



A P R I L

"April falls gently on Central Anatolia... In fact, the entire region has only two months that bring sunshine, spread hope, calm the hearts, and tell sorrow and misery to 'go away': April and May."

Abbas Sayar

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28	29	30				

April 2: World Autism Awareness Day

April 4: World Street Animals Day

April 7: World Health Day

April 8: Türkiye Physiotherapists Day

April 23: National Sovereignty and Children's Day

April 30: Honesty Day

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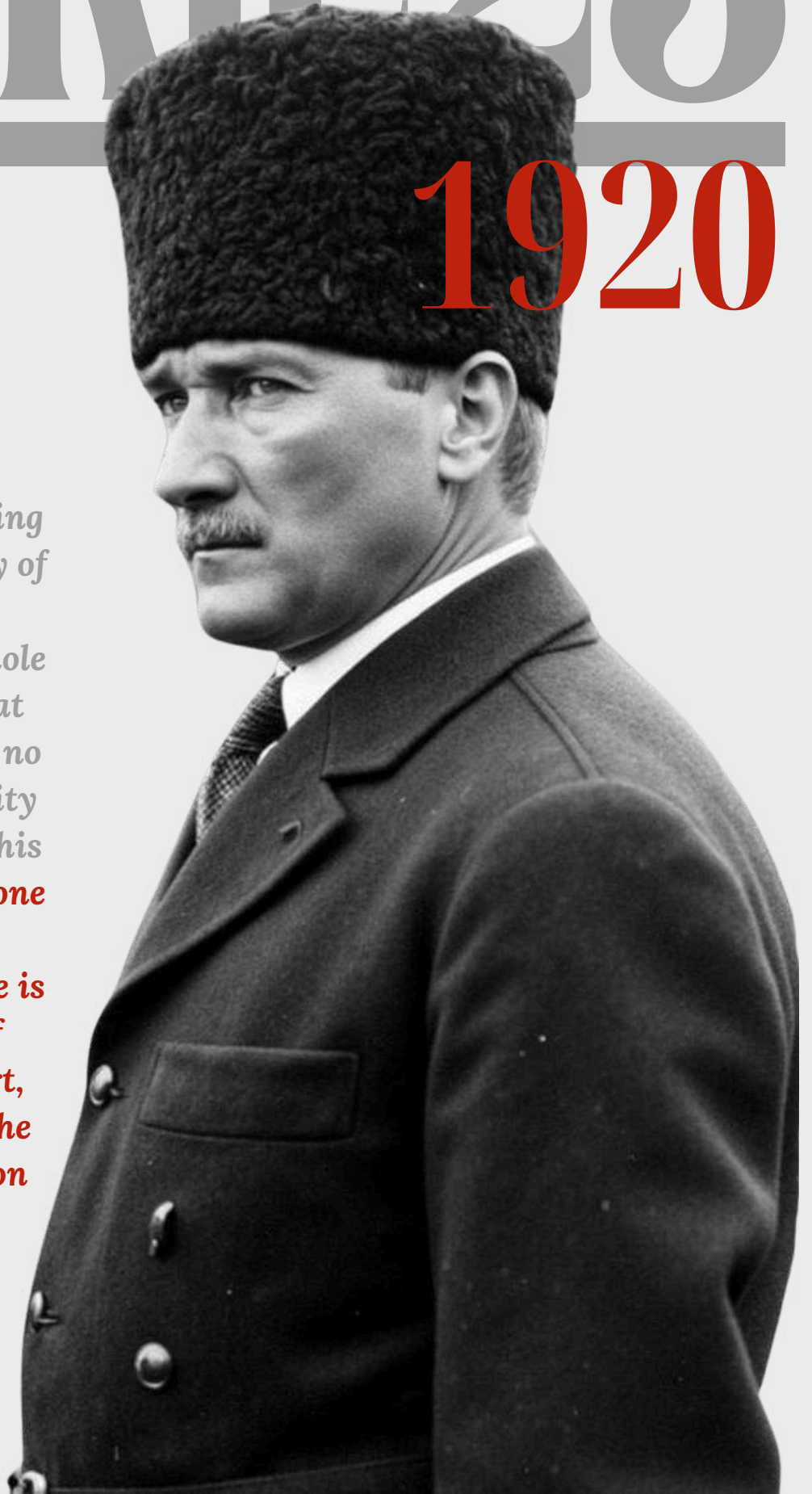
APRIL 23

1920



April 23 is the beginning of the national history of Turkey and a new turning point. The whole world must know that from now on, there is no power and no authority above this state and this nation. **There is only one power: national sovereignty. And there is but one true seat of authority – the heart, the conscience, and the very soul of the nation itself.**

Mustafa Kemal
ATATÜRK



IGU Quality Commission gathered: The accreditation process was evaluated, certificate of attendance were presented to the contributors



Faculty of
Health Sciences

Leadership, Management, Quality

Istanbul Gelisim University (IGU) Quality Commission held its meeting numbered 2025-06 on Tuesday, April 8, 2025, which was chaired by Rector Prof. Bahri Şahin. During the meeting, the results of the evaluation of IGU's five-year full accreditation during the Institutional Accreditation process carried out by the Higher Education Quality Board (YOKAK) were discussed. Abdulkadir GAYRETLİ, the Chairman of the Board of Trustees of IGU, also attended the meeting.

IGU, which was entitled to receive five years of full accreditation in the institutional accreditation process carried out by the Higher Education Quality Board, has documented that it effectively manages the quality assurance system, adopts the understanding of sustainable development and successfully fulfills its mission of social contribution. In this context, the achievements of the university in the institutional accreditation process and the strategies for the sustainability of this process were evaluated. The members of the Commission discussed in detail the planning and actions to be taken in order to strengthen the quality processes and to spread the culture of continuous improvement at the institutional level.

After the meeting, the Chairman of the Board of Trustees of IGU Abdulkadir GAYRETLİ presented a plaque to Rector Prof. Bahri ŞAHİN, Vice Rector Prof. Arda ÖZTÜRKCAN, Quality Coordinator Prof. Hasan Hakan BOZKURT and Deputy Dean of the Faculty of Health Sciences Asst. Prof. A. Yüksel BARUT.

In addition, the academic and administrative staff and students who took an active role in the process were presented a certification of attendance by the Rector Prof. Bahri ŞAHİN.



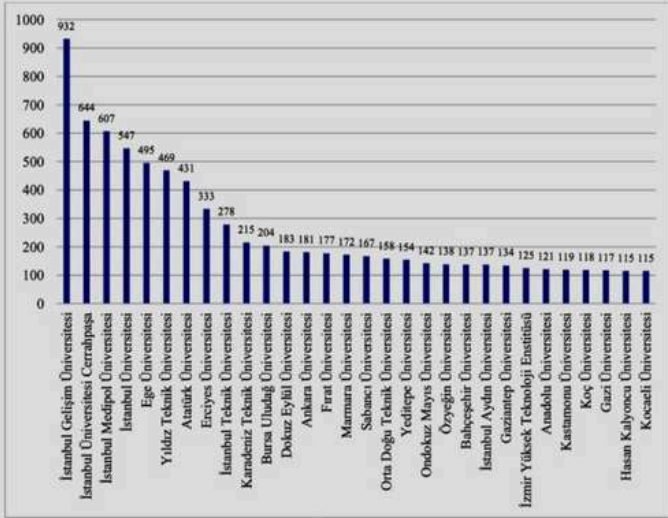
IGU at the Top of Innovation Map: Leader in Turkey!

According to the Turkish Patent and Trademark Office's "Innovation Map of Universities" report for 2025, Istanbul Gelisim University (IGU) was the university with the highest number of applications in Turkey with 932 patent applications between 2010-2024. In 2024, it reached the top once again with 125 applications, reinforcing Turkey's position as an innovation leader.

According to the Turkish Patent and Trademark Office's "Innovation Map of Universities" 2025 report, the contribution of universities in the field of industrial property in Turkey is increasing every year. The number of university patent/utility model applications, which was only 10 in 2010, reached 1,640 as of 2024 and achieved superior success.

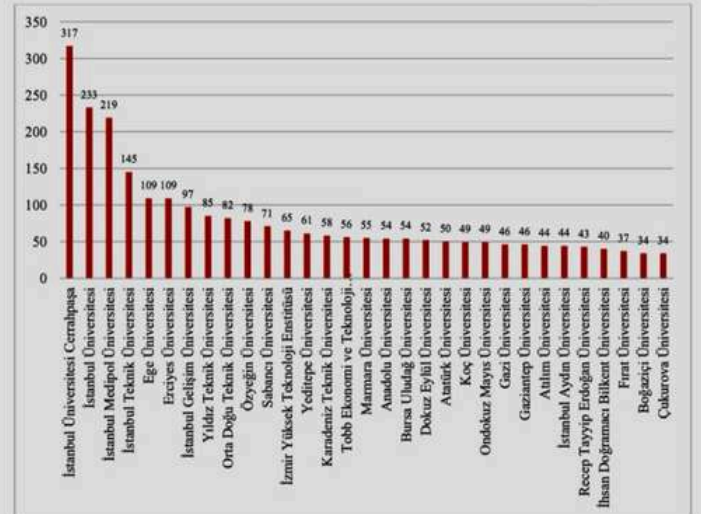
In this general upward trend, Istanbul Gelisim University (IGU) attracted attention with its performance in 2024. According to the data of the Turkish Patent and Trademark Office, IGU became the university with the highest number of patent applications in Türkiye with 125 applications in 2024. This success is not only a one-year performance; it stands out as the result of a long-term and stable innovation process. IGU reached the first place in Turkey with 286 applications in 2018 and put forward its claim in this field. The steadfast efforts in the intervening years brought the university back to the top in 2024. This success was a concrete indicator of IGU's understanding of sustainable leadership.

**TURK
PATENT**



Şekil 3.1.1: Başvuru Sayına Göre Lider Üniversiteler (2010-2024)

**TURK
PATENT**



Şekil 3.2.1: En Fazla Tescil Belgesine Sahip Üniversiteler (2010-2024)

Exemplary Model in Academic Productivity

According to 2024 data, 1 patent application per 7 academicians at the university. This rate indicates a productivity level well above the average in Turkey. 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.

IGU also stands out with its inclusive science approach and sensitivity to gender equality. The presence of at least one female inventor in 115 of the 125 applications made in 2024 clearly reveals the active participation of female academicians in industrial property processes and the strategic approach of the university in this field. While this rate is 66% across Turkey, the 92% achieved by IGU points to a remarkable success.

