



AUGUST 2025 | ISSUE 56 | VOLUME 5



AUGUST

You, the young sons and daughters of the new Turkey! Even if you get tired,
you will follow me... Those who have decided to walk with no intention of
resting, never ever get tired.

Mustafa Kemal ATATÜRK

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9 August: World Book Lovers Day

15 Ağustos: İbn-i Sina Haftası (15 – 21 Ağustos)

15 August: Ibn Sina Week (15–21 August)

19 August: World Humanitarian Day

26 August: Victory of Malazgirt (Manzikert)

30 August: Victory Day

Happy AUGUST 30 VICTORY DAY



If we have anything at all, if we have established an independent state, if we have become free citizens, if we walk as honorable people, if we have freed our homeland from the grip of the West and our conscience and mind from the grip of the East, if we look at these seas as ours, feel the warmth of a mother's embrace in this land, perhaps even breathe at all – we owe it all, everything, to the victory of **August 30**.

Çankaya, Falih Rifkî ATAY

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A Call

from the Students of the Istanbul Gelişim University Sociology Department to the Faculty Members and Students of the Faculty of Health Sciences!

Unlike large-scale institutions, children's homes aim to provide a smaller, family-like environment. Care is not limited to shelter; ensuring equal opportunities in meeting biopsychosocial needs, education, and health is essential. Our observations show that with the systematic involvement of volunteers, children's health check-ups can be carried out thoroughly, while simple tests and follow-ups are conducted in the spirit of solidarity. Regular growth and development monitoring, school attendance, psychosocial assessments, and emergency action plans should be integral parts of a standard care program. This process is strengthened through the collective effort of physicians, nurses, psychologists, sociologists, social workers, child development specialists, dietitians, and, when necessary, psychiatrists.

With the systematic participation of volunteers, it is aimed to ensure that children's health check-ups are carried out thoroughly, and that simple tests and follow-ups are conducted in the spirit of solidarity.

As the IGU family, we congratulate **Fatma Çelik**, a senior student of the Department of Sociology at Istanbul Gelişim University, and alumna **Elanur Çiçen** for their initiatives.

continued on
next pages



The ABCs of Volunteering

The Importance and Responsibility of Being a Foster Family, and Positive Effects of Foster Families on Children

According to Article 2 of the Universal Declaration of Human Rights, “Everyone is entitled to all the rights and freedoms set forth in this Declaration, without distinction of any kind, such as race, colour, sex, language, religion, political or other opinion, national or social origin, property, birth or other status.” In light of this article, all children have the right to live in the same environment with the same love and care. Particularly, in the societies where we are born, children from broken families have as much need and right to dedication and sensitivity as children who grow up in warm family environments.

Unlike large-scale institutions, children’s homes aim to provide a smaller, family-like environment. Care is not only about shelter; equality of opportunity in addressing biopsychosocial needs, education, and health is also essential. Our observations indicate that with the systematic involvement of volunteers, children’s health check-ups should be conducted thoroughly, while simple tests and follow-ups should be carried out in the spirit of solidarity. Regular growth and development monitoring, school attendance, psychosocial assessments, and emergency action plans should all be integral parts of a standard care program. This process is strengthened by the joint efforts of physicians, nurses, psychologists, sociologists, social workers, child development specialists, dietitians, and, when necessary, psychiatrists.

As Fatma Çelik, a senior student of the Department of Sociology at Istanbul Gelişim University, and alumna Elanur Çiçen, we would like to share our experiences in turn. Within the scope of volunteering activities for children from broken families, we applied to our university, first consulting with our department lecturers, and later applying to the Social Responsibility Practice and Research Center. Through our meetings, we concluded that these children represent one of the most sensitive aspects of society and that this effort requires a high level of dedication as part of social responsibility. In our project, where we emphasized volunteering, the most important part of our call was that institutions and individuals act on the basis of voluntary participation. The activities envisaged include health screenings, drama activities that incorporate basic virtues (such as justice, equality, honesty, etc.), various games, visits, and educational programs. We also aim to publish a two-volume book with the university’s publishing house, which carries out our school’s publishing activities, covering all these efforts.

In the first volume of the book, we plan to provide informative content and share our observations about children from broken families. The second volume, intended as a guidebook, will include detailed instructions for activity planning, co-authored as sociologists and child development specialists. As sociologists and child development specialists, we have observed that children need our support more than ever in the context of social relationships. On this journey, as sociologist and child development specialist Elanur Çiçen, and writer and continuing student of sociology and philosophy Fatma Çelik, we have long-standing observations regarding children living in these institutions.

Fatma Çelik will first share her experiences regarding these observations, followed by Elanur Çiçen.

Since 2013, I have been a volunteer in children's homes. This journey has become a way of life for me rather than a duty. **When the first homes opened, our children were 2-6 years old; they were just learning what "home" meant.** Mistaking couches for toys, the kitchen being locked for months for safety, the confusion in the transition from trays to plates and dishes... all were the beginning of a healing story. We witnessed with hidden tears the adoption of the four children in our first home; our bonds did not break, the families accepted us as "grandparents."

Over the years, the homes increased; when adolescent homes opened, we encountered anger and resentment. My living room became a playroom, our next-door apartment became a therapy space for volunteer psychologists. We waved from the window in the morning, in the evening we shared troubles over tea. We saw with the naked eye the need for a male role model. The days when the children played "orphanage" instead of "house" showed the traces of the past system. But over time they changed: the little ones learned to tidy the house, the older ones stood at my bedside in the role of nurse and doctor when I was ill. **It is as possible to raise a child in your heart as it is in your womb.**

Volunteering is a regular appointment, a promise kept, a bridge built with love. What they added to my life is much more than what I gave them.

