



MONTHLY EVENTS AND NEWS BULLETIN

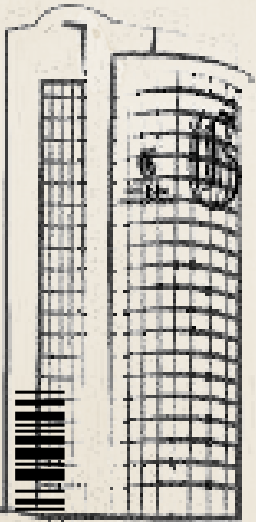


Faculty of
Health Sciences


100

THE 100TH ANNIVERSARY OF THE REPUBLIC OF TÜRKİYE

DECEMBER 2024 | ISSUE 48 | VOLUME 4



İSTANBUL GELİŞİM ÜNİVERSİTESİ





Faculty of
Health Sciences

It is necessary to overcome pride in successes and to resist despair in disasters.

Mustafa Kemal ATATÜRK

04-17

WE HAVE NOT
FORGOTTEN



6 FEBRUARY 2023



DECEMBER

The twelfth month of the year.

M	T	W	T	F	S	S
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2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

1 December: World AIDS Day

3 December: World Disability Day

5 December: World Women's Rights Day

6 December: World Apology Day

18 December: Health Managers Day

21 December: Winter Solstice

27 December: Mehmet Akif Ersoy Commemoration Day

31 December: New Year Eve

To the New Year

W. S. Merwin

With what stillness at last
you appear in the valley
your first sunlight reaching down
to touch the tips of a few
high leaves that do not stir
as though they had not noticed
and did not know you at all
then the voice of a dove calls
from far away in itself
to the hush of the morning

so this is the sound of you
here and now whether or not
anyone hears it this is
where we have come with our age
our knowledge such as it is
and our hopes such as they are
invisible before us
untouched and still possible

2025

Happy
New
Year!

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Health Sciences

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GREENMETRIC 2024 HAS BEEN ANNOUNCED: NEW SUCCESS IN ENVIRONMENT AND SUSTAINABILITY FROM IGU!



Faculty of
Health Sciences

Leadership, Management, Quality

The results of the “UI GreenMetric World University Rankings 2024” has been announced. Istanbul Gelisim University (IGU), which attracts attention with its environmental sustainability studies, has achieved another significant success by continuing its rise in previous years. IGU, which first entered the GreenMetric ranking in 2022, ranked 677th in the world ranking with a total score of 6070 with an increase of 435 points this year. IGU, which ranks 70th among all universities in Türkiye, was ranked 15th among foundation universities in Türkiye.

GREENMETRIC: GLOBAL BENCHMARK IN SUSTAINABILITY

Launched in Indonesia in 2010, the GreenMetric World University Ranking measures the sustainability performance of universities around the world. Evaluating universities according to 6 different criteria: campus settlement and infrastructure, energy and climate change, waste management, water resources, transportation, education and research, GreenMetric aims to increase environmental awareness and raise awareness in the field of sustainability.

Istanbul Gelisim University, which showed a strong performance in the GreenMetric ranking this year, once again revealed its determined steps in the field of sustainability.

Istanbul Gelisim University, which attracts attention in many different fields in the world with its studies, achieved a significant success in the London-based international higher education rating organization Times Higher Education (THE) World Universities Ranking 2025. According to THE results of the, IGU, which was ranked in the 1001-1200 band in the world in the general rankings, ranked 13th among Turkish universities and 8th among foundation universities.

RESPONSIBILITY AWARENESS WITH THE ZERO WASTE CERTIFICATE



Istanbul Gelisim University carries out studies in the fields of energy efficiency and effective use of natural resources by adopting the United Nations Sustainable Development Goals. IGU, which is entitled to receive a "Zero Waste Certificate" within the scope of the "Zero Waste Project" carried out by the Ministry of Environment, Urbanization and Climate Change, minimizes environmental damage by making the waste management system more effective throughout the campus.

WITH OUR EDUCATION AND RESEARCH ACTIVITIES, WE AIM TO TRANSFORM NOT ONLY INDIVIDUALS BUT ALSO SOCIETY

Following the announcement of the results, the Rector of IGU Prof. Bahri ŞAHİN said, "Our university took an important step in this field by entering the GreenMetric ranking for the first time in 2022. In 2024, we increased our score by 435 to 6070. As Istanbul Gelisim University, we take every step we take in line with the goal of a sustainable world with great responsibility. The projects and practices we have developed in the field of environmental, social and economic sustainability are a reflection of the consciousness we carry to make the future more livable. "With our education and research activities, we aim to transform not only individuals but also society" The success we have achieved in the GreenMetric 2024 results is an indication of our efforts. We are aware of the environmental challenges facing the world and we act with the awareness of our responsibility as a university in this direction. Leaving a more sustainable world for future generations is our common goal and indispensable priority."