Tablo 3.6.1: Başvuru Sayısı ile Öne Çıkan Üniversitelerde Başvuru Başına Düşen Akademisyen Sayısı

Yıllar	Üniversite Başvurusu Başına Düşen Akademisyen Sayısı									
	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
İstanbul Gelişim Üniversitesi	36	5	5	2	6	-	107	7	12	7
İstanbul Üniversitesi Cerrahpaşa	64	36	15	29	37	59	80	83	123	81
İstanbul Medipol Üniversitesi	632	59	40	20	15	17	11	13	19	16
İstanbul Üniversitesi	64	36	15	29	92	94	143	225	251	203
Ege Üniversitesi	187	397	281	283	62	28	37	57	52	52

Tablo 3.6.2: Başvuru Sayısı ile Öne Çıkan Üniversitelerde 100 Akademisyen Başına Düşen Başvuru Sayısı

Yıllar	100 Akademisyen Başına Düşen Başvuru Sayısı									
	2015	2016	2017	2018	2019	2020	2021	2022	2023	2024
İstanbul Gelişim Üniversitesi	2,7	18,6	20,7	43,7	17,3	-	0,9	14,3	8,4	13,4
İstanbul Üniversitesi Cerrahpaşa	1,6	2,8	6,8	3,4	2,7	1,7	1,2	1,2	0,8	1,2
İstanbul Medipol Üniversitesi	0,2	1,7	2,5	5,0	6,6	5,8	8,8	7,6	5,2	6,2
İstanbul Üniversitesi	1,6	2,8	6,8	3,4	1,1	1,1	0,7	0,4	0,4	0,5
Ege Üniversitesi	0,5	0,3	0,4	0,4	1,6	3,6	2,7	1,8	1,9	1,9

Investing in Research Culture, Contributing to the Future

In the statement made by the Rectorate of IGU, it was emphasized that behind this success are the strategic investments made by the university in research culture, strong laboratory infrastructure and project supports provided to faculty members. The University continues to contribute directly to Turkey's National Technology Move goals with its vision of becoming a Research University on the way to transform knowledge production into added value.

Istanbul Gelisim University is preparing to develop new strategic programs in the coming period to ensure the commercialization of more inventions, to establish deeper collaborations with industry and to strengthen the research ecosystem.



ISTANBUL GELISIM UNIVERSITY RECEIVED YOKAK CORPORATE ACCREDITATION FOR 5 YEARS!



2024 Üniversite İzleme ve Değerlendirme Genel Raporu



Istanbul Gelisim University (IGU) was fully accredited for 5 years as a result of the institutional accreditation evaluation carried out by the Higher Education Quality Board (THEQC). After the detailed audit process in December, IGU was entitled to receive accreditation at the highest level with the high standards it has shown in the fields of education, research and development, management system and community service.

Institutional accreditation is an important process that evaluates whether universities meet the quality standards set in the fields of education, research, management and community service. This rigorous evaluation process carried out by THEQC aims to increase the competitiveness of higher education institutions on a national and international scale and to ensure that they establish a transparent and sustainable quality assurance system. Universities that are entitled to receive institutional accreditation prove that they successfully manage quality processes, adopt sustainable development in education and effectively fulfill their mission of adding value to society. Istanbul Gelisim University successfully completed this important process and made its name among the few universities in Türkiye that received full accreditation.

A limited number of universities in Türkiye are fully accredited!

This year, 35 universities were subjected to a detailed evaluation by THEQC. According to the results, only 4 universities received full accreditation, 27 universities continued the process with conditional accreditation, and 4 universities could not obtain accreditation. Istanbul Gelisim University, as one of the 4 fully accredited universities, has once again proven that it carries the quality standards in higher education to the highest level.



Istanbul Gelisim University has received full accreditation from **THEQC** for a period of five years!

Our university has been granted a 5-year institutional accreditation by the Turkish Higher Education Quality Council (YÖKAK/THEQC) in recognition of its commitment to quality standards in education, research, governance, and community service.



IGU continues to be at the top in accreditation!

Institutional accreditation is a significant indicator that proves that a university's educational quality, academic and administrative management processes, research activities and community service studies are of international standards. For students, institutional accreditation is considered as the assurance that the university they prefer has a sustainable quality understanding in education. With 65 international accreditations and 45 Turkish Qualifications Framework (TQF) logos, Istanbul Gelisim University has achieved global recognition in many programs. The granting of institutional accreditation for 5 years shows that IGU's long-term strategic plans, quality management systems and understanding of excellence in education are guaranteed by THEQC.

"This success is not only the result of an evaluation, but also the registration of IGU's quality-oriented vision" İstanbul Gelisim University's Vice Rector for Quality, Accreditation and Internationalization Prof. Arda Öztürkcan stated that there is a long-term and meticulous work behind this great success and added the following:

"Quality assurance is the responsibility to build the university of the future, not just today. Our full accreditation by THEQC for 5 years is a proof that we are based on sustainable development in every field from the management system to service to the society. In line with our 2024-2028 Strategic Plan, we are determined to make our university a prestigious 'World University'. This success is not only the result of an evaluation, but also the registration of the quality-oriented vision of Istanbul Gelisim University."

Istanbul Gelisim University - İstanbul Gelisim University received YÖKAK Corporate Accreditation for 5 years!
İstanbul Gelisim University - İstanbul Gelisim University received YÖKAK Corporate Accreditation for 5 years! - İstanbul Gelisim University

“Family Year Awareness Event” Held!

Organized through the collaboration of Istanbul Gelişim University’s Anti-Addiction Coordination Office and the Departments of Child Development and Social Work under the Faculty of Health Sciences, the “Family Year Awareness Seminar” was held on April 9, 2025. The event also featured professionals from the Istanbul Provincial Directorate of Family and Social Services as guest speakers. It took place between 1:00 PM and 4:00 PM at the Mehmet Akif Ersoy Conference Hall on the university campus.



At the opening of the event, Vice Dean of the Faculty of Health Sciences, Asst. Prof. Abdullah Yüksel BARUT, emphasized that the family is not merely an institution, but the first harbor a person seeks refuge in – the most sacred space where belonging and love take root. Drawing attention to the irreplaceable role of the family within the social structure, Dr. Barut addressed the audience with heartfelt and spiritually resonant remarks, inspiring them to preserve and strengthen family values. Following his speech, the program continued with Asst. Prof. Nurten ELKİN, who took on the role of moderator and delivered a comprehensive presentation on family health.

In her talk, Asst. Prof. Elkin focused on the concept of a healthy family, particularly in the context of 2025 being declared the “Year of the Family.” She underlined that a healthy family is built upon mutual trust, effective communication, love, respect, and cooperation. Emphasizing the importance of supporting each family member physically, psychologically, and socially, she highlighted that every health issue encountered throughout the life cycle is directly connected to the resilience of the family. Dr. Elkin particularly drew attention to the vital role of Family Health Centers in delivering preventive healthcare services.



Next, Prof. Dr. İsmet Galip YOLCUOĞLU took the floor and emphasized the significance of consciously assuming parenting responsibilities for children's psychosocial development. He stated that empathy, understanding, and trust among family members are not only essential for individual well-being but also play a critical role in ensuring social harmony and peace. Prof. Yolcuoğlu invited the participants to reflect on and strengthen their intra-family relationships.



In the final session of the event, Ahmet Emin BAYSAL, Branch Director of the Foster Family and Adoption Unit at the Istanbul Provincial Directorate of Family and Social Services, and social worker Ebru ÖZTEKİN shared valuable information about the functioning and importance of the foster care system in relation to child welfare. Stressing the necessity of protecting children at risk, the speakers explained how family-based care models contribute to the reduction of behavioral problems and stated that children raised in biological families tend to show the least behavioral issues. They also provided a detailed explanation of the foster family procedure, outlining the 13-step implementation process designed to ensure the best interests of the child are safeguarded.

After the presentations, participants' questions were thoughtfully answered. The seminar concluded with plaques of appreciation being presented to the speakers by Vice Deans of the Faculty of Health Sciences, Asst. Prof. Abdullah Yüksel BARUT and Assoc. Prof. Dr. Neşe KISKAÇ.



An Interview with Prof.Dr. İsmet Galip YOLCUOĞLU on SEEPT

Prof. Dr. İsmet Galip YOLCUOĞLU, Chair of the Department of Social Work at Istanbul Gelişim University, has made significant contributions to the field of social sciences with his academic career and 23 published books. His latest work, Structural Ecosystemic Existential Psychosocial Therapy (SEEPT), offers a unique approach that examines mental health issues within their broader societal context.

Emrah Tuncer. Professor, your work spans decades and disciplines. How did your journey as a writer and thinker truly begin?

İsmet G. YOLCUOĞLU: It began, quite simply, with an insatiable love for reading. During my undergraduate years, I was drawn deeply into the worlds created by Dostoevsky, Tolstoy, Milan Kundera, and Turkish thinkers like Yalçın Küçük. In my thirties, this passion evolved into a disciplined practice: I read systematically, recorded my thoughts meticulously, and sought to engage with texts not just as a reader but as an active thinker. Writing, then, was not a conscious choice; it was an inevitable result of my desire to understand the human condition more profoundly and to share these insights with others. Writing became a responsibility to the truth I was seeking.

E.T. Your latest work, SEEPT, proposes a bold new framework for understanding psychological struggles. What inspired you to develop this model?

I.G.Y.: Throughout my years in social work and academia, I observed a recurring pattern: traditional psychological theories tended to isolate the individual from their broader context. They often implied that mental health issues were purely personal failings or inner conflicts. But when you work closely with real people – migrants, unemployed youth, marginalized communities – you realize that their pain is not born in isolation. It is the consequence of structural inequalities, social injustices, and systemic neglect. SEEPT was born from the urgent need to bridge this gap – to see individuals not just as isolated beings, but as reflections of the ecosystems they inhabit. It seeks to understand psychological suffering through the intertwined lenses of structure, society, and existence.

E.T.: In what ways does SEEPT differ most significantly from conventional approaches to therapy?

I.G.Y. SEEPT challenges the core assumption that individuals hold complete control over their mental states. Instead, it posits that social structures – such as unemployment, poverty, migration, urban alienation – deeply shape human psychology. We do not treat a person's anxiety or depression in a vacuum; we trace it back to the systemic conditions that created it. Moreover, SEEPT proposes that healing cannot rely solely on individual resilience. It must involve transforming the environments that perpetuate suffering. It is a therapy model that demands both micro-level interventions for individuals and macro-level reforms in social policies



YAPISAL EKOSİSTEMCİ VAROLUŞSAL PSİKOSOSYAL TERAPİ (YEVPT)

İNSAN YAŞAMINDA HER ŞEY, PARA, İKTİDAR, GÜÇ,
DORSA, PSİKOLOJİ, RUH SAĞLIĞI VE ASLINDA
BİRER SOSYAL İŞİDİR.
RUH SAĞLIĞI (MENTAL HEALİNG) YALNIZCA GÖRÜLEBİLİR
İÇİNDE OLAN VE DE DÜNYA İÇİNDEKİ SORUMLULUĞUNUN
OLARAK BİR ŞEY DEĞİLDİR. BUNUN YERİNE, HER BİREYİN
DÜNYASAL, İKTİDAR, SOSYAL OLARAK ÜRETİLEN BİR DÜNYADUR.
ZAR TOPLUM VE ÇOKLU OLARAK YEREL TOPLULUKLAR
OLARAK DEĞİNERİN, BİRERİMİZİN ORTAK YARARINI
ORTAK İYİYİ GÖZETME VE BUNA
YAKIN VERME SORUMLULUĞU VARDIR.