Fatma Çelik



Under the name "Orphan Festival," in 2018, at a private institution where I was studying, we invited children from these homes to a special event. My observation was this: during lunch, one child said, "Stop telling us to keep eating; we want to play, we want popcorn and chocolate." **At that moment, I understood—their real needs were first play and love,** and after that day, I could never insist on "eat your food" again. That same day, a child who pretended to be "asleep" in my arms, when it was time to leave, opened his eyes and hugged me tightly: "I want to stay here." This scene revealed, in its purest form, the state of seeking refuge in trust and compassion. **Social healing begins with children.** Children in need of care, those growing up in broken families, are also our children; they need the bond of love and to feel that they are part of society without discrimination—because they are the ones who will build tomorrow's society.

Elanur Çiçen



In summary, this volunteering is not a duty; it is a way of life, a commitment. To touch a child's heart, to make their world more beautiful, brings an indescribable sense of happiness and responsibility. Our heartfelt call to everyone reading these lines is this: **share your time, your love, and your care.** Homes that truly become a family for children can only exist through the hearts of volunteers. **Remember: sometimes the greatest change is born from an hour of play, a storybook, or a single sentence listened to with full attention.** Consistent presence nurtures trust; consistency is the strongest language of compassion. Saying "I am here, and I will come again" in every home you visit builds a solid bridge in a child's world. **Together, we can grow an ecosystem where love turns into effort, and effort into hope.**

Elanur Çiçen & Fatma Çelik



IGUSABDER ACHIEVES A REMARKABLE MILESTONE

Over 1 million downloads

The Journal of Health Sciences of Istanbul Gelişim University (IGUSABDER), the peer-reviewed academic publication of the Faculty of Health Sciences, has reached a significant milestone in the field of scholarly publishing. Regularly published on the DergiPark platform, IGUSABDER has become the first journal within Istanbul Gelişim University to surpass the 1,080,439 total downloads threshold.

In addition to this remarkable figure, the journal has also reached 298,374 total views, further underscoring its visibility and relevance in both national and international academic communities within the field of health sciences.



İGÜSABDER, which features current, high-quality, and original research in its field, has achieved this success, once again demonstrating Istanbul Gelişim University's academic productivity and quality in scientific publishing. İGÜSABDER considers this achievement "just the beginning of its journey of scientific contributions."

In addition to IGUSABDER, the Istanbul Gelişim University Journal of Social Sciences attracted attention with 957,992 downloads and 256,979 views; the International Journal of Engineering Technologies recorded 374,107 downloads; the Journal of Sustainable Economics and Management Studies reached 133,074 downloads; and ART/icle: Art and Design Journal achieved 69,483 downloads. The newly launched Journal of Sports Sciences and Innovative Research has also begun to attract considerable interest in a short period of time.

Istanbul Gelişim University takes great pride in the impressive reach of its diverse academic journals, reflecting its commitment to contributing to science and knowledge across multiple disciplines.

Great Interest in Preference and Promotion Days: Academic Staff Met with Candidates

Held between July 21 – August 13 at Istanbul Gelişim University, the Preference and Promotion Days became an inspiring and informative experience for prospective students and their families who are eager to turn their dream of university into reality. During this special period, academic staff from all faculties met directly with candidates, answered their questions, and helped shape their roadmaps for the future.

On the 4th floor, at the “Preference Robot” area, candidates were provided with personalized guidance to help them make the best possible choices in line with their scores, rankings, and interests. On the 17th floor, a warm and welcoming atmosphere was created where students and parents could meet faculty members in person and learn all the details about the academic departments. In these meetings, sincere and guiding information was shared about both the programs and related professional fields. The faculty representatives not only guided prospective students during the preference process but also shared their own experiences of university life and inspiring perspectives. The reflections of this meaningful and busy process were shared through the observations of Res. Asst. Gökhan DEMİR and Res. Asst. Simge Sude GERÇEKER.



