dressed in white coats. This meaningful moment, which was a symbol of their professional identity for students, turned into an emotional experience with their families and academics.

At the closing of the ceremony, "ÂGAH band", which is within the body of Istanbul Gelisim University Music Club, took the stage. In the event, which ended with a music concert, the participants had a pleasant time.

The program ended with Head of Nutrition and Dietetics Department Assoc. Prof. H. Merve Bayram's closing speech in Turkish and English. The Nutrition and Dietetics Department White Coat Wearing Ceremony was a special souvenir where students took the first step into the profession and wore their white coats responsibly.

MEAT ALARM AT BAIRAM TABLES: DO NOT ENDANGER YOUR HEALTH!

Eid al-Adha is a feast of sharing, solidarity and crowded tables. However, according to experts, red meat, which plays a leading role in the tables, can bring health problems when consumed unconsciously. Istanbul Gelisim University (IGU) Faculty of Health Sciences, Head of Nutrition and Dietetics Department Assoc. Prof. H. Merve Bayram warned that increased meat consumption during the Eid al-Adha may lead to serious health problems, especially in individuals with chronic diseases.

"NEWLY CUT MEAT SHOULD NOT BE CONSUMED IMMEDIATELY"

Stating that red meat is a nutritious food with high quality protein, iron, zinc, phosphorus and vitamin B12 content, Bayram said, "However, red meat should be consumed in moderation due to its saturated fat and cholesterol content. Immediate consumption of newly slaughtered meat can make digestion difficult due to 'stiffness of death'. For this reason, it is recommended to consume meat by resting for at least 12 to 24 hours."

GRILLED OR ROASTED? WHAT'S THE HEALTHIEST?

Assoc. Prof. Bayram emphasized that the daily consumption of red meat should not exceed 90-120 grams of portions 2-3 times a week for healthy individuals, while the method of cooking meat is also decisive for health:

"When cooking meat, boiling, baking or grilling methods should be preferred instead of frying or roasting. Especially the distance between the meat cooked on the grill and the fire should be at least 15-20 cm. Otherwise, high heat will cause the outer surface to burn before it reaches the inside of the meat. While this leads to the loss of protein and B group vitamins, it can also lead to the formation of carcinogenic compounds."

HEART PATIENTS SHOULD BE ESPECIALLY CAREFUL: LEAN MEAT IS A MUST!

Bayram, who made special warnings for individuals with chronic diseases such as cardiovascular disease, hypertension and diabetes, said, "These individuals should stay away

from saturated fat sources such as internal fat and tail fat, cook the meat with their own fat if possible, and not add additional fat. Lean or low-fat meat should be preferred and portion control should be ensured. "

Stating that eating meat on an empty stomach on the morning of the feast may trigger stomach disorders, Nutrition and Dietetics Specialist Assoc. Prof. H. Merve Bayram said, "It is important to start the day with a balanced breakfast. Foods such as low-fat cheese, whole-grain bread, seasonal greens facilitate digestion."

HOW TO STORE MEAT?

Stating that not only consumption but also the storage conditions of the meat are of vital importance during the feast process, Assoc. Prof. Bayram emphasized that the meat should be divided into portions and stored in the freezer, and the thawing process should be carried out on the bottom shelf of the refrigerator. She also reminded that raw meat and vegetable-fruit contact should be prevented.

"WITH HEALTHY CHOICES, FESTIVE TABLES BECAME MEANINGFUL"

Stating that it is possible to establish healthy and safe tables during the feast, Istanbul Gelisim University Faculty of Health Sciences Head of Nutrition and Dietetics Department Assoc. Prof. H. Merve Bayram emphasized that balanced, hygienic and conscious eating habits will strengthen not only physical health but also the meaning of the bairam.

Reminding that the Feast of Sacrifice should be remembered with health as well as pleasure and sharing, she pointed out that making the right choices at the feast tables is a critical step for both individual and social health.

ISTANBUL GELISIM UNIVERSITY HOSTED THE ADVISORY TEACHERS

The year-end closing program organized by Avcılar Guidance and Research Center (RAM) was hosted by Istanbul Gelisim University. The event, which was planned to contribute to the professional development of guidance teachers, was organized with the aim of increasing the quality of education and strengthening inter-institutional cooperation.