E.T.: How does SEEPT envision the process of healing and transformation?

I.G.Y.: Healing begins with early intervention — not when a problem has fully manifested, but when risk factors first appear. This requires identifying unmet needs, strengthening coping mechanisms, and fostering supportive social networks before chronic psychological distress takes root. Simultaneously, it demands structural change: addressing inequities in education, employment, housing, and healthcare. True psychosocial well-being emerges when individuals are not forced to adapt to a broken system, but when the system itself evolves to support human dignity and flourishing.

E.T. What do you believe is the greatest shortcoming in today's mental health systems?

I.G.Y.: Unfortunately, modern mental health services often rely heavily on institutional, hospital-based models that isolate individuals further. Research consistently shows that hospitalization, especially for mental health issues, can exacerbate psychological fragility rather than heal it. We need community-based, human rights-centered approaches — services that empower individuals within their own environments and restore their agency, rather than pathologizing them. SEEPT envisions a world where mental health care is proactive, inclusive, and structurally aware.

E.T.: Finally, what advice would you offer to young researchers and future social workers?

I.G.Y.: Look beyond the individual. Study the invisible forces — history, politics, economy — that mold human lives. Be curious, be critical, and never stop asking the essential questions: Why does suffering persist? What systems sustain it? Real change does not come from superficial solutions. It comes from courageously addressing the deep roots of human pain.



"MANAGEMENT PRACTICES SIMULATION I"

Event Held

The Department of Healthcare Management at the Faculty of Health Sciences, Istanbul Gelisim University (IGU), successfully organized the "**Management Practices Simulation I**" event on April 28, 2025, at the Mehmet Akif Ersoy Conference Hall in Building J.

The event was held under the coordination of Asst. Prof. Bumin Çağatay AKSU, Head of the Healthcare Management Department, and the Healthcare Management Student Club. During the event, students were divided into four groups of five to six members each and tasked with developing solutions for a sample case study based on a real-world problem encountered in a healthcare institution. Throughout the process, students employed strategic management tools such as SWOT analysis and the BCG matrix to devise effective solutions.

Following the group work, each team presented their proposed solutions to the department's academic staff. The evaluation process considered multiple criteria, including participation, collaboration, leadership (based on observational assessment), as well as presentation quality, depth of analysis, and the feasibility of proposed solutions. **As a result of the scoring, Group 4 was awarded first place.**

At the closing of the event, Asst. Prof. Bumin Çağatay AKSU stated:

"Through the Management Practices Simulation I event, our primary aim was to enhance our students' analytical thinking and teamwork skills. The performances demonstrated by our students have shown that we have successfully achieved this goal. In the upcoming semesters, we plan to continue organizing similar applied activities to better prepare our students for the dynamic demands of the healthcare sector."

The Management Practices Simulation I event not only provided Healthcare Management students with an opportunity to enhance their professional competencies but also served as a significant experience in preparing them for the dynamics of the sector. Moreover, it enabled students to test their theoretical knowledge through real-world scenarios while fostering critical skills such as teamwork, problem-solving, and leadership.

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The Sustainable Healthy Living Workshops~I

were held by the Addiction Prevention Coordination Unit

The first of the Sustainable Healthy Living Workshops, planned for the Spring semester of the 2024-2025 academic year in collaboration between the Addiction Prevention Coordination Unit and the Dean of Students Office of Istanbul Gelişim University, was conducted by Asst. Prof. Nurten ELKIN.

Protective services aimed at individuals are delivered directly to them. When examining these services: Immunization is the most effective method for preventing infectious diseases and reducing their mortality and morbidity rates. Routine vaccination, especially in children, has led to a 90% or greater decrease in cases of measles, mumps, rubella, congenital rubella syndrome, polio, diphtheria, tetanus, and pertussis.

Protection through vaccination can be active or passive. In active immunization, the administration of a vaccine or toxoid triggers the body to develop an immune response against the infectious agent or its toxin. Vaccines may contain live suspensions (usually attenuated or weakened vaccines) or inactivated microorganisms or their components. Although the onset of protection through active immunization may be delayed due to the time required for the body to generate a response, it provides long-term immunity.

Live attenuated vaccines contain small amounts of living microorganisms that replicate until an immune response develops in the recipient, without causing disease. In contrast, inactivated vaccines and toxoids contain higher amounts of antigen. Live vaccines generally produce an immune response similar in strength and duration to that of natural infection and typically require only a single dose to achieve active immunity. Inactivated (killed) vaccines, on the other hand, usually require multiple doses.

Passive immunization involves the administration of preformed antibodies, such as immunoglobulins or antitoxins, to provide temporary immunity. This method is used to protect individuals who are known, suspected, or expected to have had recent exposure to an infectious agent.

- Chemoprophylaxis (Drug-Based Protection): Primarily relevant for diseases that do not have a vaccine.
- Early Diagnosis: Important for the ease and success of treatment.
- Nutrition: A fundamental and contributing factor underlying many diseases. For example: tuberculosis.
- Family Planning: The health of women who give birth frequently and in short intervals is at risk.
- Health Education: Aims to raise individuals' awareness that they are responsible for their own health. Staying healthy is largely achieved through patient education.
- Personal Hygiene.



- Environmental health services:
- Providing adequate and clean drinking water
- Waste management: It is essential to monitor the proper collection, disposal, and treatment of household solid waste, industrial solid waste, hospital waste, and hazardous waste.

- Food hygiene: Food inspection is carried out by professionals from various fields such as chemical engineering, agricultural engineering, food engineering, veterinary medicine, pharmacy, medicine, medical technology, food technology, chemistry, microbiology, biology, veterinary health technology, and graduates of health sciences schools. This work is conducted under the supervision of various institutions, including the Ministry of Health, Ministry of Agriculture, Ministry of Environment and Forestry, Ministry of Agriculture and Rural Affairs, municipalities, and organizations such as the Turkish Standards Institute.



- Shelter hygiene: Residential areas should be planned in locations that allow for air circulation, receive sunlight, and are not at risk from natural disasters. Inadequate housing conditions can lead to a higher incidence of infectious diseases, psychological disorders, and domestic accidents. Settlements with sewage system problems facilitate the spread of epidemic diseases transmitted through the digestive tract.
- Combating air pollution and noise: The two main causes of air pollution are rapid urbanization and uncontrolled industrialization. In cities, air pollution (in terms of sulfur dioxide, suspended particles, nitrogen oxides, carbon monoxide, and ozone) is monitored using specialized devices.
- Vector control: Vector control is part of environmental services, which fall under the broader category of preventive health services. The primary goal of pest control efforts is to ensure a healthy urban environment.

Sustainable Healthy Life Workshops-II

Held by IGU Addiction Prevention Coordination

The second of the Sustainable Healthy Living Workshops, planned for the Spring semester of the 2024–2025 academic year in collaboration between the Addiction Prevention Coordination Unit and the Dean of Students Office of Istanbul Gelişim University, was conducted by Asst. Prof. Dr. Nurten ELKIN through case analyses and Q&A sessions.

The World Health Organization (WHO) defines health as a state of complete physical, mental, and social well-being. Implementing strategies aimed at protecting and improving health is of great importance to help individuals, families, and communities achieve this level of well-being.

The most common diseases and causes of death globally and in Turkey are largely similar. Cardiovascular diseases, cancer, diabetes, and infectious diseases are among the major conditions in this group. The modifiable risk factors for these diseases also share common characteristics: poor nutrition, tobacco use, stress, and lack of physical activity.

Promoting positive health behaviors—such as balanced nutrition, regular physical activity, avoiding tobacco use, and managing stress—can significantly reduce the incidence of these diseases. Health promotion programs play a critical role in helping individuals, families, and communities adopt these habits. With a focus on health promotion, it is also possible to reduce healthcare expenditures devoted to treating diseases. Therefore, the implementation of health promotion plans has become a necessity for the future of nations.

The main objectives of these plans are:

- To support the health of individuals across all age groups
- To optimize health in cases of chronic illness and disabilities
- To create a healthy environment

Difference Between Health Promotion and Health Protection:

Health promotion involves activities aimed directly at enhancing the health potential and well-being of individuals, families, and communities. It does not include disease and injury prevention and is a dynamic process.

Health protection, on the other hand, refers to avoiding harmful behaviors and preventing diseases. It is a static process and aims to prevent an individual's health status from progressing into a pathological condition.

Three Key Strategies for Health Promotion:

1. Promoting healthy lifestyles by protecting individuals and communities from health risks
2. Providing accessible, appropriate, effective, and efficient health services to individuals and communities
3. Responding to individuals' health needs and expectations with a human-centered and holistic approach

Preventive Health Services:

Preventive health services are provided with an integrated approach at the following centers:

- Family Health Centers (FHC)
- Community Health Centers (CHC)
- Cancer Early Diagnosis, Screening, and Education Centers (KETEM)
- Community Mental Health Centers
- Public Health Laboratories

Priority Areas in Health Promotion:

- Combating obesity and chronic diseases
- Healthy nutrition
- Promoting physical activity
- Combating tobacco, alcohol, and substance addiction
- Cancer early diagnosis and screening programs
- Preventive mental health services

Major Health Programs Implemented in Turkey:

- Tobacco Control Program: One of Turkey's most prominent national programs aimed at reducing tobacco use.
- Healthy Nutrition and Active Life Program: Launched in 2010 as a Prime Ministry Circular, this program aims to prevent obesity, promote regular physical activity, and encourage healthy eating habits.
- National Cancer Control Program: In line with WHO recommendations, free screenings for breast, colorectal, and cervical cancers are carried out across 134 KETEM centers in Turkey.

At the end of the workshop, the importance of raising public awareness about health promotion was emphasized, and participants were given "Healthy Living Brochures" prepared by the IGU Addiction Prevention Coordination Unit.