Prof. Bahri Şahin also gave information about the environmental projects carried out on the campus and added:

"We fulfill our environmental responsibility with practices such as rainwater harvesting, sustainable transportation solutions and energy saving on our campus. In addition, with the interactive activities we carry out in the fields of education and research, we create a sustainable model to increase environmental awareness and use resources efficiently."

Click [here](#) to access news.

IGU's students had so much fun at the Club Promotion Week!

The Club Promotion Week held at Istanbul Gelism University brought the energy of the campus to the top. In the event, which took place between 17-20 December, the student clubs of the Faculty of Health Sciences introduced their activities with the stands they opened and provided enjoyable moments to the visitors.





İlhan Tekeli Thesis Awards Ceremony Honors the Recipients

The İlhan Tekeli Thesis Awards, one of the most prestigious awards in urban culture, organized annually by the İlhan Tekeli Urban Culture Foundation (İTŞKV), found their recipients at a prestigious event held on December 13, 2024, at the Istanbul Planning Agency (IPA) Florya Campus. This year's event saw Asst. Prof. Emrah TÜNCER from the Department of Social Work, Faculty of Health Sciences, Istanbul Gelisim University, contribute to the process as a jury member.

The event began with a thesis poster exhibition, featuring theses selected from different academic fields, a first for this year. The program, which started with opening speeches by Prof. Dr. İlhan TEKELİ and Dr. Buğra GÖKÇE, the President of IPA, continued with a panel discussion. During this panel, which involved the participation of the selection committee members, the scientific aspects, shortcomings, and new methodological approaches of the theses were discussed. The panel, facilitated by Assoc. Prof. Dr. Leyla BEKTAŞ (also the recipient of the İlhan TEKELİ Doctoral Thesis Award), provided a general evaluation based on theses accepted in 2023.

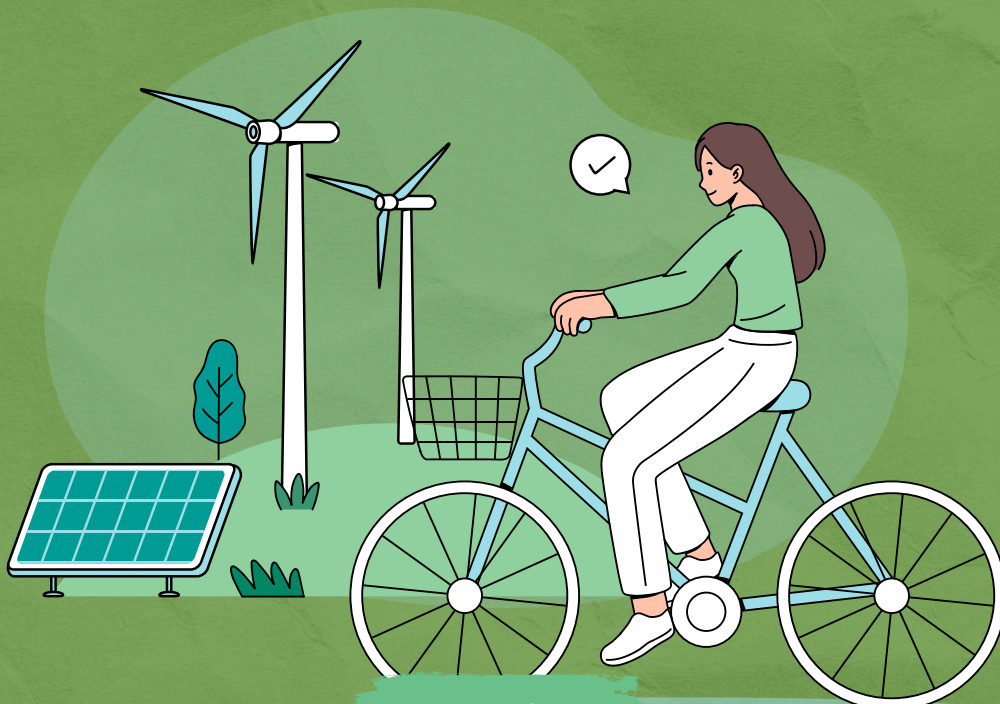
At the conclusion of the event, Prof. Dr. İlhan TEKELİ presented the doctoral and master's thesis awards to the winners. Additionally, incentive awards were also given. The event offered a significant platform for participants passionate about urban culture to strengthen knowledge sharing and collaboration.

You can find more details about the 2023 İlhan Tekeli Thesis Awards [here](#).

SUSTAINABLE LIFE AND NUTRITION CLUB

Sustainable Life and Nutrition Club Has Been Established!

The club aims to raise awareness about sustainability by encouraging individuals to develop a sense of responsibility toward healthy eating and environmental problems through promoting mindful consumption habits. The club has been founded in 2024 and it seeks to inspire informed choices that benefit both personal health and the future of the planet. For this purpose, the club participated in its for event to Club Promotion days between 17.12.2024 and 18.12.2024. The club is open to everyone who shares the same goal, and it is sufficient to fill in the QR code to become a member.