4th Floor Staff

Aişe Büşra CİĞER

Ebru DURUSOY

Esra EROL

Esra ÖZER

Gökhan DEMİR

Ramazan DEMİRER

Semanur OKTAY

Sıdıka ADIYAMAN



17th Floor Staff

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Büşra KURTCU

Çağla TÜRK

Dilara CENGİZLİ

Gökay ÇAKIROĞLU

Gözde TETİK ÖZOL

Güldane YILDIRIM

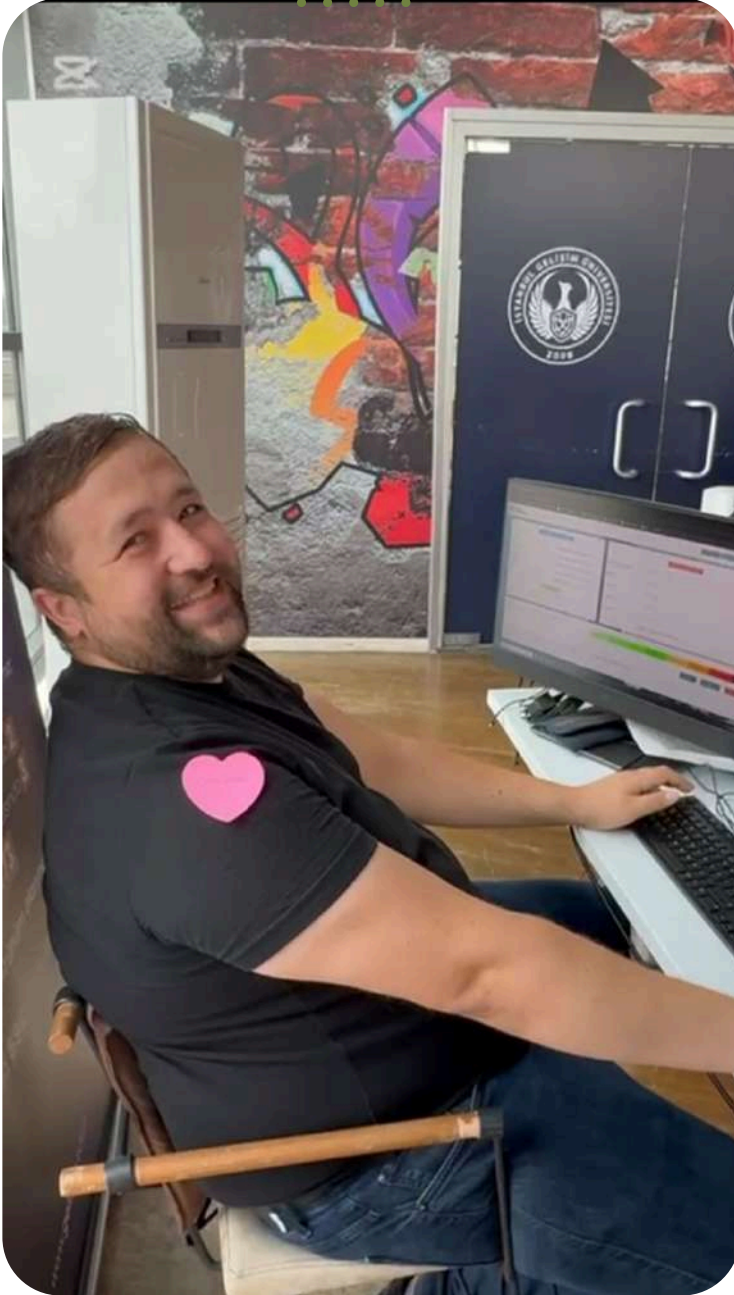
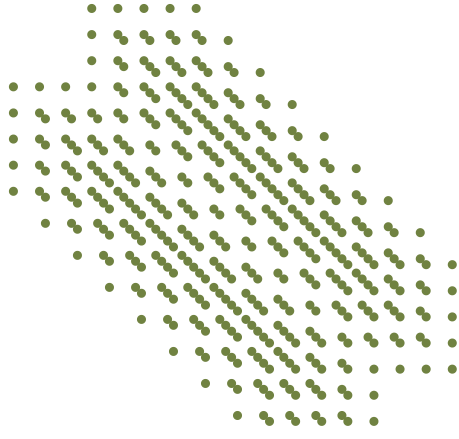
Hatice Zela BİNGÖL

Kevser Tuğba ÇINAR

Nilgün YILDIZ

Simge Sude GERÇEKER





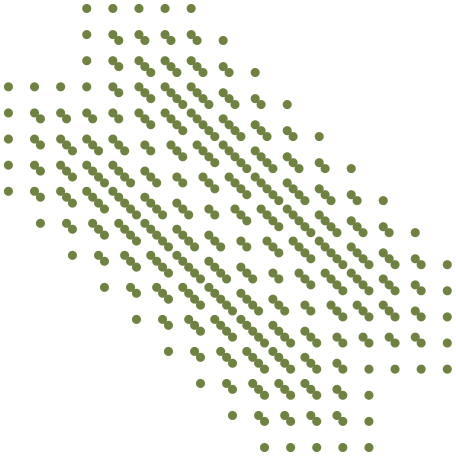
Res. Asst. Gökhan DEMİR

July 21 – August 13 marked an intense and productive period at Istanbul Gelişim University, where prospective students had the chance to get to know our university and its academic opportunities more closely during the Preference and Promotion Days.

As a representative of the Faculty of Health Sciences, I took part in the promotion area, particularly at the “Preference Robot” section. My responsibilities included providing accurate and up-to-date information about programs, offering guidance aligned with exam scores and ranking criteria, and supporting candidates in selecting the most suitable department for their academic goals.

Through one-on-one communication, I focused on understanding their aspirations and helping them make informed choices. Additionally, I shared detailed information about our university’s strong academic staff, modern campus facilities, international collaborations, and social opportunities, all of which contribute to the increasing appeal of Istanbul Gelişim University. This busy period was not only enriching for candidates but also an enjoyable and instructive experience for us, improving our skills in communication, guidance, and representation.





As the Faculty of Health Sciences, we had the opportunity to meet with prospective students and their families. Throughout this process, we introduced our programs including Nutrition and Dietetics, Speech and Language Therapy, Occupational Therapy, Physiotherapy and Rehabilitation, Nursing, Audiology, Perfusion, Health Management, and Social Work.

At the Faculty of Health Sciences' information desks, where we conducted nearly 500 interviews, I engaged in one-on-one conversations with both students and parents. I provided detailed explanations about our educational opportunities, practical training areas, laboratory facilities, postgraduate education support, and post-graduation career prospects. Furthermore, I shared information about our university's social and cultural activities, student clubs, double-major options, and scholarship opportunities, while answering questions that would help shape the candidates' future academic journeys.

These promotion days, marked by high participation, gave both students and parents the chance to get to know our faculty in depth. As members of the Istanbul Gelişim University family, we experienced the joy of sharing in the excitement of our candidates.



Res. Asst. Simge Sude GERÇEKER

2025 Project Year Erasmus+ KA131 Results Announced: IGU Ranks at the Top Among Foundation Universities

The results of the 2025 Erasmus+ KA131 Higher Education Student and Staff Mobility Project applications have been announced. According to the announced results, Istanbul Gelisim University (IGU) has been awarded a total grant of 384,020 Euros. This amount represents the highest KA131 budget the university has received to date. The grant obtained is not only a concrete result of the university's efforts in line with its internationalization vision but also marks an important milestone in offering more opportunities and support in the field of student and staff mobility.

36.7% Increase Compared to 2024!

The total KA131 grant accepted in 2024 was 280,980 Euros. In 2025, it increased by 103,040 Euros, reaching 384,020 Euros. This increase is considered a significant indicator of IGU's success in mobility activities.

IGU RANKS AT THE TOP AMONG FOUNDATION UNIVERSITIES!