FUTURE HEALTH MANAGERS DISCUSSED "Oops! I Became a Manager" WITHIN THE SCOPE OF GELISIM READINGS

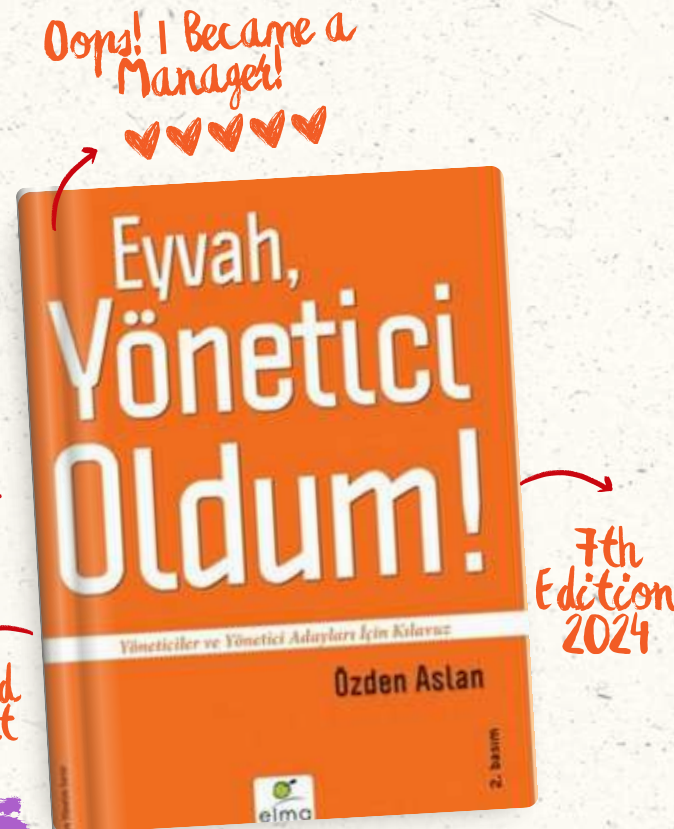
In an event organized by the Department of Health Management at the Faculty of Health Sciences, Istanbul Gelişim University, students came together to discuss the responsibilities and potential challenges of becoming a manager. Held on April 30, 2025, at 3:30 PM in Conference Hall 026, the event began with an opening speech by Asst. Prof. Aslı KAYA, focusing on the importance of reading. During the event, students engaged in an active and participatory discussion based on the book "**Oops! I Became a Manager!**" which they had been asked to read beforehand.

Throughout the event, students had the opportunity to relate the storyline of the book to their own future professional experiences. Emphasizing that being a manager is not merely about holding a title, but rather a process that requires diverse skills, the students focused particularly on topics **such as leadership, communication, and decision-making in times of crisis.**

Participants exchanged ideas on a wide range of topics, from ethical dilemmas faced by individuals in managerial positions to employee motivation.

Thanks to the humorous narrative style of the book, the idea that the often-challenging concept of management is, in fact, a skill that can be learned and developed came to the forefront.

At the end of the event, students stated that similar readings and discussions were highly beneficial for their professional development and expressed their desire for such gatherings to continue. In response to this feedback, the Department of Health Management plans to make the **Gelişim Readings** events a tradition to further encourage student engagement.



ACADEMIC STUDIES



Faculty of
Health Sciences

Research, Development

ARTICLE

Our faculty members from the Department of Health Management, Asst.Prof. Turgay KARALINÇ, Asst. Prof. Aslı KAYA, Turgut Özalp University Assist. Prof. Semiha KILIÇASLAN, and Near East University Lecturer Cemile ŞEKER's article titled 'The Role of Artificial Intelligence Anxiety in the Relationship Between Organizational Learning and Performance in Organizations' has been published in the journal *Researches on Multidisciplinary Approaches*. [Click](#) to access the article.

Researches on Multidisciplinary Approaches Multidisipliner Akademik Yaklaşım Araştırmaları

Review Article

Researches on Multidisciplinary Approaches 2025, 5(1): 77- 86

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The Role of Artificial Intelligence Anxiety in the Relationship Between Organizational Learning and Performance in Organizations'

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Our faculty members from the Department of Health Management, Asst.Prof. Bumin Çağatay AKSU, Haliç University Assist.Prof.Onur Hasan ÖZGÜN and Istanbul University Asst.Prof. Erman TÜRKMEN, published their article titled 'Overcoming the Counterproductive Workplace Behavior with the Power of Sustainable Leadership: The Role of Ethical Climate' in the journal *Researches on Multidisciplinary Approaches*. [Click](#) to access the article.

Researches on Multidisciplinary Approaches Multidisipliner Akademik Yaklaşım Araştırmaları

Research Article

Researches on Multidisciplinary Approaches 2025, 5(1): 169-185

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Overcoming the Counterproductive Workplace Behavior with the Power of Sustainable Leadership: The Role of Ethical Climate'

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ARTICLE

Our faculty members from the Department of Health Management, Asst.Prof. Aslı KAYA, Turgut Özalp University Asst. Prof. Semiha KILIÇASLAN, and Near East University Lecturer Cemile ŞEKER's article titled 'The Role of Organizational Citizenship Behavior in the Impact of Artificial Intelligence Anxiety on Job Satisfaction' has been published in the Namık Kemal University Journal of Social Sciences Vocational School. [Click](#) to access the article.

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Yapay Zekâ Kaygısının İş Tatminine Etkisinde Örgütsel Vatandaşlık Davranışının Rolü

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Özet

Çalışmanın amacı, yapay zekâ kaygısının iş tatminine etkisinde örgütsel vatandaşlık davranışının rolünü incelemektir. Araştırmanın gerekçesi, yapay zekânın yaygınlaşması ile birlikte ortaya çıkan kaygıların, çalışanların iş tatminini nasıl etkilediğine dair daha fazla bilgi edinmektir. Çalışma literatüre, yapay zekânın iş tatmini üzerindeki etkilerini ve örgütsel vatandaşlık davranışının bu süreçteki rolünü ele alan yeni bir bakış açısı kazandıracaktır. Çalışma kapsamında öncelikle değişkenler arasındaki ilişkileri açıklayan örgüt kuramlarına değinilmiştir ve ardından değişkenler arasındaki ilişkileri konu edinen geçmiş çalışmalar ele alınmıştır. Çalışmanın verileri anket tekniği ile Kuzey Kıbrıs Türk Cumhuriyeti'nde, otomotiv sektöründe faaliyet gösteren bir işletmenin toplam 85 çalışanından toplanmıştır. Çalışmanın yöntemi için nicel araştırma teknikleri tercih edilmiştir. Araştırma sonucunda; yapay zekâ kaygısının iş tatmini üzerinde anlamlı ve negatif bir etkisi olduğu, yapay zekâ kaygısının örgütsel vatandaşlık davranışı üzerinde anlamlı ve negatif bir etkisi olduğu, örgütsel vatandaşlık davranışının iş tatmini üzerinde anlamlı ve pozitif bir etkisi olduğu, yapay zekâ kaygısının iş tatminine etkisinde, örgütsel vatandaşlık davranışının aracılık rolünün olmadığı sonuçlarına ulaşılmıştır.

Anahtar Kelimeler: Yapay Zekâ Kaygısı, Örgütsel Vatandaşlık, Otomotiv Sektörü, İş Tatmini, Nicel Araştırma.

PRESENTATION

Asst. Prof. Aslı KAYA, a faculty member of the Department of Health Management at our faculty, presented her paper titled "Bibliometric Analysis of Theses Prepared with the Keyword 'Successful Aging'" as an oral presentation at the 4th International Ibn Sina Congress of Medicine and Health Sciences.





Great success in TUBITAK 2209-A Program from Istanbul Gelisim University!

Istanbul Gelisim University (IGU) was entitled to be supported within the scope of the 2209-A University Students Research Projects Support Program carried out by the TUBITAK Scientist Support Programs Presidency (BİDEB) with 54 projects developed by undergraduate and associate degree students. IGU, one of the foundation universities that applied to TUBITAK with a total of 150 project applications, achieved a remarkable success with an acceptance rate of 36%. With 54 projects that qualify for funding, Istanbul Gelisim University entered the top 10 among foundation universities in Türkiye and once again revealed its claim in the field of research and development. Projects prepared by students from different faculties as a team with advisor faculty members were meticulously evaluated in many aspects such as scientific competence, content richness and innovation. The projects that successfully completed these processes reflected not only the competence of the students, but also the importance that IGU attached to the research culture.

This significant achievement, which encouraged the research culture, was a concrete indicator of Istanbul Gelisim University's vision of raising innovative and productive generations. IGU continues to prepare its students not only for today but also for the future with its structure that supports scientific production.



TÜBİTAK 2209-A BAŞARIMIZ!

Fakültelere göre proje dağılımı;

**54 Öğrenci
Projesi Destek Aldı!**

Sağlık Bilimleri Fakültesi: **21**

Mühendislik ve Mimarlık Fakültesi: **9**

Uygulamalı Bilimler Fakültesi: **7**

Güzel Sanatlar Fakültesi: **6**

İktisadi ve İdari Bilimler Fakültesi: **4**

Meslek Yüksekokulu: **6**

Sağlık Hizmetleri Meslek Yüksekokulu: **1**



The Faculty of Health Sciences Achieves Great Success in the TUBITAK 2209-A Program!

Academic staff and students from the Departments of Nutrition and Dietetics, Speech and Language Therapy, Occupational Therapy, Nursing, Perfusion, Health Management, and Social Work at the Faculty of Health Sciences have achieved success by securing support for 21 projects.

Nutrition and Dietetics (Turkish): 6 Projects

Nutrition and Dietetics (English): 3 Projects

Speech and Language Therapy: 1 Project

Occupational Therapy: 1 Project

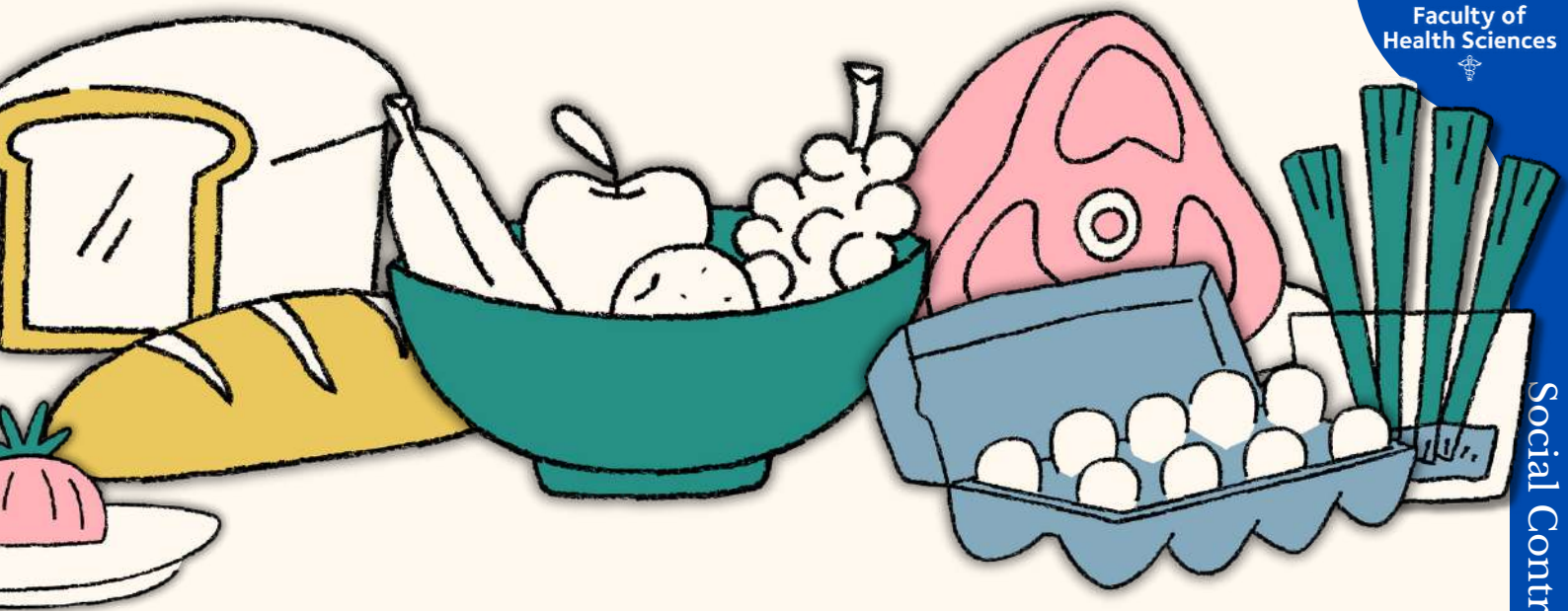
Nursing: 2 Projects

Perfusion: 2 Projects

Health Management: 4 Projects

Social Work: 2 Projects

We are proud of our achievements!