WORLD AIDS DAY EVENT

The Department of Speech and Language Therapy organized a seminar on "Sexually Transmitted Diseases and HIV/AIDS" for World AIDS Day on December 1st. The Department of Speech and Language Therapy held a meaningful seminar to raise awareness in observance of World AIDS Day on December 1st.

Important information on HIV/AIDS was shared with the participation of Asst. Prof. Dr. Didem SARI and Dr. Gülşen YÖRÜK, moderated by Asst. Prof. Abdullah Yüksel BARUT in the event. Throughout the seminar, in addition to awareness-raising talks, an interactive learning environment was created by answering questions from the participants. This event contributed to increasing societal awareness.



"Healthcare Managers' Day and the 5th Healthcare Management Industry Meetings"

EVENT HELD



The art of management can only be successful by loving people.

The "Healthcare Managers' Day and the 5th Healthcare Management Industry Meetings" event, organized by Istanbul Gelisim University Faculty of Health Sciences, Department of Healthcare Management, and the Association of Healthcare Management Students and Alumni (SAYÖMDER), took place on December 17, 2024. Esteemed guests included Osman Akçayoğlu, Digital Transformation Director of Medical Park Group, Office Manager at Informatics Valley, and Secretary General of the Healthcare Informatics Association; Serdar SERİN, General Manager of Liv Hospital under Istinye University; Necdet KANDEMİR, Founder of NEKA Consulting; Gürkan KOROGLU, General Manager of ACENDIS Turkey; and Çiğdem ATA, Patient Services Manager at Acibadem Bakırköy Hospital. The event was held at the IGU E Block TUSI Conference Hall.

The event began with opening speeches by Hüseyin YAZICI, Asst. Prof. Abdullah Yüksel BARUT, Vice Dean of the Faculty of Health Sciences at IGU, and Prof. Dr. S. Arda OZTURKCAN, Vice Rector of IGU. In his speech, BARUT emphasized that *management is an art and that mastering this art can only be achieved through a genuine love for people.*

The event continued with valuable insights from Serdar SERİN, who shared his experiences, stating, "Sometimes you need to take a step back to leap forward." He stressed the importance of being open to new opportunities in professional life, recognizing them, and making the right moves. After answering students' questions, SERİN concluded his session with a plaque presentation.



"Sometimes you need to take a step back to leap forward."



Osman AKÇAYOĞLU followed, addressing the question, “Why is the use of technology in healthcare necessary?” He highlighted practices such as cashier-free and paperless hospital systems, illustrating the essential role of technology in healthcare. AKÇAYOĞLU emphasized that artificial intelligence would play a supportive role in the healthcare sector and could be a valuable tool for healthcare managers in decision-making processes. He elaborated on various project examples and ideas, answered students' questions, and concluded his presentation with a plaque ceremony.



Necdet KANDEMİR continued the event by sharing insights about healthcare tourism. He explained the distinction between health tourism and medical tourism, underscoring Turkey's high potential in both areas. Kandemir emphasized that healthcare managers are not limited to working in hospitals and that the healthcare tourism sector has a significant demand for trained personnel. He answered students' questions and concluded his session with a plaque presentation.



The program then featured Gürkan KOROĞLU, General Manager of ACENDIS Turkey, who discussed the continuous development of biomedical devices in healthcare. He highlighted the critical role of healthcare managers in overseeing the procurement and regular monitoring of biomedical devices. After addressing audience questions and participating in a plaque ceremony, Koroğlu concluded his session.



The event proceeded with Çiğdem ATA sharing her experiences in patient services and delivering the closing speech. She emphasized that gaining work experience during university studies could be a distinguishing factor in starting a professional career. ATA encouraged students not to shy away from attending job interviews, as even negative outcomes could provide valuable experiences. After answering students' questions and the plaque presentation, ATA concluded her speech.



In addition to students from Istanbul Gelisim University's Department of Healthcare Management, the event saw strong participation from students of Istanbul University-Cerrahpasa, Istanbul Aydın University, and Istanbul Sabahattin Zaim University.

Celebrating the theme "Healthcare Management is Better with Us," the 18th of December Healthcare Managers' Day was joyfully observed. The event concluded with a cake-cutting ceremony.



On this special day for the healthcare management profession, we extend our heartfelt congratulations to all our colleagues in this honorable field and to all students pursuing this path. Happy Healthcare Managers' Day, December 18th!