According to the 2025 results, IGU ranked among all foundation universities in Türkiye as follows:

Grant Category Rank	Among Foundation Universities
Training Mobility Grant	1st place
Teaching Mobility Grant	2nd place
Internship Mobility Grant	3rd place
Total Accepted Grant	3rd place
Study Mobility Grant	6th place

This success clearly demonstrates that academic and administrative capacity has been effectively utilized towards internationalization, especially in staff mobility.



Strong Steps in Internationalization

Thanks to strategic partnerships, the quality of project applications, and comprehensive planning of mobility targets carried out by the International Exchange and Cooperation Coordination Office, IGU continues to hold a more visible position in Europe, be more effective in collaborations, and be more active in student/staff exchanges.

More Mobility, More Experience

With the Erasmus+ KA131 grant for the 2025 Project Year, more IGU students will have the opportunity to study and intern abroad, while more academic and administrative staff will be able to participate in teaching and training activities at universities across Europe. With its increasing Erasmus+ grants each year, internationalization strategies, and strong academic partnerships, Istanbul Gelisim University is steadily advancing on the path to becoming a world university that is more visible in Europe and offers more opportunities to its students and staff. With this achievement, IGU has once again proven that it is one of Turkey's leading foundation universities not only in Erasmus+ grants but also in vision, development, and impact areas.

FACULTY OF HEALTH SCIENCES

DEPARTMENT HEADS MEETING



The Heads of Departments of the Faculty of Health Sciences gathered in Classroom 601, K Block. In the first part of the meeting, Vice Dean Asst. Prof. A. Yüksel BARUT delivered a presentation on Official Correspondence Rules, prepared in accordance with the regulation dated June 10, 2020. Barut emphasized that these rules are not merely technical details but an essential part of the institutional identity and professional conduct. Participants reviewed the regulation provisions through practical examples and visual templates.

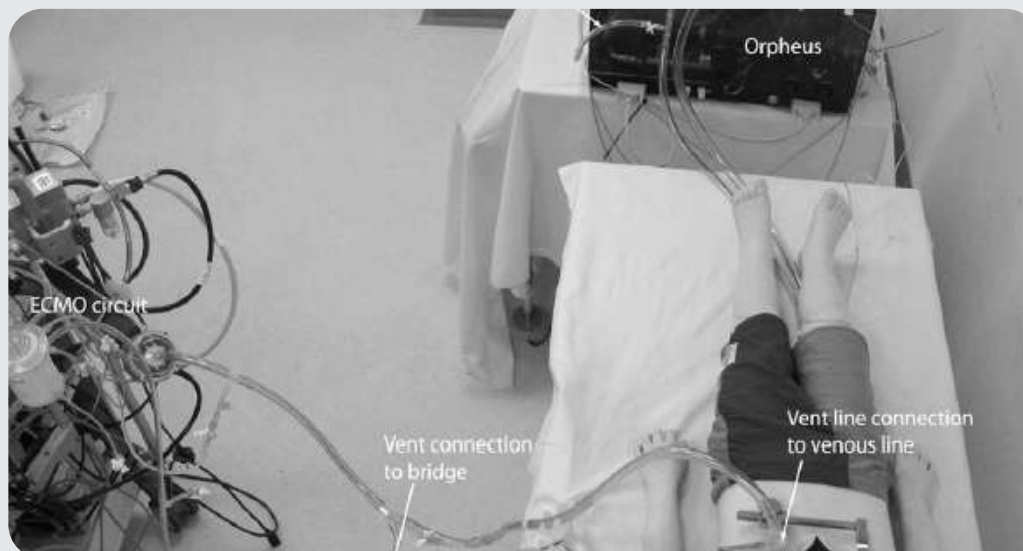
AUGUST 13, 2025

FOCUS ON OFFICIAL CORRESPONDENCE RULES AND QUALITY

In the second part of the meeting, Dean Prof. Dr. Hakan BOZKURT highlighted the importance of the updated and effective use of the QDMS system. Vice Dean Assoc. Prof. Merve BAYRAM provided information on the timely submission of advisory data, ensuring standardized graduate and employer surveys, organizing activities with graduate students, and strengthening industry-sector collaborations. By the end of the discussions, consensus was reached on prioritizing transparency, discipline, and collaboration in all administrative and academic processes of the faculty.



Simulation-Based Approaches in Perfusion Education: A Step Towards a Contemporary Educational Model



Research Assistant Sıdıka ADIYAMAN from the Department of Perfusion, Faculty of Health Sciences, emphasized the importance of simulation-based approaches in perfusion education. In her statement regarding contemporary educational models, she highlighted that simulation plays a critical role in enhancing the clinical competencies of both students and professionals.

Health sciences education is in a constant state of transformation, driven by rapidly evolving clinical demands and technological advancements. Particularly in fields involving high risk medical interventions, simulation based educational models are increasingly being employed to enhance students' preclinical competencies. In this regard, simulation based training in perfusion a discipline that requires extensive technical knowledge and skills is currently regarded by many universities and healthcare institutions as a modern and effective educational tool. Perfusion education necessitates the development of critical competencies such as cardiopulmonary bypass (CPB) machine management, emergency response, and intraoperative team coordination. It is imperative that students are adequately prepared for real clinical environments. However, performing such procedures directly on patients entails ethical and safety related limitations. At this point, high fidelity simulation systems provide learners with the opportunity to practice in a safe and controlled environment, thereby deepening their understanding and accelerating the overall learning process. Recent global research has demonstrated that simulation based education enhances student performance and clinical confidence. Particularly within hybrid education models, the integration of simulation supported training not only promotes student centered learning but also fosters cognitive skills such as critical thinking, problem solving, and rapid decision making.



Simulation systems, which are gaining an increasingly solid foothold in modern healthcare education, contribute not only to the acquisition of technical skills but also to the development of professional competencies such as interdisciplinary teamwork, communication, and leadership. Accordingly, simulation appears to be an indispensable component in the future of perfusion education.

