

THE TRICKS OF A HEALTHY AND BALANCED DIET IN RAMADAN!

Days before Ramadan, proper nutrition has become an important agenda item for those who fast. During long hours of fasting, the foods preferred in sahur are of great importance to maintain energy levels throughout the day and reduce the feeling of thirst. Nutrition and Dietetics Specialist Asst. Prof. Hande Nur Onur Öztürk shared the tips for a healthy and balanced diet during Ramadan.

PROTEIN IS ESSENTIAL TO STAY FULL ALL DAY LONG

Stating that foods that will delay the feeling of hunger and reduce thirst should be included in sahur, Istanbul Gelisim University Faculty of Health Sciences Department of Nutrition and Dietetics Asst. Prof. Hande Nur Onur Öztürk said, "Protein-rich animal foods such as eggs, yogurt, salt-reduced cheese, and plant protein sources such as legumes and crustaceans provide a feeling of satiety for a long time. Consumption of whole grain foods, especially whole wheat bread, oats and bulgur, keeps blood sugar in balance, prevents fluctuations during the day and reduces the feeling of hunger."

FLUID CONSUMPTION IS IMPORTANT TO PREVENT DEHYDRATION

Emphasizing that not only nutrients but also water consumption are important, Öztürk also said, "It is necessary to consume 1.5-2 liters of water after iftar to replace the water lost during the day. It would be beneficial to avoid such foods, as foods with high sugar and salt ratios can increase the feeling of thirst and hunger during the day."

AVOID BEVERAGES THAT INCREASE FLUID LOSS

Stating that fluid consumption should be made intermittently from iftar to sahur, Öztürk added, "Liquid but high nutritional value foods such as soup, ayran, milk, yoghurt should be preferred. Drinks with high caffeine content such as tea, coffee and carbonated drinks should be consumed limited in the month of Ramadan as they increase water loss. In addition, fruits with high water content meet both energy and liquid needs."

PAY ATTENTION TO THE DESSERT CHOICE!

Stating that the desire to consume desserts after fasting is also normal, Öztürk said, "Meeting this need with milk desserts provides both protein and energy. As a second preference, fruit or low-sugar fruit desserts can be considered. On the other hand, syrupy desserts should be preferred less because they increase and decrease blood sugar rapidly."

Eating fast after a whole day of hunger may cause digestive problems. After fasting with foods such as dates and olives, tarhana, plateau and legume soups facilitate digestion. A short rest before switching to the main meal prevents the digestive system from being strained. Short walks after dinner and herbal teas also help the digestive process."

TTO AND TEKMER MANAGERS IN ISTANBUL MEET AT KÜLTÜR UNIVERSITY

The fifth meeting of the directors of the Technology Transfer Office (TTO) and the Technology and Innovation Center (TEKMER) of the universities in Istanbul was held on February 18, 2025, hosted by Kültür University. In addition to Istanbul Gelisim University (IGU) TTO, and/or TEKMER managers and technical experts of many institutions such as Istinye University, Digital Park, Yeni Yüzyıl University, FSMVÜ TTO, BTM TEKMER, Nişantaşı University, Health Sciences University, Biruni Technopark and Beykent University participated in the meeting.

At the meeting, the importance of networking (business connection environment) was emphasized in order for technology transfer offices to provide effective coordination. Participants stated that strengthening collaborations played a critical role in the success of TTOs.

FIRST STEPS TAKEN FOR JOINT PROJECT

The meeting was organized in two phases: the morning session for the managers and the second session with the managers and technical experts. During the sessions, the preparation of a joint project for the three calls announced by the Istanbul Development Agency (ISTKA) within the scope of the 2025 Financial Support Program was put on the agenda.

In particular, a consensus was reached on the preparation of the joint project proposal within the scope of the "Cooperation Istanbul - Financial Support Program for Strengthening Collaborations between Corporate Companies and Startups" announced by ISTKA on 13 January 2025. While it was decided that the project coordination would be undertaken by Kültür University, each institution was asked to determine the corporate companies and startups it wanted to take part in the project call and forward them to Kültür University.