OCCUPATIONAL THERAPY DEPARTMENT APRON CEREMONY



Istanbul Gelisim University Occupational Therapy Department organized a meaningful apron ceremony for its students and families on December 12, 2024. The ceremony was held to celebrate the important moment when the new students of the department stepped into professional life by wearing aprons symbolizing their professional identities. Vice Rector Prof. Dr. Necmettin MARAŞLI gave his speech first at the ceremony. Then, Dean of the Faculty of Health Sciences Prof. Dr. Rıfat MUTUŞ conveyed his support to the students. Finally, Head of Occupational Therapy Department Asst. Prof. Çağıl ERTÜRK provided information about the importance of occupational therapy and career opportunities in this field. Following Asst. Prof. Çağıl ERTÜRK, our graduate Serkan Çağlar GÜNAKIN shared his experiences of opening an institution after graduation and emphasized that families should support newly graduated occupational therapists. Vice Rector MARAŞLI made this special moment even more meaningful by having the top students of the class wear aprons. Students wore their aprons amidst the proud gazes of their families, sharing their commitment and excitement to their professions. The ceremony ended with students taking photos together and immortalizing their memories with their families. Head of the Occupational Therapy Department, Asst. Prof. Çağıl ERTÜRK, stated that he aims to increase students' motivation and strengthen their professional identities with such events. This meaningful event allowed students to take an important step in their career journeys, while also reinforcing the support of their families during this process.



ARTICLE WORKSHOP HELD WITH CHILD DEVELOPMENT STUDENTS

On December 11, 2024, at 3:45 PM, a workshop titled "Article Workshop" was conducted by Research Assistant Şebnem ÇELİK for students of the Child Development Department.



The workshop facilitator, Research Assistant Şebnem ÇELİK,

introduced the session conducted with senior Child Development students by discussing which websites to utilize for article searches and which keywords to use during the search process. Subsequently, the title, keywords, abstract, and introduction of a selected article were analyzed and discussed. Definitions of quantitative and qualitative research methods, as well as the research method applied in the chosen article, were also covered.

After reading and discussing the introduction section of the article interactively with the students, the method and results sections were reviewed and debated. The workshop progressed based on student feedback and was designed to provide guidance for their future academic endeavors. Lecturer Berk Efe ALTINAL and Research Assistant Aişe Büşra CİĞER also participated in and contributed to the workshop.

At the end of the session, students' questions were addressed, and positive feedback was received from the participants.





FROM VIRTUAL TO REALITY
BOOK READING TIME
WORKSHOP

The "Reading Hour from Virtual to Real" workshop was conducted by Res. Asst. Aişe Büşra CİĞER from the Department of Child Development at İstanbul Gelişim University, featuring reading activities with the books *The Whole-Brain Child* and *Don't Worry, You're a Good Mother*.

Before the workshop, the *Whole Brain Child* book was read and analyzed with the Child Development students. In the Virtual to Reality Book Reading Workshop, the workshop ended by talking about the necessity of moving away from the screen and reading books. Positive feedback was received from the students about the workshop, and it was requested that the next workshop be set as soon as possible.





"ADOLESCENTS AND FAMILY" Workshop

On December 12, 2024, the "Healthy Development Platform" event was organized in collaboration with the Addiction Prevention Coordination Unit and the Office of the Dean of Students. As part of the platform, a workshop titled "Adolescents and Family" was conducted. The workshop began with an opening speech by Asst. Prof. Nurten ELKİN, the head of the Department of Child Development. Academic staff members from the department, Res. Asst. Hatice Zelal BINGOL and Aişe Büşra CIGER, also attended the event. The workshop was facilitated by Res. Asst. Kevser Tuğba ÇINAR KARASU, who shared valuable insights into adolescence and family-child relationships and conducted an interactive activity with participants.



Defining Adolescence and Importance of Values

In the first part of the workshop, Çınar Karasu elaborated on the concept of adolescence and the physical, emotional, and social changes that individuals experience during this period. She highlighted the role of values in the lives of adolescents who are in a quest for identity.



To help participants recognize their values and understand their reflections in life, she conducted a practical activity.

Discovering Self Through Personal Values

In the activity section of the event, Çınar Karasu distributed papers to each participant, each containing a variety of values. She asked them to select five values that they believed best defined them. Participants were then given the opportunity to explain what these values meant to them.

Next, Karasu asked the participants which of the five values they would like to be remembered for and to explain their reasoning. She then encouraged them to reflect on how they had applied these significant values in their lives over the past week, sharing examples from their experiences.

The event concluded with a questions and answers session, where participants expressed that the activity helped them gain awareness and think deeply about their values. Academic staff from the Department of Child Development emphasized that the workshop contributed significantly to the students' professional and personal development, expressing their support for the continuation of such events.



Workshop Held by IGU Addiction Fighting Coordination

“PROTECTION FIRST” WORKSHOP

The workshop titled “Being Protected First” was held by IGU Addiction Fighting Coordinator and Head of Child Development Department of Health Sciences Faculty, Asst. Prof. Nurten ELKİN in cooperation with the Dean of Students.

In the workshop; She emphasized how protection from diseases prevents treatment and rehabilitation in a healthy and quality life; She distributed brochures prepared by the Coordination to the students and answered the questions and ended the event.



Career Development Academies

An online seminars series titled "The Business World: My Body Language and Colors," "The Clock Hands: Am I Managing My Time?" and "Health Literacy" was conducted by Asst.Prof. Aslı KAYA, in the Department of Health Management at the Faculty of Health Sciences, Istanbul Gelişim University, as part of the Career Development Academies organized by Istanbul Gelişim University for high school students.