Today, simulation based education serves as a bridge between theoretical knowledge and clinical application in the field of perfusion. Conducting cardiopulmonary bypass procedures in simulated environments allows students to prepare in a more structured, confident, and safe manner for scenarios they may face in real clinical settings.

These systems are integrated with advanced virtual patient models that enable real time monitoring and control of clinical parameters. Within these setups, key parameters such as arterial pressure, venous return, central venous pressure, blood gas values, and hematocrit levels can be observed. Students are able to analyze changes in these parameters in response to different scenarios and implement appropriate interventions accordingly. In this way, simulation facilitates the development of not only technical skills but also cognitive competencies such as clinical decision making, problem solving, and crisis management.

For institutions aiming to meet international standards in healthcare education, the integration of simulation systems into the curriculum is no longer optional it has become essential. In disciplines such as perfusion, where technical expertise is critical, this approach directly impacts not only individual professional development but also patient safety.

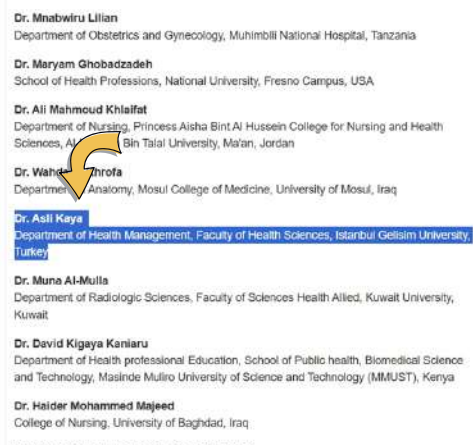
ACADEMIC STUDIES

PRESENTATION



Asst. Prof. Aslı KAYA, one of the faculty members of the Health Management Department of our faculty, presented her paper titled 'The Analysis of Studies Conducted on Health Economics' as an oral presentation at the 3rd INTERNATIONAL FRIENDSHIP BRIDGE SOCIAL SCIENCES CONGRESS.

INTERNATIONAL RECOGNITION



Asst. Prof. Aslı KAYA, in the Department of Health Management at our university's Faculty of Health Sciences, will be a reviewer for the Universal Public Health Journal published by USA Horizon Research Publishing between July 26, 2025, and July 25, 2030, representing our university in the "international recognition" category.



From plate to planet: nutritional and environmental sustainability of Turkish cuisine across the regions of Türkiye

Zehra Margot Çelik ^a, Hatice Kübra Barcın-Güzeldere ^b, Elif Ede-Çintesun ^c
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ABSTRACT

This study aims to analyze the nutrient profile, carbon and water footprints of traditional menus across geographical regions of Türkiye. The recipes were selected from cookbooks and were analyzed through Google Trends. The menus showed significantly higher levels of energy, protein, carbohydrates and several vitamins and minerals ($p < 0.05$). Carbon footprint analysis revealed Southeast Anatolia had the highest footprint (5.54 ± 0.55 kg CO₂ eq/d), while Central Anatolia had the lowest (2.01 ± 0.23 kg CO₂ eq/d) ($p < 0.05$). Water footprint data indicated Marmara had the highest values (4165.03 ± 386.95 L/kg/d), with Central Anatolia having lowest (1132.14 ± 101.18 L/kg/d) ($p < 0.05$). However, no statistically significant differences were observed between traditional menus and the EAT-Lancet Planetary Diet. These findings highlight the importance of developing sustainability strategies that preserve cultural heritage while promoting plant-based ingredients, seasonal and local foods, and eco-friendly cooking methods to mitigate environmental impact.

ARTICLE HISTORY

Received 19 November 2024
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KEYWORDS

Carbon footprint; water footprint; Turkish cuisine; sustainable; nutrition

The article, "From plate to planet: nutritional and environmental sustainability of Turkish cuisine across the regions of Turkey," prepared by Assoc. Prof. Dr. H. Merve BAYRAM, Asst. Prof. Zehra Margot ÇELİK, Asst. Prof. Hatice Kübra BARCI GÜZELDERE, and Asst. Prof. Elif Ede ÇİNTESUN, all faculty members of the Department of Nutrition and Dietetics at our university's Faculty of Health Sciences, has been published in the International Journal of Environmental Health Research.

[Click](#) here to access the article.

CONGRESS PARTICIPATION

IGU Health Management Department Represented Our University at the 11th International EMI Entrepreneurship and Social Sciences Congress

Asst. Prof. Bumin Çağatay AKSU, Asst. Prof. Turgay KARALINÇ, Asst. Prof. Ash KAYA, Asst. Prof. Ömer Faruk ŞARKBAY and Asst. Prof. Murat BAŞAL, faculty members of the Department of Health Management of the Faculty of Health Sciences of our university, attended the 11th International EMI Entrepreneurship and Social Sciences Congress.

The 11th International EMI Entrepreneurship and Social Sciences Congress was held in Istanbul, hosted by Beykent University, from July 31 to August 3, 2025.

The congress was chaired by Prof. Dr. Himmet Karadal, faculty members at Bolu Abant İzzet Baysal University, Prof. Dr. Mustafa Tümer, Assoc. Prof. Dr. Mohammed Abubakar, and Beykent University Rector Prof. Dr. Volkan Öngel.

A total of 299 abstracts were submitted to the event, and 435 academics from 172 universities in Turkey and around the world participated. The congress, which represented 28 countries, was attended by politicians, business executives, and numerous respected academics. Participating countries include the Turkish Republic of Northern Cyprus, Azerbaijan, Kazakhstan, Turkmenistan, Tajikistan, Uzbekistan, Kyrgyzstan, Bashkortostan, Chechnya, Crimea, Yakutia, Tatarstan, Tuva, the Republic of Adygea, North Ossetia, Western Thrace Turks, Dagestan, East Turkestan, Gagauzia, Karakalpakstan, Iraqi Turkmen, Kabardino-Balkaria, Kalmykia, Karachay-Cherkessia, and Mongolia.