APPLICATIONS OPEN UNTIL APRIL 11

According to the roadmap set at the meeting, applications for these financial support programs will continue until April 11, 2025.

IGU TTO aims to strengthen cooperation and contribute to the city's innovation ecosystem in this process.

AN E-COMMERCE SUMMIT WITH THE THEME OF "EFFECTIVE COMMUNICATION, STRONG CONNECTIONS" WAS HELD AT IGU!

Organized by the Digital Entrepreneurship and Electronic Commerce Club at Istanbul Gelisim University, the E-Commerce Summit themed "Effective Communication, Strong Connections" took place on February 25, 2025 at Mehmet Akif Ersoy Hall. The summit, attended by leading names in the industry, provided students with important information in the fields of e-commerce and digital marketing.

ACADEMIC AND SECTORAL PERSPECTIVE

Istanbul Gelisim University Rector Prof. Bahri Şahin drew attention to the contributions of the activities organized by the students to the youth in the opening speech. Prof. Şahin explained the comprehensive research and development opportunities offered by the university and emphasized that these supports make significant contributions to the careers of students.

In other speeches, the main theme was the transformation of e-commerce. Asli Seven, president of the Digital Entrepreneurship and Electronic Commerce Club, stated that the club aims to lead digital transformation by blending academic studies and sectoral experience. Pınar Bacaksız, from the faculty members of the Department of Electronic Commerce and Management, emphasized the importance of digital transformation in the e-commerce world and the opportunities offered to the sector by current trends and technological developments.

IGU Faculty of Applied Sciences Dean Prof. Kamil Kaya, on the other hand, touched on the great impact of technology on digital life and the place of e-commerce today. Prof. Kaya stated that the summit provides an important platform that will shape the future of the sector by giving participants a vision.

E-COMMERCE EXPERTS SHARED THEIR EXPERIENCE

Murat Erdör, founder of Me Consultancy, discussed the strategies of being successful in the sector and the foundations of sustainable growth with his presentation titled "To be successful in e-commerce: Is it a dream?" Erdör emphasized that the right strategies and innovative approaches are the key to success.

Kriko founder Uğur Eskici mentioned the importance of SEO management in increasing the visibility of e-commerce platforms in the digital world. Eskici shared the competitive advantages offered to businesses with effective search engine optimization techniques and application examples.

At the closing of the panel, the Founder of Innovative 360 Agency Ulaş Gökhan Gümüş explained the integration of digital marketing and artificial intelligence. Gümüş explained in detail the impact of artificial intelligence technologies on digital marketing strategies and the innovations that they will bring to the sector in the future.

DIGITAL MARKETING AND E-COMMERCE DYNAMICS ARE DISCUSSED

In the afternoon session, influencer Jel Founder Canan Ulugöl explained the role of influencer marketing strategies in the e-commerce world with concrete examples. Ulugöl emphasized the power of social media platforms and the effect of influencer collaborations on increasing brand awareness.

Eda Sevaioglu Tan, founder of DijiiMar Consultancy, shared the subtleties of being successful by explaining the "mathematics" of e-commerce.

The summit closed energetically with a live music event organized by Istanbul Gelisim University Music Club. Participants completed the event with both sectoral knowledge and a pleasant atmosphere.

STRATEGIC COOPERATION FROM LENA ENERGY AND IGU TECHNOLOGY TRANSFER OFFICE!

LENA Energy Founder Feridun Biçer took strategic steps to strengthen university-industry cooperation by revisiting Istanbul Gelisim University (IGU) Technology Transfer Office (TTO). In this meeting, which is a continuation of the previous negotiations, preliminary studies were carried out on a protocol that includes technical cooperation.

Within the scope of the visit, it was announced that LENA Enerji plans to supply the unmanned aerial vehicle developed by IGU with domestic facilities in order to ensure the effective installation of solar panels with less cost.