Lise Öğrencilerine Yönelik
KARİYER GELİŞİMİ AKADEMİLERİ

**İŞ DÜNYASI:
BEDEN DİLİM VE RENKLER**
Dr. Öğr. Üyesi Aslı KAYA

20 Aralık, 2024
Cuma

17:00

ÜCRETSİZ

ONLINE Eğitime Katılım İçin
QR Kodu Telefonunuza Okutunuz.



KARİYER GELİŞİMİ AKADEMİLERİ

**SAĞLIK OKURYAZARLIĞI:
BAĞIMLILIK VE BESLENME**
Dr. Öğr. Üyesi Aslı KAYA
Öğr. Gör. Münevver Başak ONAT

20 Aralık, 2024
Cuma

18:00

ÜCRETSİZ

ONLINE Eğitime Katılım İçin
QR Kodu Telefonunuza Okutunuz.



KARİYER GELİŞİMİ AKADEMİLERİ

**AKREP VE YELKOVAN:
ZAMANIMI YÖNETEBİLİYOR MUYUM?**
Dr. Öğr. Üyesi Aslı KAYA

27 Aralık, 2024
Cuma

17:00

ÜCRETSİZ

ONLINE Eğitime Katılım İçin
QR Kodu Telefonunuza Okutunuz.



ACADEMIC STUDIES



BOOK



Integrating Organizational Theories With Sustainable Development

Cemile Şeker, Aslı Kaya, Nesrin Bahçelerli

Release Date: December, 2024 | Copyright: © 2025 | Pages: 580
DOI: 10.4018/979-8-3693-8337-7
ISBN13: 9798369383377 | ISBN13 Softcover: 9798369383414 |
EISBN13: 9798369383384

The book titled "Integrating Organizational Theories with Sustainable Development," co-edited by Asst.Prof. Aslı KAYA, a faculty member of our Health Management Department, along with Lec.Dr. Cemile Şeker and Prof. Dr. Nesrin Bahçelerli, has been published by the international publisher IGI Global.

PAPER



Asst.Prof. Aslı KAYA, a faculty member of our Health Management Department, presented her paper titled "Examining Articles on Financial Literacy Through Bibliometric Analysis as a Literature Review Tool" at the 6th International Bursa Scientific Researches Congress

CONGRESS PARTICIPATION



Faculty members and students from our university participated in the 9th National Child Development Student Congress, hosted by the Department of Child Development at the Hamidiye Campus of the Health Sciences University, Faculty of Health Sciences. Presentations were delivered under the guidance of Asst. Prof. Nurten ELKİN, Lecturer Bedriye ÇELİK KANCA, Lecturer Buse KERİGAN, Lecturer Berk Efe ALTINAL, and Research Assistant Rabia Ceren ATEŞ. This year's theme for the congress was "Being a Child in a War Zone."

Our students delivered presentations titled "Examining the Theme of War and Migration in Picture Books from the Perspective of Child Neglect and Abuse," "Analyzing the Subcomponents of the Concept of Death in Cartoons," "Being a Child in War: A Case Study of Palestine," "Children's Rights Violations," "A Comparative Physical Analysis of the Main Characters in the Top 10 Bestselling Children's Books Featuring Characters with Special Needs," "Examining the Theme of Sick Children in Picture Books," "Internship Experiences in Special Education and Rehabilitation Centers: A Qualitative Approach from the Perspective of Child Development Students," "The Relationship Between Parenting Styles and the Socialization Process in Early Childhood," and "A General Review of Studies on Cyberbullying During Adolescence."

Both our students and faculty members noted that participation in the congress was highly productive and had a positive impact on the academic motivation of our students.

The flu vaccine provides 60 percent protection!

With the arrival of the winter months, the protection of the flu vaccine began to be discussed. While the flu affects millions of people every year, it can also lead to serious complications. Asst. Prof. Neşe KISKAC stated flu virus can stay alive on hard surfaces for up to 48 hours.

Addressing the issue of influenza, which has been on the agenda since the beginning of winter as of December, Istanbul Gelisim University Faculty of Health Sciences faculty member Asst. Prof. Neşe KISKAC: "Although the flu is a disease that can cause fatal consequences, it is possible to be protected from the flu." Referring to the discussions about the protection of the flu vaccine, Asst. Prof. Kiskaç stated that the flu vaccine provides 60 percent protection and pointed out what needs to be done against the threat of the disease.

The flu is more dangerous than a cold!

Two of the most common respiratory illnesses in winter are the flu and the common cold. Symptoms of the flu, which affects millions of people every year, include high fever, muscle and joint pains, weakness, headache, dry cough and sore throat. Asst. Prof. Neşe KISKAC pointed out that the flu poses a serious health threat, especially to the elderly, chronic patients and people with weak immune systems, and said, "The common cold, which manifests itself with symptoms of runny nose, sneezing, sore throat and mild fatigue, usually heals spontaneously within a few days and has a low risk of complications."

Cold weather does not cause flu!