The Rector of IGU Prof. Bahri Sahin, Vice Rector Prof. Nuri Kuruoglu, Head of Public Relations and Promotion Department Asst. Prof. Bulent Deyirmenci, Avcılar RAM Manager Vedat Yoldaş, institutional administrators and advisory teachers in the region, and representatives of various educational institutions attended. Throughout the program, current problems encountered in guidance practices, solution suggestions and exemplary practices on functioning were discussed.

Istanbul Gelisim University Rector Prof. Bahri Şahin made the opening speech of the meeting. Referring to the importance of guidance services in the academic, social and emotional development of students, Şahin emphasized that universities' contribution to this process is a requirement of social responsibility understanding.

In addition to enabling the sharing of knowledge and experience between teachers, the meeting also strengthened the interaction between educational institutions. Istanbul Gelisim University continues to contribute to professional development activities carried out at the regional level by combining its academic knowledge in the field of education with practices in the field.

ISTANBUL GELISIM UNIVERSITY ATHLETES WALKED TO THE TOP ACROSS TURKEY!

Istanbul Gelisim University athletes drew attention with their outstanding performances in regional and national tournaments they participated in the 2024-2025 season. Istanbul Gelisim University athletes, who took the podium in many branches from football to volleyball, from wrestling to kickboxing and taekwondo, made significant contributions to the sports culture of the university.

LEAGUE RISE IN FOOTBALL AND VOLLEYBALL

While Istanbul Gelisim University Men's Football Team finished the season as the fourth in Istanbul, it succeeded in advancing to the semi-finals. With this degree, it was entitled to participate in the Super League Promotion Competitions to be held in Afyonkarahisar.

The Women's Volleyball Team also finished the season as the fourth in Istanbul. The team, which advanced to the semi-final stage, won right to advance to the 1st League with its extraordinary performance.

BIG SUCCESS IN WRESTLING

IGU athletes won 7 medals at the Turkish University Sports Federation Turkish Wrestling Championship held in Karaman on May 12-17. The grades obtained in free and Greco-Roman style competitions are as follows:

- Eyyup Cetin – Freestyle 92 kg: 1st place in Turkey (gold medal)
- Kerem Dede – Freestyle 97 kg: 3rd place in Turkey (bronze medal)
- Arya Namjouy – Greco-Roman style 87 kg: 1st place in Turkey (gold medal)
- Berat Keskin – Greco-Roman style 63 kg: 2nd in Turkey (silver medal)
- Mustafa Emre Demir – Greco-Roman style 130 kg: 3rd place in Turkey (bronze medal)
- Muharrem Kavak – Greco-Roman style 77 kg: 3rd place in Turkey (bronze medal)
- Enes Cankılıç – Greco-Roman style 97 kg: 3rd place in Turkey (bronze medal)

TURKEY THIRD PLACE IN TENNIS

The Women's Tennis Team completed the tournament as the third place in Turkey in the Regional League Women's Tennis League Turkey Championship.

DOUBLE BRONZE IN TAEKWONDO

At the Taekwondo Turkey Championship held at Mugla Sıtkı Koçman University on April 11-14, IGU athletes ranked third in Turkey in two categories:

- Saliha Zeynep Başpınar – 73 kg: Bronze medal
- Ayşe Demirci – Poomsae and Freestyle categories: Bronze medal

FIVE MEDALS IN KICKBOX

In the Turkish Kickbox Championship held at Balıkesir University, five athletes won the third place in Turkey:

- Alperen Tula – Full Contact 71 kg
- Baran Guneş – Full Contact 75 kg
- Tarık Durur – Point Fighting 74 kg
- Samet Sakar – Kick Light 89 kg
- Bugra Kuçukali – K1 75 kg

BRONZE MEDAL IN BOCCE

At the Turkish Bocce Championship held in Mersin, IGU athlete Kutay Duran won the bronze medal as the third place in Turkey in the Petanque Single Men's category.

Istanbul Gelisim University enables athletes to compete at the national level by providing physical infrastructure and organizational support compatible with their branches. These achievements in different sports branches show that the university strengthens the sports culture at the institutional level and carries its student-oriented approach to the sports field.

THIRD FACULTY OF APPLIED SCIENCES END OF TERM EXHIBITION HAS BEEN OPENED!

Istanbul Gelisim University (IGU) Faculty of Applied Sciences (UBF) brought together student projects and academic productions with the Third Applied Sciences Exhibition held within the scope of the 2024-2025 academic year. The works developed by students from all departments within the faculty within the scope of applied courses and projects attracted great attention in the exhibition area in the Rectorate building.