Founded in 2011 and initially operating in the field of lighting, LENA Energy has been standing out with its solar energy projects for the last five years. The company provides services in innovative areas such as off-road and rooftop solar systems, energy storage solutions, and vehicle charging stations.

IGU TTO Manager Yahya Kemal Kiran and Feridun Biçer stated that efforts will continue to turn the cooperation into concrete projects in the future. At the end of the visit, Kiran presented a plaque to Feridun Biçer for his contributions.

THE WORKS OF FAMOUS CARTOONISTS ERDOĞAN KARAYEL AND HİCABİ DEMİRCİ WERE EXHIBITED AT IGU!

Under the leadership of Istanbul Gelisim University (IGU) Art and Design Application and Research Center (SATMER), Gelisim Art Gallery hosted the cartoon exhibition of Erdogan Karayel and Hicabi Demirci on February 26, 2025. The exhibition, which

consists of the works of two important names representing Turkish cartoon art in the international arena, attracted great attention by university students and art lovers.

Rector Prof. Bahri Şahin emphasized the importance that IGU attaches to art and said, "We value artistic innovation as much as social and technical sciences in order to reach contemporary civilizations. For this purpose, we have implemented our Art and Design Center within our university."

Faculty of Fine Arts faculty member Assoc. Prof. Nuri Sezer, who is the curator of the exhibition, gave information about the artistic careers of Karayel and Demirci.

The exhibition includes works of both artists from different periods. Erdoğan Karayel is known as the only Turkish artist to enter the Germany-based Daimler Art Collection, while Hicabi Demirci has a wide audience on social media and international platforms. Both artists use a strong language of expression on social issues in their works.

The exhibition, which reveals the artistic and social power of the cartoon with its works, offers visitors the opportunity to experience the original perspectives of the artists.

ASSOC. PROF. AYSUN CANÇAT'S WORKS ARE IN THE "ZEN" GROUP EXHIBITION!

One of the academicians of Istanbul Gelisim University (IGU) Faculty of Fine Arts, Department of Graphic Design, Assoc. Dr. Prof. Aysun Cançat's works met with art lovers in the "Zen" group exhibition, which was shaped by an interdisciplinary art approach.

Curated and directed by Kahraman Turan, the exhibition takes the audience on a journey beyond meaning, inspired by Zen philosophy. While the works in the exhibition aim to create a point of resistance against the chaotic structure of the modern world, they interpret the concepts of simplicity and inner balance through art.

In the manifesto of the exhibition, the reflections of Zen philosophy in art are explained with the following words:

“Zen philosophy connects man with the silence of the essence by recovering him from the chaos of existence. The source of happiness is not in the noise of the external world, but in the depth of simplification and inner balance. By presenting the reflection of this philosophy in art, the ‘Zen’ exhibition takes the audience on a journey beyond meaning.”

Assoc. Prof. Aysun Cançat's works also have an important place in the exhibition in this context. The works created by the artist with simple forms and balanced compositions draw attention as an aesthetic reflection of Zen philosophy. The exhibition, which invites the audience not only to an art experience, but also to an inner discovery against the speed and materialist approaches of modern life, reveals the transformative power of art.

Bringing art lovers together with an artistic reflection of serenity, the "Zen" exhibition continues to be a stop in the chaos of modern life.

THE NEW SUPPORTER OF ACADEMIC PROJECTS, THE "PROUD" PLATFORM, HAS BEEN INTRODUCED!

The launch of the ProUD platform, which was implemented by the Istanbul Gelisim University (IGU) Scientific Research Projects (BAP) Coordinatorship, took place with a wide participation event held on the campus of the university. The ProUD platform, which was developed to support academic and institutional development, aims to strengthen the university's vision in scientific and research fields.

The platform, which offers students the opportunity to learn about projects carried out in different fields, participate in projects and share their own projects, and has a 50% acceptance rate in TUBITAK projects, aims to bring young researchers to the center of scientific studies.