Stating that the thought that cold weather will cause flu is not true, Asst. Prof. KISKAC, "In cold weather, it is easier for viruses to spread as people spend more time indoors. Poorly ventilated environments increase the risk of transmission of influenza and other respiratory infections. Although cold weather is not a direct cause of flu, it can contribute to the spread of the virus and increase the incidence of the disease."

The flu vaccine provides 60 percent protection!

“The flu virus can survive on hard surfaces for up to 48 hours”

Influenza, a highly contagious disease, usually spreads through droplets. Asst. Prof. KISKAÇ: “Virus particles released into the air during a sick person's coughing, sneezing, or talking enter other people's respiratory tracts, causing infection,” noting that transmission can also occur when hands touch mouth, nose, or eyes after touching infected surfaces.

The contagiousness of the flu virus is particularly high during the first 3-4 days after the onset of symptoms. Individuals with the flu need to isolate themselves and pay attention to hygiene rules. The flu virus can survive on hard surfaces for up to 48 hours.”

The flu vaccine is being developed every year!

There are some scientifically proven methods to protect against the flu. Methods such as influenza vaccination, compliance with hygiene rules, strengthening immunity, avoiding crowded environments, isolation of sick individuals are some of them. Emphasizing that the flu vaccine is developed every year against common strains of the influenza virus, KISKAÇ said, “The flu vaccine reduces complications in risk groups by 60 percent. Healthy diet, regular exercise and adequate sleep support the immune system.”

[Click for the news.](#)



The “All-or-Nothing” Trap

Making New Year's resolutions... Perhaps our cherished act of collectively expressing the ever-present desire for a fresh start. During this time, we set numerous goals such as eating healthier, losing weight, taking up a new hobby, exercising regularly, or staying on top of our studies. In the first days of the year, we pursue these resolutions with great motivation. However, we often abandon them completely within a few weeks (sometimes even sooner). One of the primary reasons behind our inability to sustain these actions lies in the “all-or-nothing” mindset.

The “all-or-nothing” perspective puts us in unrealistic expectations, causing us to perceive even the slightest deviation as a failure. For example, while trying to transition to a new diet plan, you may find yourself thinking, “I completely ruined my diet by eating that piece of chocolate; there's no point in continuing now.” Or, if you skip a workout after deciding to exercise regularly, you might surrender to the feeling of “I failed again; I give up.”

Goals like “I'll lose 10 kilograms in a month” or “I'll exercise every day” are often unsustainable. People tend to be impatient when it comes to change. However, adopting a healthy lifestyle takes time. Rigid and inflexible goals make it difficult to handle unexpected situations. Any setbacks are perceived as the end of the entire process.

This thought pattern inherently contains the “all-or-nothing” mindset, which undoubtedly creates an expectation of constant perfection. Any mistake or deviation devalues all the effort. However, life rarely has such sharp turns.

Tips for Sustainable Resolutions and Achievable Goals

- Distance yourself from the “all-or-nothing” mindset. Practice catching and changing this mindset when it takes hold of you.
- Mistakes are for learning, and everyone makes them. Make peace with your gray areas.
- Break your big goals into smaller, manageable parts.
- Allow yourself flexibility.
- Focus more on your internal sources of motivation. Enjoy the satisfaction of “trying for yourself.”
- Recognizing small achievements is important—don't forget to celebrate yourself.

Happy New Year!

Lecturer Münevver Başak ONAT

"BEING A PARENT IN THE DIGITAL AGE" SEMINAR HELD AS PART OF THE ISTANBUL PARENT ACADEMIES PROJECT"

A seminar titled "Being a Parent in the Digital Age" was held for parents at Avcılar Firuzköy Primary School on 12.12.2024, within the scope of the Istanbul Parent Academies Project organized by the Istanbul Provincial Directorate of National Education, by Lecturer Buse KERİGAN from the Child Development (Tr) Department of the Health Sciences Faculty of Istanbul Gelisim University.



KERİGAN started his speech at the seminar by asking questions to determine the digital habits of parents. He talked about the effects of parents' habits and behaviors on children and underlined their importance in child development. After drawing attention to how technology should be with children according to different age groups, he asked how many hours parents spend with technology per day. Kerigan, who conducted her seminar interactively with the participation of parents, talked about the types, causes and possible consequences of technology addiction. She shared the results of research conducted in our country on children's use of technology with the parents. In the presentation, information was given about the duration of technology use according to different age groups and examples were shared about what parents can do.

Since parents of both primary school and kindergarten students attended the seminar, application examples for different age groups were conveyed. The seminar ended with the answers to the questions of the participating parents.



Visit to Beylikdüzü Nursing Home and Rehabilitation Center



On November 19, 2024, as **Research Assistant Hülya YAMAN** and Ergotherapy students, we visited the Beylikdüzü Nursing Home and Rehabilitation Center. This trip was organized to help our students interact with elderly individuals and understand the importance of elderly care.

During our visit, the staff of the nursing home provided detailed information about the center. Our students had the opportunity to observe not only how to support the daily living activities of elderly individuals but also their social and psychological needs.