REDUCING FOOD WASTE IS ESSENTIAL FOR A SUSTAINABLE FUTURE

As part of the World Food Waste Awareness Day on April 16, Res. Asst. Gizem UZLU DOLANBAY from the Department of Nutrition and Dietetics, Faculty of Health Sciences at Istanbul Gelisim University, shared information on food waste.

Celebrated annually on **April 16, World Food Waste Awareness Day** draws attention to the social, environmental, and economic dimensions of food waste and aims to raise public awareness on this critical issue. It plays a significant role in highlighting the inconsistencies, inefficiencies, and lack of awareness that lead to waste across the entire food supply chain – from production to consumption.

Today's global food production systems increasingly deviate from the principles of sustainability due to rapid resource depletion and rising greenhouse gas emissions. This results not only in economic losses but also in environmental degradation and threats to food security. Given that food waste impacts every stage of the food system, both producers and consumers must take active measures to reduce it.

Adopting sustainable dietary practices – such as planned shopping, portion control, and using leftovers – can help reduce waste at the individual level. However, long-term and impactful solutions require strong educational initiatives and institutional collaboration.

The field of **Nutrition and Dietetics** plays a central role in improving food literacy and embedding waste-reducing behaviors in daily life. With its interdisciplinary foundation, the discipline contributes significantly to both environmental and health-based sustainability policies. Awareness-raising campaigns and practical educational strategies should be designed to not only inform but also transform behaviors.

Communication strategies and awareness activities are also critical tools in enhancing public sensitivity to food waste. **Studies in Turkey show that consumer behaviors – especially in metropolitan areas – are major contributors to food waste.** Vegetables, fruits, and bread are the most commonly wasted food groups, primarily due to a lack of planning, knowledge of expiry dates, and proper storage techniques.

University-based studies also indicate that although awareness is increasing among students and young adults, it does not always translate into behavioral change. In this regard, local governments, educational institutions, and the private sector must work together to promote waste prevention through digital tools, composting systems, and food donation networks.

In conclusion, **World Food Waste Awareness Day** serves as a vital opportunity to reflect on consumption habits, reassess institutional practices, and promote the transition to sustainable food systems. Through integrated educational and technological interventions, it is possible to increase societal awareness and help prevent environmental, economic, and social losses.

[Click to access the news](#)



SUSTAINABILITY

FUTURE

NO TO FOOD WASTE

11TH OF APRIL WORLD PARKINSON'S DAY

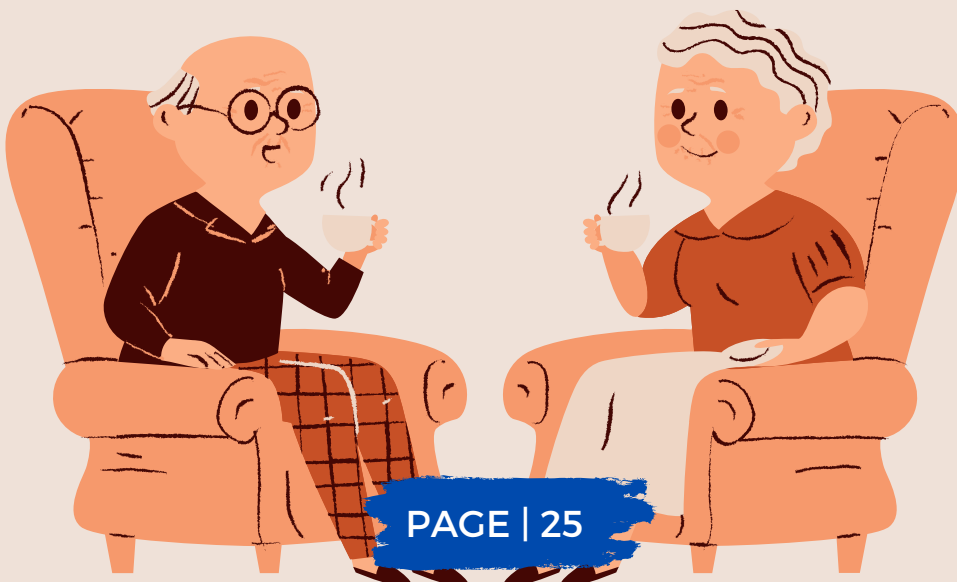
According to prevalence studies, Parkinson's disease (PD), which is seen in approximately 0.3-1% of the population over the age of 65 worldwide, has a prevalence of 0.3% in the population over 15 years of age in Turkey, while the prevalence in individuals over 65 years of age is 2%. To raise awareness and highlight Parkinson's disease's burden, World Parkinson's Day is celebrated globally every year on April 11th, in honor of the birthday of the English doctor James Parkinson, who first described the disease in 1817.

Parkinson's disease (PD) is a progressive, neurodegenerative, and chronic condition caused by the loss of dopamine-producing cells in the brain, particularly in the basal ganglia, including the substantia nigra pars compacta, substantia nigra pars reticulata, and pigment cells in the brainstem, as well as cells in the hypothalamic arcuate nucleus and pineal glands.

Istanbul Gelisim University Faculty of Health Sciences, Department of Nutrition and Dietetics Asst. Prof. Eda Merve KURTULUŞ shared insights on the occasion of World Parkinson's Day, April 11, emphasizing the importance of understanding the disease's pathophysiology, nutrition-related preventive and supportive strategies, and the significance of multidisciplinary approaches.

This leads to a decrease in dopamine levels or defective dopamine synthesis. PD is characterized by tremors, rigidity, bradykinesia (slow movement), and postural reflex abnormalities. It typically starts between the ages of 45 and 65 and progresses gradually throughout ranging between 10 to 20 years. A hallmark distinguishing PD from other neurodegenerative diseases is the asymmetry of muscle involvement and the presence of tremor at rest.

Phenylalanine (Phe), an essential amino acid, is hydroxylated to form the non-essential amino acid tyrosine, which then undergoes a second hydroxylation reaction to convert to L-dopa in the presence of the coenzyme tetrahydrobiopterin. L-Dopa, a molecule capable of crossing the blood-brain barrier, is decarboxylated to form dopamine, which is unable to cross the blood-brain barrier itself. Due to the restriction of dopamine's ability to cross the blood-brain barrier, the brain tissue becomes dependent on its production of dopamine. In this context, dopamine replacement therapy using L-dopa drugs, which is considered to be the gold standard, helps distinguish PD from other neurodegenerative diseases due to the acute response to L-dopa.





Pathophysiological studies have shown that mitochondrial dysfunction in the brain, which is responsible for high-energy demand, leads to impaired energy production. This, along with oxidative stress caused by the release of superoxide and increased free radicals, results in lipid damage. Lipid damage in brain cell membranes leads to chronic inflammation in cells, the accumulation of inflammatory biomolecules, and a decrease in proteasomal activity, which impairs protein clearance, and eventually causes the accumulation of defective proteins (mostly α -synuclein). The excessive release of glutamine and its conversion to glutamate, which leads to excitotoxicity in neurons, is linked to calcium influx through N-Methyl-D-Aspartate receptors and calcium accumulation in the brain, which leads cells to necrosis.

Genetic susceptibility related to mutations in genes such as SNCA, LRRK2, and PINK1 has been studied, as well as the dominant and recessive nature of these mutations. Furthermore, studies have been conducted to explore the multifactorial foundations of Parkinson's disease related to the accumulation of heavy metals and pesticides. Recent research highlights the role of mitochondrial dysfunction and the alteration of gut microbiota to reduce oxidative stress, as well as histopathological studies showing the accumulation of α -synuclein protein in the brain tissue through the vagus nerve after being absorbed in the intestine.

To alleviate symptoms and increase L-Dopa levels, dietary recommendations should take into account the individual's age, medication use, and overall condition, including factors such as dysphagia and constipation. Foods rich in L-Dopa, such as fava beans, bananas, and avocados; sources of tyrosine, such as chicken, turkey, eggs, almonds, hazelnuts, and pumpkin seeds; and sources of phenylalanine, such as dairy products, meat, fish, and soybeans, are recommended. A diet rich in antioxidants, such as vitamin C (found in citrus fruits, peppers, strawberries, broccoli), vitamin E (found in olive oil, spinach), carotenoids (especially beta-carotene), coenzyme Q10 (found in salmon, tuna, hazelnuts, spinach), and B6, B9, and B12 vitamins is also advised. Additionally, probiotics such as yogurt, kefir, sauerkraut, and kimchi, as well as prebiotics like garlic, onions, leeks, bananas, and asparagus, are recommended. It is also advised to avoid processed foods containing monosodium glutamate to limit glutamate intake and prevent the accumulation of α -synuclein.



In 2021, the American Physical Therapy Association published a Clinical Practice Guideline for Parkinson's Disease Management, which included recommendations for improving balance and coordination issues faced by patients. The guideline emphasizes exercises to improve posture control and their appropriate frequency and intensity.



Without health policies and care models adopted by society to support healthy aging, approaches focused solely on nutrition and exercise will not be sustainable in the long run. Therefore, the development of general health policies has become important. In this context, social policies and social services have gained more focus, and the multi-layered socio-economic elements related to the disease (such as early diagnosis and treatment costs, medication expenses, home care fees, training of caregivers, and support needs) should be made visible to the public. As such, public awareness on these matters on April 11th has gained significance.



On this day, seminars, awareness campaigns, and support events are held globally to raise awareness about the disease, emphasizing the importance of early diagnosis, and supporting both patients and caregivers.



1-7 APRIL NATIONAL CANCER WEEK

Istanbul Gelisim University Faculty of Health Sciences, Head of the Department of Nutrition and Dietetics Assoc. Prof. H. Merve BAYRAM made evaluations during the National Cancer Week held between April 1-7, highlighting the importance of nutrition in cancer prevention.