Four Papers from Istanbul Gelişim University

Istanbul Gelişim University (IGU) faculty members contributed to the congress with four different papers:

Asst. Prof. Ömer Faruk Şarkbay and Asst. Prof. Aslı Kaya:

“The Impact of Artificial Intelligence-Enhanced Knowledge Sharing and ESG-Focused Human Resources Strategies on Employee Well-Being and Performance: A Holistic Model Proposal for Sustainable Organizational Value Creation”

Asst. Prof. Bumin Çağatay Aksu, Asst. Prof. Turgay Karalınç, Asst. Prof. Aslı Kaya, and Assoc. Prof. Dursun Boz (Bursa Mudanya University):

“Examining the Relationships Between Digital Transformation, Techno-Stress, Job Satisfaction, and Turnover Intention”

Asst. Prof. Aslı Kaya, Dr. Aslı Ercan Önbiçak (Independent Researcher), Asst. Prof. Semiha Kılıçaslan (Malatya Turgut Özal University):

“Digital Startups in Women's Entrepreneurship”

Asst. Prof. Murat Başal and Asst. Prof. Emel Saraç (Ankara Ostim University):

“The Impact of Artificial Intelligence-Based Digital Marketing Strategies on Financial Performance and Sustainability: A Multidisciplinary Model Proposal”



IGU Receives "Best Paper" Award

The paper titled "Digital Start-ups in Women's Entrepreneurship," prepared by Dr. Aslı Kaya, Dr. Aslı Ercan Önbiçak, and Dr. Semiha Kılıçaslan, faculty members at Istanbul Gelişim University, received the "Best Paper" award at the congress.

With the valuable contributions of its faculty, Istanbul Gelişim University continues to increase its international visibility in the fields of entrepreneurship and social sciences. The university administration congratulated all the academics for their contributions to science and wished them continued success.

Dr. Gülşah KONAKOĞLU, PT, Completed a 200-Hour Yoga Teacher Training Program in Greece

Dr. Gülşah KONAKOĞLU, PT, Head of the Department of Physiotherapy and Rehabilitation at Istanbul Gelisim University, successfully completed a 200-hour Yoga Teacher Training program held in the Mytikas region of Greece. The training, conducted between June 30 and July 21, 2025, granted her an internationally recognized certification as a yoga instructor.

An Intensive Training Program by YogaUnion Bali

The training program, organized by the Bali-based institution YogaUnion, brought together participants from around the world. Over the course of three weeks, attendees engaged in a comprehensive physical and theoretical training experience. The program offered internationally accredited content designed to cultivate the core competencies required for yoga instruction.

In-Depth Exploration of Various Yoga Disciplines

Throughout the training, multiple yoga styles such as alignment, vinyasa, ashtanga, hatha, and yin were thoroughly examined. Additionally, yoga philosophy, meditation, breathwork, and body awareness practices enabled participants to deepen their physical and mental capacities. Dr. Gülşah KONAKOĞLU enriched her knowledge and skills not only as a yoga instructor but also as a healthcare professional.

Instructional Skills Through a Physiotherapist's Lens

A significant focus of the program was developing the ability to work safely with individuals with different physical needs. Topics such as pose adaptation, supportive touch, correct alignment, and effective teaching language were integrated into instructional practice. As a physiotherapist, Dr. KONAKOĞLU had the opportunity to bridge her clinical expertise with the field of yoga.

Click here to read the full news.



WORLD BREASTFEEDING WEEK: BREASTFEEDING RATES IN TURKEY FALL BEHIND GLOBAL RECOMMENDATIONS

Ress. Assist. Dilara CENGİZLİ from the Department of Nursing, Faculty of Health Sciences, in her statement for World Breastfeeding Week on 1-7 August, emphasized the indispensable role of breast milk for the health of both infants and mothers, the current status of breastfeeding rates in Türkiye, and the importance of raising public awareness on this issue.

The World Health Organization (WHO) recommends that infants be fed exclusively with breast milk for the first six months, and that breastfeeding continue alongside complementary foods for at least two years. Breast milk is clean, safe, and provides all the nutrients necessary for the growth, development, and immune system of infants. It also protects against many health problems such as infections, obesity, diabetes, and sudden infant death syndrome (SIDS).

In Türkiye, however, breastfeeding rates fall behind these global recommendations. According to national data, the rate of infants fed exclusively with breast milk is 59% at 0-1 month, 45% at 2-3 months, and drops to 14% at 4-5 months. This rapid decline indicates that breastfeeding has become an important public health issue in the country.