This experience contributed to our students' professional development while also enabling them to empathize with elderly individuals.

The conversations with the residents of the nursing home were quite valuable in terms of listening to their life stories and sharing experiences. Through these interactions, our students gained a better understanding of the needs of elderly individuals.



Social Responsibility: The Quest for Solidarity and Change in the Age of Consumption and Approval

Hosted by Istanbul Gelişim University Social Responsibility Application and Research Center (SRARC), in collaboration with the Departments of Social Work and Sociology, Social Work alumni, and the Social Work Student Club, an event took place where Dr. Emrah TÜNCER, faculty member of the Faculty of Health Sciences Social Work Department and Assistant Director of SRARC, led a comprehensive discussion on social responsibility from individual, institutional, societal, and cultural dimensions.

In his speech, Dr. Tüncer opened up a space for critical thinking with the following questions:

- Can social responsibility really work in the age of consumption, rent-seeking, and approval?
- Is social responsibility merely a “performance”?
- Is recovery from crises and destruction possible through solidarity?
- How does the multidimensional structure of social responsibility, extending from individuals to society and from society to culture, play a role in creating change?

In light of these questions, Dr. Tüncer emphasized that social responsibility should not be viewed merely as an act of individual goodwill or institutional image management, but as a foundation for social solidarity and cultural transformation. Criticizing the transformation of social responsibility into a “visibility effort” through Guy Debord’s “The Society of the Spectacle,” he also highlighted, inspired by Anna Tsing’s book “The Mushroom at the End of the World,” the possibility of life practices that sprout again through solidarity after crises and destruction.



Dr. Tüncer pointed out that social responsibility can be rooted in various thought systems such as utilitarianism, virtue ethics, and social contract theories. He noted that for his own theoretical framework, Kant's deontological ethics and Byung-Chul Han's critical perspective hold particular significance. He explained that Kant's concept of a universal moral law asserts that individuals must act according to ethical principles valid for all humanity, not just for their own interests. Meanwhile, Byung-Chul Han redefines social responsibility as an awareness and tool for societal transformation, criticizing the superficial and performance-based practices of aid in modern society.

In this context, Dr. Tüncer underlined that social responsibility serves as a catalyst for both cultural and societal change, beyond being a mere moral obligation for individuals. He stressed the necessity of seeking ways to achieve solidarity and collective action in an age of depletion and consumption. He further highlighted the importance of rethinking social responsibility through a critical perspective.



The speech primarily focused on how the multidimensional structure of social responsibility—from individuals to society, and from society to culture—can become a tool for solidarity and transformation during times of crisis. Moreover, it drew attention to the role of social responsibility in achieving social justice, ecological sustainability, and cultural transformation, starting with individual awareness in response to the destruction caused by consumer culture.

Finally, Dr. Tüncer emphasized that social responsibility projects must go beyond superficial and temporary “solutions” to create spaces for genuine solidarity and transformation. He invited all participants to reflect on the roles, responsibilities, and duties that fall upon individuals, institutions, and society. The event provided a significant discussion platform for numerous academics and students, offering an opportunity to collectively seek answers to ethical and practical questions on how individual and societal responsibilities can be realized.

Human Rights Day - December 10

Asst. Prof. H. Merve BAYRAM at the Faculty of Health Sciences, Department of Nutrition and Dietetics, Istanbul Gelişim University, shared key insights about Human Rights Day.

December 10, Human Rights Day, commemorates the anniversary of the adoption of the Universal Declaration of Human Rights by the United Nations General Assembly in 1948. This day serves as a reminder of the universal values of human rights, raising awareness and encouraging efforts to combat violations through global events and campaigns.

Historical Background

Following the atrocities of World War II, nations around the world united to ensure the protection of individuals' rights and freedoms. The Universal Declaration of Human Rights was drafted by the United Nations Human Rights Commission in June 1948 and was adopted by the General Assembly during a session in Paris on December 10, 1948.



Human Rights Day in Türkiye

Türkiye ratified the Universal Declaration of Human Rights in 1949. On December 10, NGOs, universities, and local governments organize various awareness activities. Key topics in human rights discussions in Turkey include women's rights, children's rights, freedom of expression, and refugee rights

Why is Human Rights Day Important?

Awareness: Highlights human rights violations and contributes to their prevention.

Solidarity: Provides an opportunity to stand with victims around the world.

Accountability: Holds governments accountable for human rights violations.

Theme

Each year, Human Rights Day has a specific theme that addresses contemporary issues. The 2023 theme was "Freedom, Equality, and Justice for All." The theme for 2024 has not yet been announced.



Click for the new.



December 5th, World Women's Rights Day: A Perspective on Gender and Body Image

Res. Asst. Tuğba TÜRKCAN

December 5th, Women's Rights Day, is a meaningful occasion that serves as a reminder of women's struggle for equality and opens the door to discussions on various dimensions of this fight. From this perspective, the right of women to have full autonomy over their own bodies is intrinsically linked to this struggle, extending beyond political and economic spheres. The beauty standards imposed by society create pressure on women's body image, harming their physical and mental health. This special day is an important opportunity to raise awareness and promote a free and inclusive approach that embraces body diversity.