Every year, National Cancer Week is observed in Turkey from April 1st to 7th with various activities aimed at raising public awareness about cancer prevention, early diagnosis, and healthy lifestyle habits. Cancer is a major public health issue, ranking second after cardiovascular diseases both globally and in Turkey.

According to 2022 data from the World Health Organization, approximately 20 million new cancer cases were diagnosed, and 9.7 million people died from cancer. It is estimated that 53.5 million people worldwide are living after being diagnosed with cancer. The data indicate that 1 in 5 people will be diagnosed with cancer during their lifetime; 1 in 9 men and 1 in 12 women will die from cancer. The most commonly diagnosed cancer types both globally and in Turkey are lung, breast, and colorectal cancers.

National Cancer Screening Programs in Turkey

Screening programs conducted by the Ministry of Health offer early cancer detection opportunities and are provided free of charge:

- Breast cancer screening: Annual clinical breast examination and biennial mammography for women aged 40–69.
- Cervical cancer screening: HPV-DNA test every 5 years for women aged 30–65.
- Colorectal cancer screening: Biennial fecal occult blood test (FOBT) and colonoscopy every 10 years for men and women aged 50–70.

These screenings are available free of charge at Cancer Early Diagnosis, Screening, and Training Centers (KETEM), Healthy Life Centers (SHM), Family Health Centers (ASM), and through Mobile Screening Units affiliated with Community Health Centers (TSM).

Risk Factors in Cancer Development

Scientific evidence indicates that approximately 90% of cancer cases are due to environmental factors, while only 10% are related to genetics. Tobacco and alcohol use, obesity, and certain infections are among the major environmental risk factors. Effective control of these risk factors could prevent 30–50% of cancer cases. Nutrition is considered one of the most important modifiable risk factors.

The Role of Nutrition in Cancer Prevention

The World Cancer Research Fund (WCRF) and the American Institute for Cancer Research (AICR) provide the following dietary recommendations to reduce cancer risk:

- Increase plant-based food consumption: Foods rich in fiber and antioxidants such as vegetables, fruits, whole grains, and legumes strengthen the immune system and reduce oxidative stress caused by free radicals.
- Limit red and processed meat consumption: Processed meat products (e.g., sausage, salami, hot dogs) are linked to several cancer types, especially colorectal cancer.
- Avoid high-calorie, sugary foods: Excess calorie intake may lead to obesity, which is associated with at least 13 types of cancer.
- Reduce intake of trans fats, excessive salt, and food additives: Prefer homemade meals with natural ingredients over processed and packaged products.
- Limit alcohol consumption: Alcohol is linked to several types of cancer, including breast, liver, colon, and esophageal cancers.

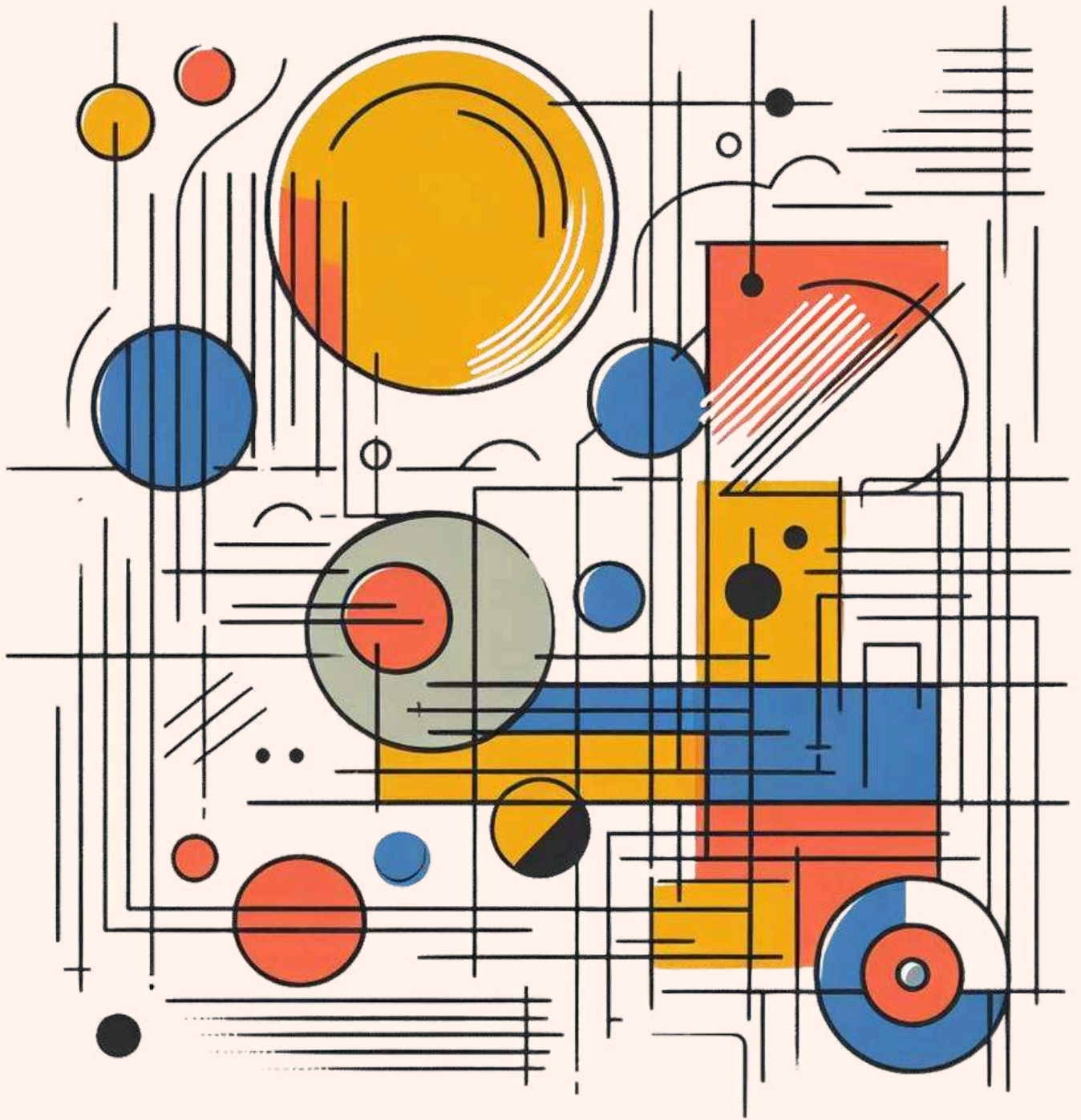
The Mediterranean Diet: A Protective Model

The Mediterranean diet, which includes olive oil, fresh fruits and vegetables, whole grains, legumes, fish, and limited red meat, is recommended as an effective model for cancer prevention due to its anti-inflammatory, antioxidant, and anticancer properties.

The Importance of Nutrition During Cancer Treatment

Proper and adequate nutrition during cancer treatment is critically important for supporting the immune system, improving treatment response, and maintaining quality of life. Personalized nutrition plans should be implemented to address common issues such as loss of appetite, muscle wasting, and malnutrition during the treatment process.

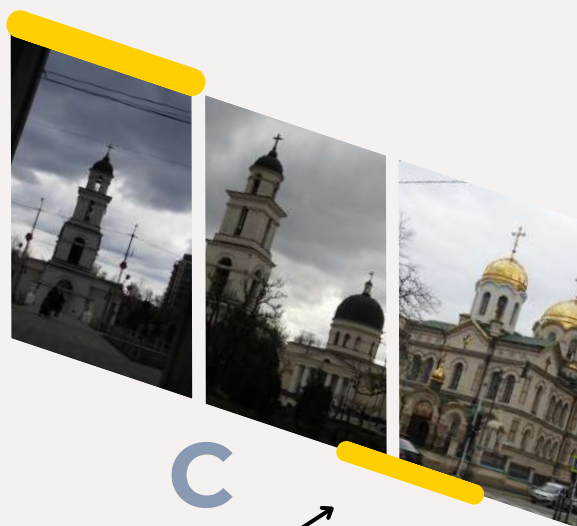
Adopting healthy eating habits is an effective strategy for cancer prevention at both individual and societal levels. When combined with regular screenings, healthy lifestyle choices can lead to significant progress in the fight against cancer.



CULTURE ART
LITERATURE



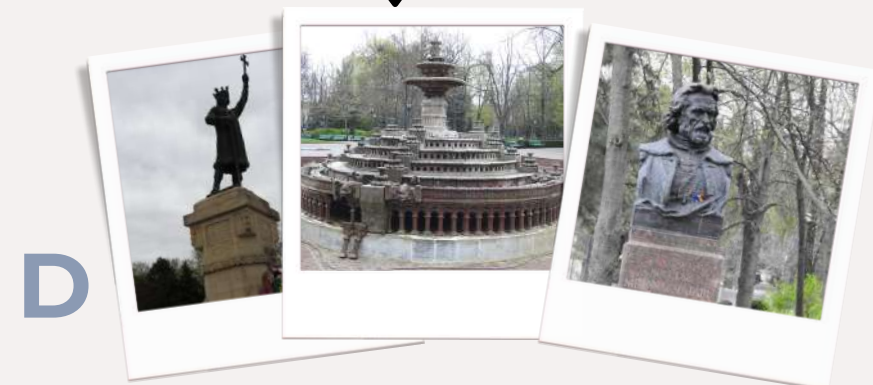
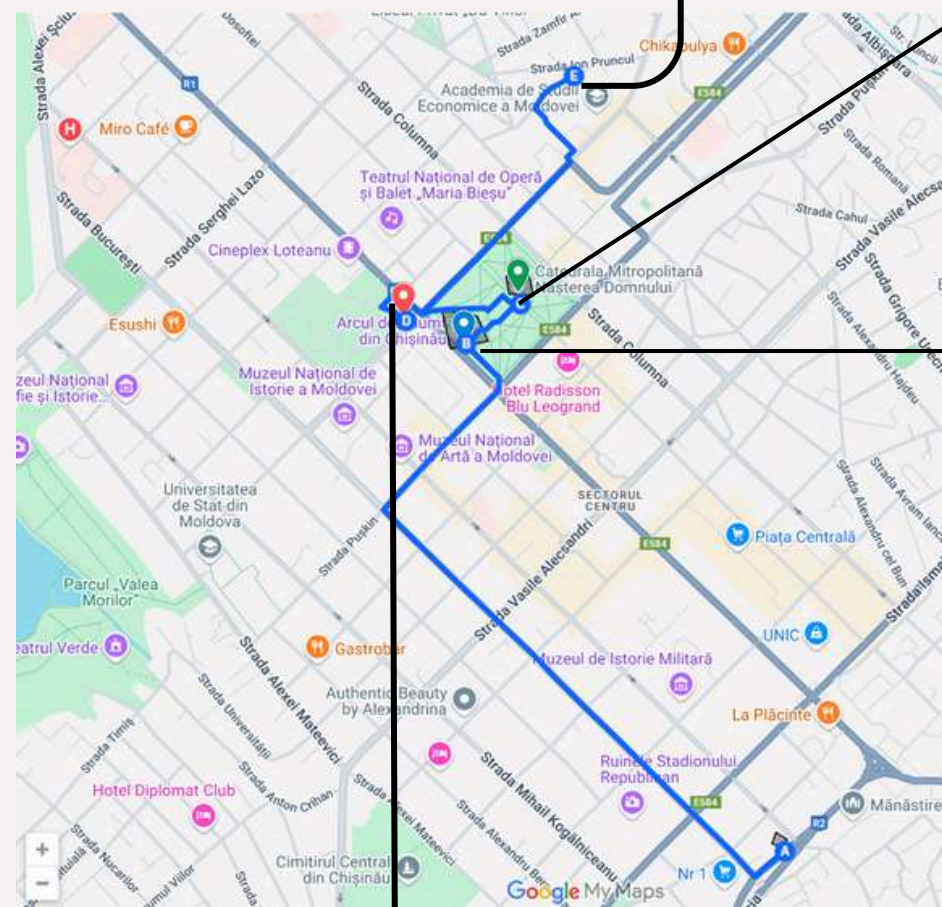
DAY 1