The Dean of the Faculty of Applied Sciences, who made the opening speech, Prof. Kamil Kaya said, "The exhibition is not only a product display, but also a motivation element to increase the quality of education. All the products in the exhibition, which we will open and visit soon, were presented with the support of our faculty members and the manual labor of our students. This exhibition is an important platform where our students develop their production skills and turn them into academic outputs. I hope that this organization, which has emerged with the contribution of all our departments, will be a motivation that will contribute to quality education."

"THIS IS THE RESULT OF TEAMWORK"

Rector Prof. Bahri Sahin, on the other hand, pointed out the value of the projects developed by the students and said, "This is the third exhibition at the end of the semester. We visited last year as well, our students have produced very valuable products. Istanbul Gelisim University became the Patent Champion again this year. This success was realized with the efforts of our students, teachers and all our stakeholders."

Rector Prof. Sahin emphasized that Istanbul Gelisim University has gained a remarkable momentum in recent years with the following words: "This development is the result of a teamwork. We have caught this excitement at our university, from now on we will go even further. In addition to theoretical knowledge, we offer our students the opportunity to experience applications in the field. In this way, our graduates in the sector is increasing rapidly."

APPETIZERS FROM GASTRONOMY STUDENTS

Within the scope of the exhibition, not only technological and academic projects, but also original tastes prepared by the students of the Department of Gastronomy and Culinary Arts met with the participants. These delicacies served to the visitors also revealed the faculty's multi-faceted education approach.

Student projects from all parts of the faculty have created an inspiring atmosphere where different disciplines interact with each other. Throughout the exhibition, it was aimed to strengthen interdisciplinary ties within the university and to share students' productions with a wider audience.

EID-AL- ADHA MEAT SHOULD NOT BE OVER-COOKED: DO NOT MAKE THESE MISTAKES!

For those who would like to prepare nice tables before the Feast of Sacrifice, it is of great importance to store and cook the meat correctly. Istanbul Gelisim University Faculty of Applied Sciences Head of Gastronomy and Culinary Arts Department Asst. Prof. Nevruz Berna Tatlısu made suggestions about the cooking process of the meat. Tatlısu emphasized that the conscious approach directly affects both taste and health on many issues from the resting process to the preparation of offal.

“FRESH CUT MEAT SHOULD NOT BE COOKED IMMEDIATELY”

Stating that it is inconvenient to cook the meat immediately after the sacrifice is cut, Asst. Prof. Tatlısu pointed out that cooking the meat without resting will lead to both chewing difficulty and loss of flavor due to structural hardness:

“The rigor mortis process that begins in meat after cut causes muscle tissue to harden. If the meat is cooked before this process is completed, a heat-resistant structure is formed, resulting in a hard, dry, under-flavored product. The meat should be rested between 0-4° C for at least 24 hours, preferably 48 hours. During this time, natural enzymes come into play, muscles relax and meat is both cooked more easily and digested better. ”

THE TYPE OF MEAT DETERMINES THE TECHNIQUE

Stressing that it is a common mistake to use the same cooking method for different types of meat, Tatlısu stated that each type requires a technique suitable for its own structural characteristics:

"Veal has a structurally moderate connective tissue. Soft pieces such as steak and plywood should be grilled or sautéed at high temperature in a short time. Parts with a high rate of connective tissue, such as shin or goulash, require long-term boiling or baking at low temperature. The sous-vide method has also come to the fore in recent years, especially in beef; because thanks to the controlled temperature, water loss is reduced and cooking becomes homogeneous."

Asst. Prof. Tatlısu draws attention to the need for balanced dissolution of aroma and fat in lamb meat,

"Large pieces such as thighs and sleeves should be baked in the oven at low temperature for a long time; ribs and back should be sealed in a short time at high temperature and remain watery. In pieces with high collagen content, tandoori or slow cooking should be preferred."

Stating that a more special approach is needed for sheep meat, Tatlısu said, "Sheep meat has a high connective tissue and intense aroma. For this reason, moist and long cooking methods such as stews and stews should be applied; in addition, acidic marination should be done in advance to ensure the aroma balance."

HOW TO COOK SOFT AND TASTY MEAT AT HOME?

Stating that not only the correct cooking of the meat, but also the processes applied before cooking have an effect on the result, Tatlısu stated that the marinade process will both loosen the fiber structure and increase the aroma when it is done with natural materials:

"Acidic ingredients such as yogurt, lemon, pineapple or onion juice soften the structure of the meat according to the marination period. Mixtures created with ingredients such as olive oil, thyme, black pepper also reduce water loss during cooking and provide flavor development on the outer surface."