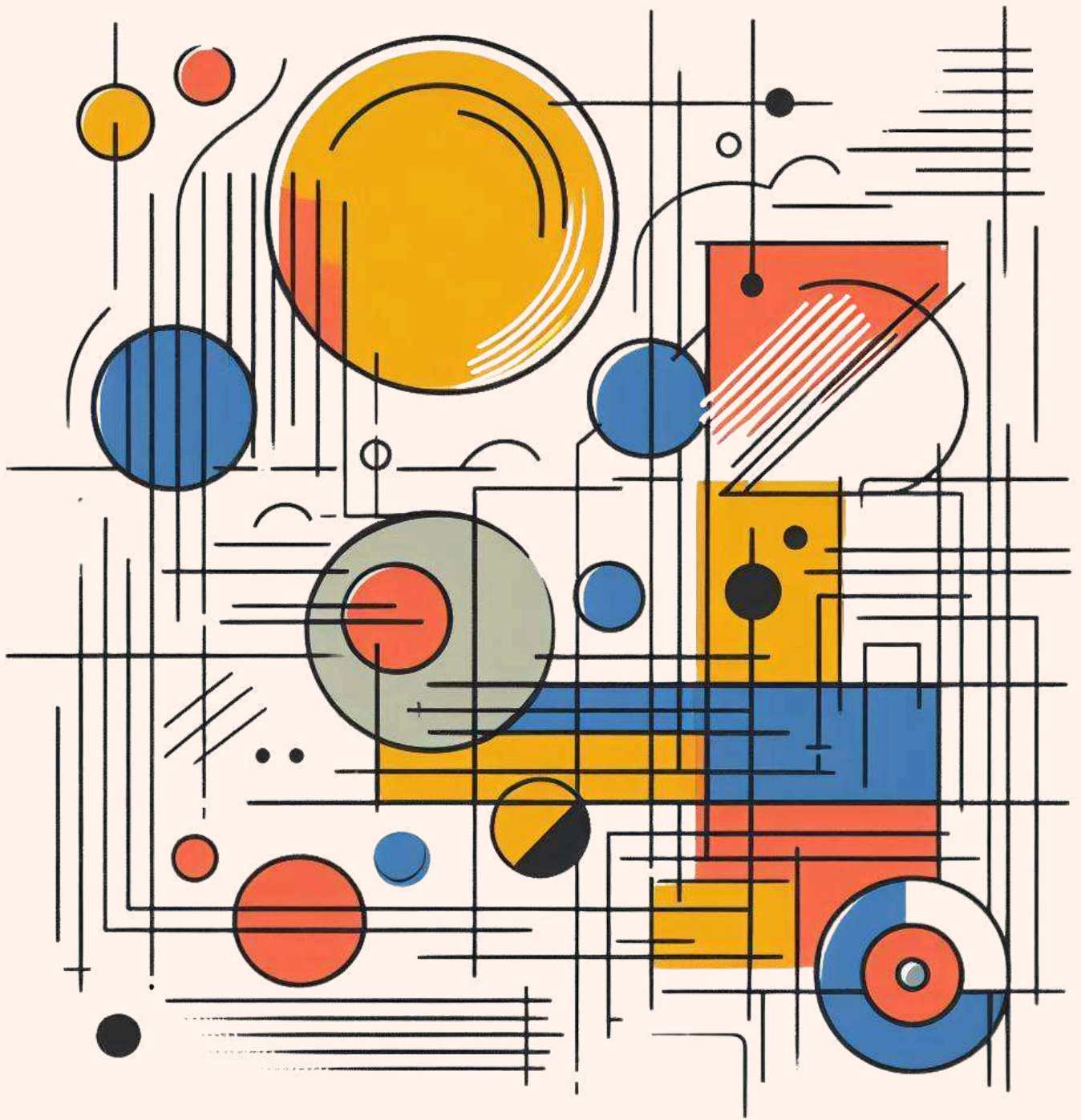
It is noted that biological, psychological, and social factors play a role in the early termination of breastfeeding. Working conditions, lack of postpartum support, false beliefs about nutrition, and crisis situations are among the main factors negatively affecting this process. Some mothers may experience feelings of guilt, loneliness, worthlessness, or failure during breastfeeding.

The Indispensable Benefits of Breast Milk

- Breast milk is a unique food that is safe, clean, and contains natural antibodies for infants.
- For infants: It meets all energy and nutrient needs in the first months; protects against diseases; supports cognitive development; and reduces the risk of obesity, diabetes, and SIDS.
- For mothers: It reduces the risk of breast and ovarian cancer, anemia, and osteoporosis; and supports postpartum recovery.
- By the same time, the inappropriate marketing of breast milk substitutes continues to undermine global efforts to improve breastfeeding rates.
- World Breastfeeding Week is an important opportunity to highlight the indispensable effects of breastfeeding on the health of both infants and mothers; to emphasize the need to provide professional support to mothers before and after birth; to raise awareness across all segments of society; and to stress the importance of monitoring the marketing of breast milk substitutes.

It should be remembered that breastfeeding is more than an individual choice; it is a public health priority that directly affects the health of future generations.





CULTURE ART
LITERATURE

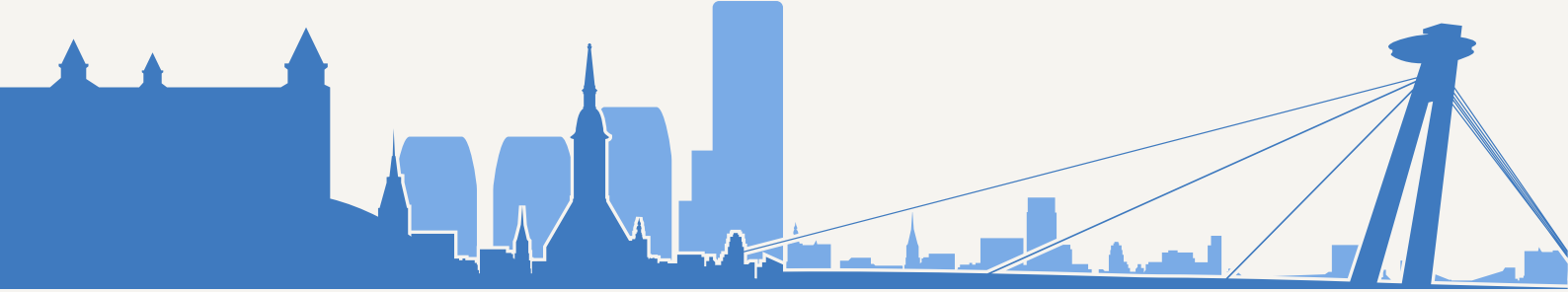
LOOKING DOWN FROM ABOVE AND UP CLOSE IN BRATISLAVA: YES, YOU CANNOT DO THIS!