E

C

B



D

Photographs: Archive of Asst.Prof. A. Yüksel BARUT

B- The Triumphal Arch

DAY 1

At first glance, the Triumphal Arch appears simple and unpretentious. Yet the meaning it carries stands like a burden, bending history and bringing it into the present. It was built in 1840, following the Rus-Turkish War (1828–29). Like so many others, this war ended with signatures drawn on maps by some, and bayonets thrust into the chests of others.

The Triumphal Arch is the erected form of this great silence. At one time, it even bore a bell — weighing a staggering 6,400 kilograms. Cannons seized from the Ottomans were melted down, their bronze recast to forge this massive bell. Even the clock of this arch has its own peculiar history. The first clock came from Odessa, but winds tore its dial away; a replacement was later brought from Austria. It was as if the city breathed in the time of distant places. The fragility of time is etched into the arch's walls. In 1941, bombs silenced the clock's mechanism. In those years, silence itself weighed as heavily as the bell once did.



C- Catedrala Mitropolitană "Nașterea Domnului

The Nativity Cathedral rises just beyond the Triumphal Arch. It was built in the 1830s in a Neoclassical style. Six Doric columns stand at the entrance — neither too many nor too few. It feels less like an expression of worship and more like a statement of dignity. It was bombed during World War II, and later its bell tower was demolished. The cathedral was then turned into an exhibition hall. The icons disappeared, and the walls fell silent. For a while, faith withdrew from the surface of the stone. Today, it is once again a place of worship. Its interior walls have been repainted in the Orthodox tradition. In the cathedral that once fell silent through wars, this silence has now been replaced by prayers.



D- Monumentul lui Ștefan cel Mare

Just a little further from the cathedral, the Great Stephen Monument appears before you. Built in 1923, it stands as a petrified memory of Moldova's history. Wars, occupations, withdrawals, and returns... When the Soviets arrived, the base was emptied, the monument was taken to Vaslui, then returned, and then once again removed. Finally, in 1989, it was placed in its rightful location. Every national holiday, flowers are left at its pedestal.



E- The Alexander Pushkin House and Museum

Turning onto a quiet street, you'll come across the house of Alexander Pushkin. The years he spent in exile... Not only his writings but also his experiences linger within these walls. This small museum is, in fact, the space of great solitude. Pushkin was exiled here for three years, starting in 1820. Yet, perhaps, it was here that he wrote his most liberated lines. Exile is not always a chain; sometimes, it is that invisible mold that shapes the fate of a people, the voice of a poet, and the future of a nation.

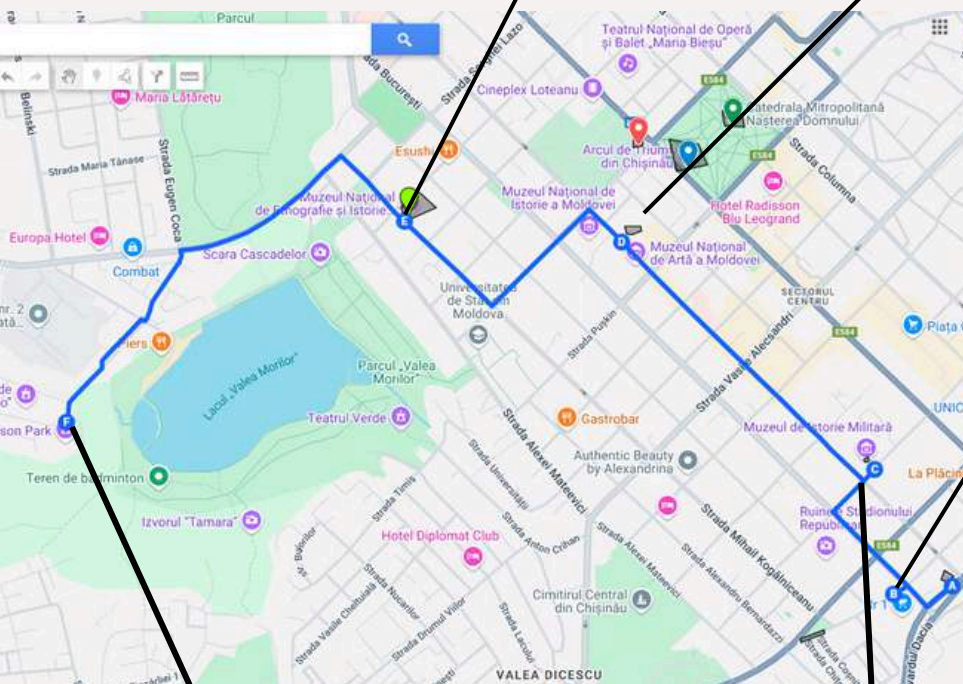


DAY 2



D

E



B



F



C



B- Strada Lev Tolstoi

Located in the heart of Chişinău, this street takes its name not only from a writer but from an era, a conscience, and a thinker: Lev Tolstoy. Having lost both his mother and father at a young age, Tolstoy grew up not as a member of an aristocratic family, but as a child of pain, observation, and questioning. On his journey from his estate in Yasnaya Polyana to the Crimean front, he witnessed the absurdity of war, the injustice of society, and the contradictions within the human soul. A fan of the French Enlightenment thinkers, particularly Rousseau, and living intimately with peasants, this writer used literature not just to tell stories but to transform them. Strada Lev Tolstoi is not just a street; it is a symbol of a human journey that oscillates between ethics and art, war and conscience, being and nothingness.



C- Chişinău Military Museum

In the northern part of Chişinău, within the walls of an old Soviet officers' house, the Military Museum stands silently. However, as soon as you step inside, this silence is shattered by the echoes of armor, the silent testimony of uniforms, and the fate paths drawn by maps. With its collections that span from prehistory to the present, it reveals not only the trials of a country but also the struggles of a region with war. Its permanent exhibition dedicated to World War II showcases not only the heroism of humanity but also its weaknesses. Shells alongside the earth, and propaganda displayed with weapons... All of these do more than narrate the past; they pose questions to the present and future: Is peace truly possible?



D- The National Library of Moldova

Founded in 1940, but with roots stretching back to 1832, this building is the heart of a nation's written memory. The National Library of Moldova is not only a repository of books, but also of ideas, quests, and accumulated knowledge passed down from generation to generation. Its journey, from the People's Library of the Bessarabia Governorate to the present day, is like an unwavering symbol of cultural identity. Each shelf holds not only texts, but also a history, a people, and a mental resistance. Operating under the guidance of UNESCO, this institution is not only a destination for researchers but for anyone wishing to reconnect with history.

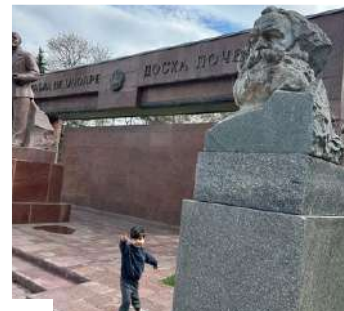


E- National Museum of Ethnography and Natural History

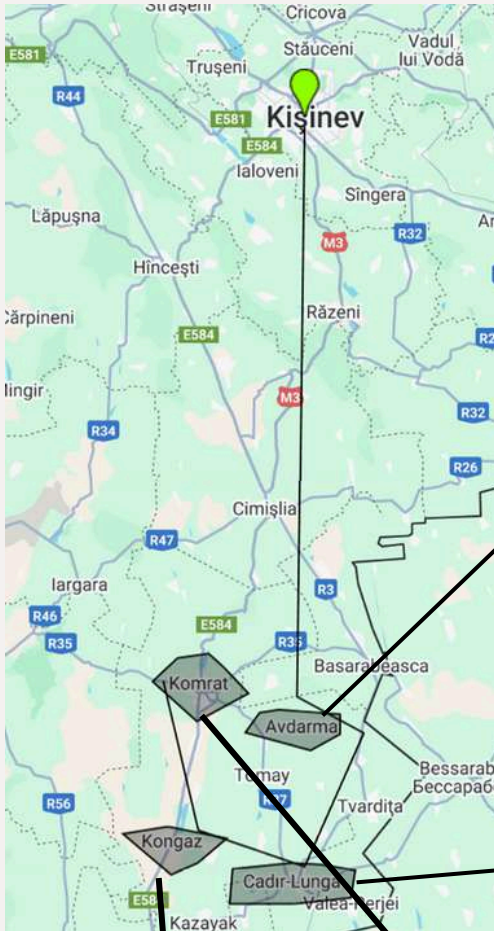
Another corner of Chişinău brings together both nature and culture: the National Museum of Ethnography and Natural History. Born from the first agricultural and industrial exhibition held in 1889, this museum proudly holds the title of Moldova's oldest museum. Its permanent exhibition, titled "Nature. Man. Culture," spans over 2,000 square meters and does not merely display objects; it reveals the relationship a people has with its land, rituals, language, and way of life. Here, the past and future, humanity and nature, tradition and change walk hand in hand.

F- The Lenin Monument

In a secluded corner of Valea Morilor Park, a figure stands silently against the winds of time: Vladimir Lenin. This bronze statue, representing the ideology, dreams, and contradictions of an era, is not just a relic of the Soviet Union; it is also a petrified expression of collective memory. Next to Lenin, there are statues of Karl Marx and Georgi Dimitrov; together, the three silently stand guard over a utopia that has now become part of the past. This monument is neither the mournful epitaph of a completely destroyed ideology, nor the elevated memory of a revered figure. Rather, it is more like a question left to time: How far can humanity go with its ideals, or how many times will it lose its way on the same path?