THE MOST SUITABLE COOKING METHODS FOR HEALTH

Stating that there are health differences between cooking methods such as ovens, cast pans, grills and pots, Tatlısu emphasized that the use of controlled temperature and appropriate time is critical:

"When baking is applied at low temperature, there is little water loss and the internal tissues cook homogeneously. The pot method, on the other hand, is ideal for parts with high collagen content, as long-term, low-temperature cooking converts collagen into gelatin, creating a mouth-disintegrating texture. Since the sealing in the cast pan distributes the high heat homogeneously, it traps the water of the meat and forms an aromatic shell on the outside. Grilling also creates strong flavor profiles in a short time; however, in case of direct fire contact, compounds that pose a health risk may be formed.

She suggested that the meat should be cooked without losing its water: "The meat should be sealed at high temperature, not turned over frequently, and salting should be left after cooking. This both reduces fluid loss and creates an aromatic crust on the outer surface."

TIPS FOR COOKING OFFAL

Stating that the processing of offal such as liver, kidney and heart before cooking is critical, Istanbul Gelisim University Faculty of Applied Sciences Head of Gastronomy and Culinary Arts Department Asst. Prof. Nevruz Berna Tatlısu, warned:

"Organs such as kidneys and heart should be cleaned of membranes, nerves and blood residues; color and odor should be balanced by soaking in water. The liver, on the other hand, should not be overcooked due to its high iron content; otherwise, a metallic taste will occur. Cooking at high temperature in a short time and the acidic elements used next to it (such as lemon, vinegar) balance the aroma and facilitate digestion."

“YOU CAN BALANCE THE SMELL OF LAMB WITH THE RIGHT TECHNIQUES”

Tatlisu also made the following statement about the “lamb smell” common at the tables: “The odor is usually concentrated in the adipose tissue. For this reason, excess oil should be extracted; marinations made with aromatic components such as olive oil, garlic, rosemary and lemon juice should be applied. When natural aromatics such as bay leaf, lavender or black pepper are used during cooking, the result is much more balanced.”

ISTANBUL GELISIM UNIVERSITY HOSTED BAHCESEHIR NAZMI ARIKAN SCIENCE ANATOLIAN HIGH SCHOOL GRADUATION CEREMONY

The graduation ceremony of Bahçeşehir Nazmi Arıkan Science Anatolian High School was held at Mehmet Akif Ersoy Conference Hall, hosted by Istanbul Gelisim University. IGU Rector Prof. Bahri Sahin, Vice-Chancellors Prof. Necmettin Maraslı, Prof. Nuri Kuruoglu participated. The joy of graduation was accompanied by high school administrators, teachers, students and families.

“THE EDUCATIONAL JOURNEY CONTINUES WITH THE UNIVERSITY”

Speaking at the ceremony, Rector Prof. Bahri Sahin congratulated the students who completed their high school education and emphasized that the education marathon continued with the university. Stating that it is of great importance for students to get to know the university experience closely in order to plan their future correctly, Şahin reminded that the opportunities offered by Istanbul Gelisim University are also open to high school students.

UNIVERSITY EXPERIENCE FOR HIGH SCHOOL STUDENTS: WINTER AND SUMMER ACADEMIES

"High School Winter Academy", organized by Istanbul Gelisim University, is among the special programs where high school students can experience university life one-on-one and contribute to their academic and social development.

High School Winter Academy is a training program in which students participate in workshops and courses offered within the university during the winter semester; thanks to the content of the departments offered in different branches, it helps them discover their career goals. This experience, supported by high-tech laboratories and application areas, allows high school students to get to know the university atmosphere closely.

IGU Summer Academy, on the other hand, is held in the summer semester and allows students to attend university courses according to their academic interests. Participants have the opportunity to explore different and exciting ways of learning by taking advantage of the physical facilities of Istanbul Gelisim University.

POSSIBILITY OF SETTING GOALS BY EXPERIENCING

Both academy programs not only introduce students to the university environment, but also provide a directional roadmap for career planning. Developed with the understanding that the key to achieving the right goal is to experience it, these programs contribute to young individuals' getting to know themselves better and discovering their potential.

Istanbul Gelisim University continues to support future university candidates today and to make qualified contributions at all levels of education.