Abdülkadir Gayretli, Chairman of the Board of Trustees, Rector Prof. Bahri Şahin, Vice Rectors Prof. Necmettin Maraşlı, Prof. Nuri Kuruoğlu, Prof. Arda Öztürkcan, BAP Coordinator Asst. Prof. Serap Yeşilkır Baydar and BAP Deputy Coordinator Asst. Prof. Sibel Zengin, academicians and our students attended.

"WE WERE IN THE 1001-1200 BAND IN THE WORLD RANKING"

Abdülkadir Gayretli, the Chairman of the Board of Trustees of IGU, who made the opening speech of the event, emphasized the international goals of the university and said:

"It is very important where we want to see ourselves as universities, students and academics. As Istanbul Gelisim University, we aimed to enter the first thousand in the ranking of world universities. Our joint effort to enter THE 1001-1200 band in THE (Times Higher Education) World University Rankings is a representation of the steps we have taken for our future success."

Gayretli, drawing attention to the ProUD project of the university, "We always support such structures in order for our university to become stronger in the field of scientific research and become competitive in the international arena. I believe that ProUD will open new horizons to the research of both our academicians and students, and I invite everyone who will contribute to the scientific knowledge production process to evaluate these opportunities."

"WE WILL INVOLVE OUR STUDENTS IN PROJECTS WITH PROUD"

Rector Prof. Bahri Şahin stated that the ProUD platform aims to involve undergraduate students in academic, research and development projects and emphasized the vision of Istanbul Gelisim University (IGU) to be a research university:

“ProUD is an important initiative that will give a new impetus to our university's scientific research ecosystem. By supporting innovative ideas, it will guide and financially support our researchers in bringing their projects to life. As a university, we have always stood behind the studies that guide science, and we will continue to support scientific projects in the national and international arena. We will ensure that our students actively take part in nationally and internationally funded projects alongside our academicians.”

Prof. Bahri Şahin also stated that IGU aims to be a pioneer in the fields of social, artistic and technical innovation and said, "We support our students to gain experience not only in classrooms but also in the field. Thanks to ProUD, we will involve our young people in projects that will meet the needs of the society at the undergraduate level.”

Emphasizing that Istanbul Gelisim University aims to stand out not only with its education and training activities, but also in the field of research and innovation, Prof. Bahri Şahin also added: “ProUD is one of the concrete steps of our university's goal of becoming a research university. With the support we give to scientific research and innovative projects, we prepare our students for the future in a more equipped way. As a university, we always value the ideas and projects of young people. Thanks to this platform, we aim to raise our students as future leaders and researchers by supporting their academic and professional development.”

Prof. Şahin concluded his words as follow: “The increase in our national and international project acceptance rates in recent years is pleasing. Thanks to this platform, we aim to involve our undergraduate students in the research ecosystem and prepare them for professional life in a more equipped way.”

“ANYONE WITH AN IDEA WILL BE ABLE TO APPLY TO PROUD”

Vice Rector Prof. Necmettin Maraşlı said, "Students who have an idea and want to make a project will be able to apply directly to the platform. With internal and external

support, we aim for our students to graduate as advanced, open-minded and knowledgeable individuals without remaining at the undergraduate level."

"PROUD WILL GATHER SCIENTIFIC RESEARCH UNDER ONE ROOF"

BAP Coordinator Asst. Prof. Serap Yeşilkır Baydar stated that the ProUD platform was implemented with the support of the university administration and said, "ProUD was established to gather scientific research projects and student-oriented studies under a single roof. Thanks to this platform, our students and academicians will be able to participate more actively in scientific research processes and deliver their projects to a wider audience."

BAP Deputy Coordinator Asst. Prof. Sibel Zengin stated that ProUD is an institutional initiative that coincides with the mission of "raising self-confident individuals" determined within the scope of the 2024-2028 Strategic Plan of the university and the vision of "being a pioneering and worldwide university".

At the end of the launch, which was held with a wide participation, a certificate of thanks was presented to the academicians and students who took part in the TUBITAK 2209 Supported projects for their contribution to science and society.