DAY 3



AVDARMA



ÇADIR LUNGA



KOMRAT



KONGAZ



Avdarma Village: The Echo of a Silent History

Located in Moldova's Gagauz Autonomous Region, Avdarma is not just a village; it is a living historical and cultural stop marked by its memory. With a population of 3,564 according to the 2004 census, this small but deeply-rooted settlement mirrors its past through the Avdarma Village History Museum, which opened in 2011.

Three exhibition halls filled with medals, documents, and photographs donated by the village's residents carry not only objects but also traces of wars, heroism, traditions, and everyday life. Each item displayed in the museum whispers a story resonating in the village's memory.

The war memories from Crimea to Chechnya reveal Avdarma's resilience through history, while its green nature and tranquil atmosphere present it as a solemn witness to time. Avdarma is an unforgettable stop for those wishing to journey along the traces of the past.



Çadır Lunga: A City in the Shadow of History

Located in the south of Gagauzia, Çadır Lunga takes its name from the long tents established during the Migration Period; "Lunga" means "long" in Gagauz. The city stands on agriculture, livestock, and import-based trade, and maintains strong ties with Ukraine, Russia, and Turkey. The labor migration extending to Moscow and Istanbul carries the city beyond its borders. With textile factories, schools, and the Gagauz National Theatre, Çadır Lunga is a vibrant cultural center that carries the traces of the past into the future.

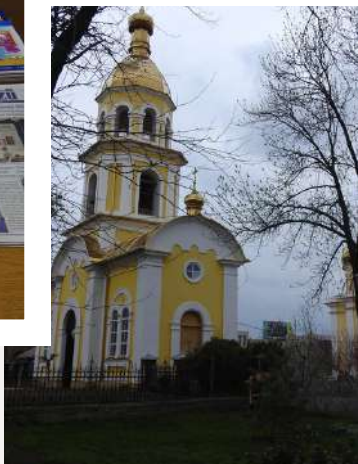
Kongaz: A Village in the Heart of Gagauzia

Located in Moldova's Gagauz Autonomous Region, Kongaz has a population of 12,327 according to the 2004 census. The vast majority of the population, 11,849 people, are Gagauz, while the remaining minority consists of various ethnic groups, including Moldovans, Russians, Ukrainians, and Bulgarians. Kongaz is a deeply-rooted settlement that reflects the cultural and ethnic diversity of Gagauzia.



Komrat: The Heart of Gagauzia

The capital of Gagauzia, Komrat, lies on the banks of the Yalpuk River, with a history and identity deeply rooted in the land. With a population of approximately 47,000, it is not just a settlement but the cultural memory, economic power, and administrative center of the Gagauz people. Shaped by the fertility of agriculture, the city also offers a vibrant living space with its fairs, monuments, and educational institutions. The origin of the city's name is based on different narratives: some say it means "brown horse," while others link it to the ancient Turkic word "konat." However, the most prevalent story among the people is the "coal horse" legend—suggesting that the past even resonates within a name. In the stone walls of Saint John Cathedral, the silent showcases of the Gagauz Culture Museum, and the shelves of the Atatürk Turkish Library—each of these is a mirror preserving the identity of this people. The statue of Vladimir Lenin, still standing firmly in the city's center, is a silent witness carrying the contradictory memories of the past into the present. Growing under the shadow of the Soviet Union, Komrat is now in pursuit of an independent identity.





OUR GUEST OF THIS MONTH

Envercan ŞAHİNTÜRK

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?

The first rule would be the ban of absolute misleading information

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

Ball-point pen

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

Discovery of America

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

Sweet Coffee Paradox

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

Ryan Gosling

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

Flexible, Persistent, Reliable, Enthusiastic, Motivated

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

Ability to jump higher and further places

8-Who is your hero?

Atticus Finch (A character in the novel named "To Kill a Mockingbird" written by author Harper Lee)

9-Who is your favorite author?

Albert Camus

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

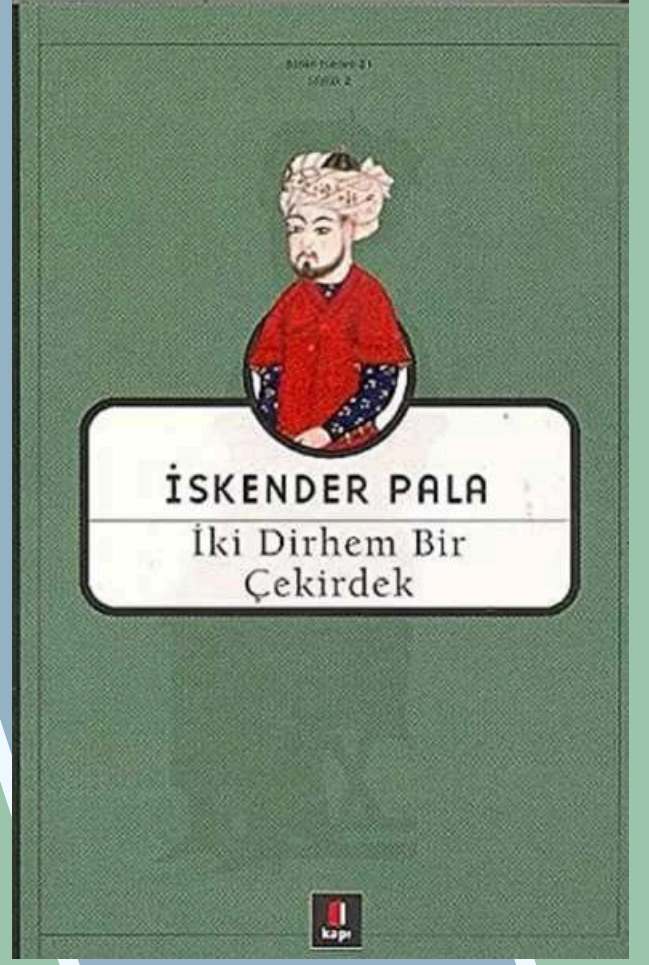
Consequence



French writer Marcel Proust is said to have chatted with the characters he created and asked them questions. It is thought that he wrote these questions, known as the 'Proust Questionnaire', at the age of 13 and answered them himself at the age of 20. Inspired by his questions, we ask these questions to the employees of our faculty for each issue.

DEVELOPMENT READINGS

IN PERFECT HARMONY
PROF.DR.İSKENDER PALA



In every language, there are certain set phrases that help beautify the expression, making the ideas and thoughts being conveyed more impactful. Proverbs, prayers and well-wishes, curses and maledictions, riddles and tongue twisters... Among these types of set expressions, idioms are the most common ones found in the structure of the language. Idioms, which are fixed and rooted in the language without change, undoubtedly add liveliness and strength to communication. This makes it a fact that thoughts and events are conveyed more effectively to the recipient. Memories and stories about certain people, events from history, and the reasons behind the emergence of idioms often share the front ranks. In this regard, searching for and finding the origins of idioms is quite a laborious task. Sometimes, you might come across the origin story of an idiom in an unexpected place—a random page, a footnote, or even a manuscript you never anticipated. It is certain that knowing the origin stories of our idioms will add a shade of color to the cultural face of our language. We hope that this small book will serve as a starting point for those who will conduct more extensive research on this topic.

Prepare Before the Earthquake

GET YOUR EMERGENCY KIT READY



KNOW YOUR EMERGENCY ASSEMBLY AREA

Ambarlı Neighborhood

Selçuk Adalı Park (Bostan Street) Ambarlı
Neighborhood Market Fatih Sultan
Mehmet Park (Sanayi Avenue)

Denizköşkler Neighborhood

Erdal Yulalı Park (accessible from Seher Site)
Denizköşkler Sports Field Park (Yasin Street)

Gümüşpala Neighborhood

Adnan Menderes Park (Gümüşpala Avenue)
Mustafa Tete Park (Gümüşpala Avenue)
Taşkent Park (Türkmen Street)

Mustafa Kemal Paşa Neighborhood

Mehmet Akif Ersoy Park (Köroğlu Street)
Mustafa Kemal Paşa Sports Facility (Cami
Street)

Üniversite Neighborhood

Avcılar No. 1 Family Health Center
Garden Bizim Evler Mosque Garden

Cihangir Neighborhood

Erdoğan Akçıkırık Park (across from Kirazlı
Street) Ord. Prof. Dr. Ali Fuat Başgil Osman
Özbek Park

Firuzköy Neighborhood

Köroğlu İsmail Park Muhtar Ali Akverdi Park
(Hasan Önel Avenue) Ünal Kaya Park (Mehmet
Akif Street)

Merkez Neighborhood

Avcılar Central Park Bülent Ecevit Park
(internal road) Martyr Dursun Bakan Park
(Merkez Camii Street)

Tahtakale Neighborhood

Youth Park (Kanuni Sultan Süleyman Avenue)
Tahtakale City Park (internal road)

Yeşilkent Neighborhood

Martyr Eyüp Çolakoğlu Primary
School Yard Sultan Alparslan Primary
School Yard

You can find the nearest emergency assembly areas to your residence by using the **Disaster and Emergency Assembly Area Inquiry** service through the e-Government Gateway (e-Devlet Kapısı).



**Faculty of
Health Sciences**

ISTANBUL GELISIM UNIVERSITY ALUMNI TRACKING SYSTEM

The Alumni Tracking System (METSIS) was created in order to monitor the employment and postgraduate education status of our graduates and to generate statistical data.

Istanbul Gelisim University launched METSIS in order to strengthen its relations with alumni and contribute to the employment of graduates. Members of METSIS can sign up for free after graduating. Our graduates can become a member of METSIS free of charge. Our graduates who are members of METSIS can update their personal profiles and follow our job postings.

What Are the Steps to Join METSIS?

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.



Instagram -
[igu_mezunlarkoordinatorlugu](https://www.instagram.com/igu_mezunlarkoordinatorlugu)



LinkedIn -
**IGU ALUMNI AND
MEMBERS COORDINATOR**



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
Health Sciences



OFFICIAL SOCIAL MEDIA ACCOUNTS



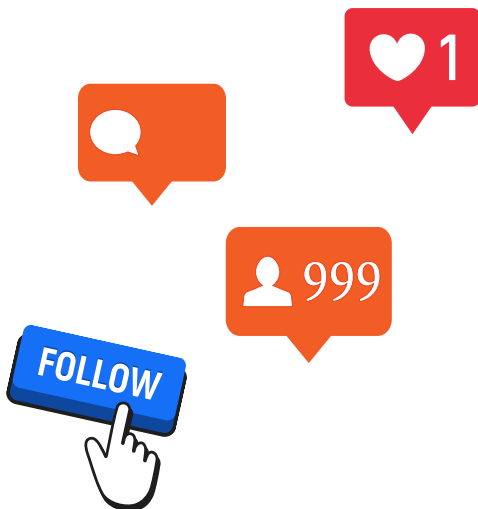
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İGÜ Sağlık Bilimleri Fakültesi



New Update!

Now, you can share your
opinions, suggestions, news, or
articles with us at:

sbfbulten@gelisim.edu.tr



Faculty of Health Sciences

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