Asst. Prof. Emrah TÜNCER

Whenever a person crosses a bridge, they do not merely move from one bank to the other. Sometimes, they arrive in a city, sometimes in a time, and sometimes at the turns of their own life. In Bratislava, the capital of Slovakia and one of the most significant thresholds where history and the future intertwine along both banks of the Danube, the SNP Bridge over the river represents precisely such a passage. Resembling a spaceship reaching toward the future, this bridge is more than just concrete and steel; behind it lies the story of an era, an ideology, and most importantly, the tragic tale of a human life. This futuristic, sky-reaching structure was once a symbol of communist ideals and has now become an emblem of the capitalist world. Yet behind this pile of metal and concrete rests a tragic legend of a worker who lost his life in the construction.

According to the legend, a young worker died during the construction of the UFO Observation Deck atop the bridge. This story is like the bleeding conscience of the structure itself. Human history is always the story of our desire to reach higher, to achieve more. And this desire always comes at a cost. That worker paid the price with his life. Today, his labor is mixed into a dish served on the menu of a luxury restaurant. Once a symbol of revolution, this bridge has now become a victim of profit-driven greed. Just like in the modern world, where labor and life are transformed into commodities.





In another corner of Bratislava stands a bronze statue emerging from a manhole: Cumil. A worker made of bronze, peeking out from the sewer. It brings both a smile and a sense of melancholy. For it represents the unseen labor, the darkness, and the grit. It is the silent hero of the city's underground world, battling filth where no one notices. While tourists walk on the streets, admiring the city's sparkling surface, Cumil stands as a symbol of the dirty and difficult life beneath their feet. Ironically, although it is one of the most photographed statues in the city, the labor and struggle it represents are still largely ignored. It is not just a statue, but a reflection of all the hard work that society chooses to overlook.

These two examples go beyond being stories unique to Bratislava. They are universal symbols of suffering and injustice. Whether atop a bridge or beneath a sewer system, labor is always the most vulnerable. In a world where everyone wants more and strives to build faster, human life is often treated as a mere cost item. As a structure rises, no one asks how many lives were sacrificed in its construction. Only the final, magnificent result is admired.

Therefore, these stories are not only the memory of a city but also the greatest tragedy of our age. As long as the value of human labor and life goes unexamined, the bright silhouettes of modern cities, their luxury restaurants, and dazzling tourist icons cannot escape being veils for murder. Every time a bridge is raised, if it coincides with the silent fall of a human life, our conscience must cry out against this painful truth: Yes, you cannot do this!



OUR GUEST OF THIS MONTH

Res. Asst. Aslıhan Kübra SAKARYA

Department of Social Work



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.

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?

In order to preserve a peaceful island life, I would want the primary value to be peace and for social justice to be adopted as the fundamental rule.

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

Perhaps it has not yet been invented, but I would like to be the inventor of mind-to-mind communication, which I believe could become possible in the near future.

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

I would like to witness Atatürk's arrival in Samsun.

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

The Voice of Silence.

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

Scarlett Johansson.

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

Authentic, Sincere/Natural, Curious, Open-minded, Creative.

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

To be able to fly and to become invisible whenever I want.

8-Who is your hero?

My family. I cannot single out anyone in particular as my hero, but to me they are like superheroes, each with different special powers.

9-Who is your favorite author?

Stephen Hawking.

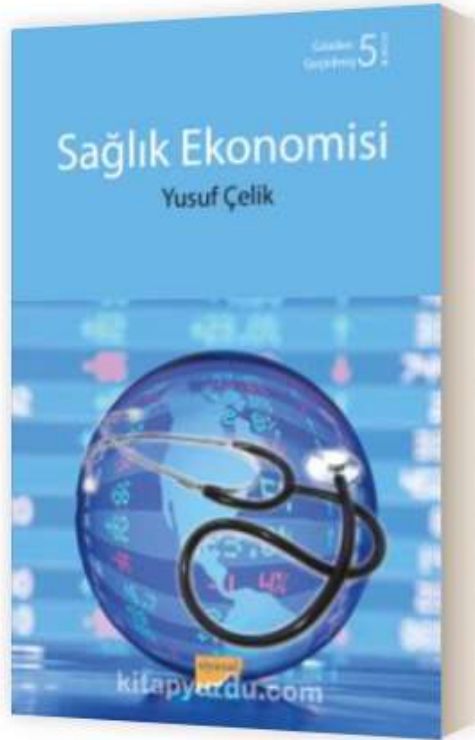
10-What word would be the summary of the years you lived?

Since I see death as a form of birth, I would describe the years I have lived so far as the (possible) first trimester.



Health Economics

Yusuf ÇELİK



This book explores how to apply the principles and rules of economics to ensure the effective and efficient use of resources allocated to the healthcare sector. Health Economics, which can be described as the application of economic principles and rules to the healthcare sector, also emphasizes the need to understand certain characteristics of the healthcare sector and its services. This book is designed for healthcare professionals who lack in-depth knowledge of economics but are interested in health economics, as well as students, academics, and managers with a general understanding of economics but are interested in the healthcare sector. This book uses simple language to further stimulate healthcare professionals' interest in health economics and facilitate a better understanding of the topics.



**Faculty of
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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.

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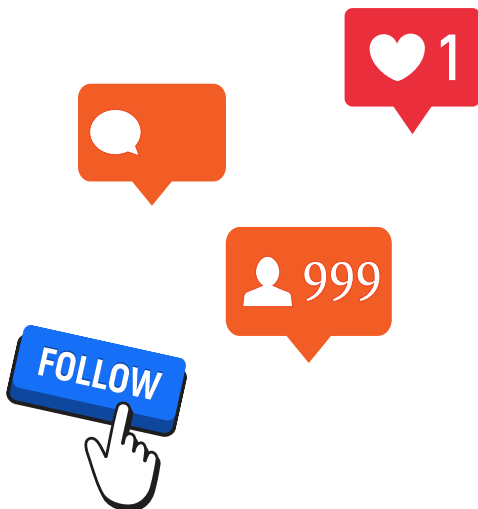
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