Women's control over their bodies is not merely an individual choice but also a fundamental human right.

The Historical Evolution of Societal Beauty Standards

Beauty standards have continually evolved throughout history, shaped by the cultural, social, and economic dynamics of societies. In ancient times, symmetrical facial features and full-bodied figures, often depicted in Greek sculptures, symbolized health and fertility. By the Middle Ages, a slim waist and pale complexion were seen as markers of nobility and elegance. During the Renaissance, the full and rounded forms frequently portrayed in Rubens' paintings defined the era's beauty ideals.

The 20th century witnessed rapid and radical shifts in beauty perceptions. In the 1920s, the "flapper" style popularized an androgynous and slender body type, while the 1950s celebrated curvy women like Marilyn Monroe as the epitome of beauty. By the 1990s, the slim and tall physiques of supermodels became the prevailing standard. Today, social media, filters, and the influence of cosmetic surgery have created an increasingly complex and unattainable ideal body image, exerting significant pressure on women.

Media is regarded as one of the primary perpetuators of beauty standards. The fashion industry, advertising, and popular culture frequently present the female body in idealized forms, fostering an unreachable concept of beauty. Social media platforms, in particular, amplify this phenomenon through photo filters and edits, making these ideals even more inaccessible.

The Impact of Beauty Standards on Women's Body Image

Beauty standards imposed by society significantly influence women's body image, often leading to negative changes in healthy habits. The pursuit of the "ideal body" can drive women toward popular but unsustainable diets, participation in excessively intense exercise regimens, or experimentation with unhealthy weight control methods.

During this process, individuals may compare their bodies to these ideals, potentially developing psychological issues such as low self-esteem, feelings of inadequacy, and body dissatisfaction. The media's tendency to equate "thinness" with health and promote weight-focused diet culture further intensifies this pressure. These influences can result in severe health problems, including eating disorders, hormonal imbalances, and chronic stress, while also making it difficult for women to adopt sustainable and balanced healthy lifestyles.



The Increase in Eating Disorders Within This Context

Constantly shifting and unattainable beauty standards play a critical role in the prevalence of eating disorders. Issues such as anorexia nervosa, bulimia nervosa, and binge eating disorder are directly linked to societal pressures surrounding body image and weight control. The idealization of thinness by the media and fashion industry has particularly contributed to the rising occurrence of these disorders, especially among young women.

Research shows that social media usage significantly amplifies body dissatisfaction, triggering psychological issues such as depression, anxiety, and low self-esteem. Unrealistic body images perpetuated through filters and edited photos not only foster feelings of inadequacy but also promote harmful behavioral patterns that encourage eating disorders. In this context, beauty pressures and media influence not only create individual health problems but also escalate into a broader public health concern.

Prevalence of Eating Disorders Among Women

Between 2000 and 2018, the global prevalence of eating disorders showed a remarkable increase, rising from 3.5% to 7.8%. While eating disorders can affect individuals of all genders, they are significantly more common among women. Research indicates that the lifetime prevalence of any eating disorder ranges from 0.74% to 2.2% in men, compared to 2.58% to 8.4% in women.

The higher prevalence of these disorders among women is closely linked to societal pressures surrounding body image. Adolescent and young adult women, in particular, are at greater risk due to their heightened exposure to unrealistic beauty standards perpetuated by media and popular culture. Social media platforms, filters, and the widespread promotion of idealized body images exacerbate this issue by setting unattainable expectations for women's appearance, further fueling the development of eating disorders.



The Role of Dietitians in Gender and Body Image

The role of dietitians extends beyond merely guiding individuals' dietary habits. It encompasses a broader responsibility of understanding, questioning, and transforming the effects of gender norms and body image on individuals. Harmful beauty standards and weight-focused approaches imposed by society can negatively impact both physical and psychological health. Dietitians play a critical role in breaking this cycle. By adopting compassionate, inclusive, and person-centered approaches, they support individuals in accepting their bodies as they are while promoting sustainable and realistic healthy eating habits. This approach aims to enhance not only physical health but also mental and emotional well-being.

Given the societal pressures on women regarding body image, dietitians hold significant responsibility in challenging these norms and fostering a more inclusive understanding of body image. By moving away from weight-focused narratives in education and counseling processes and addressing health through a holistic lens rather than physical metrics alone, dietitians can help mitigate harmful impacts on individuals. They are uniquely positioned to guide individuals in freeing themselves from damaging societal beauty standards, contributing to both personal and societal transformation. This transformation goes beyond improving individual physical health, promoting a more inclusive perspective that supports social equality and body diversity.

Weight-Inclusive New Approaches

Weight-inclusive approaches, which prioritize individuals' overall health and quality of life instead of traditional weight-focused methods, are gaining increasing importance. These approaches aim to foster a healthier relationship with the body by addressing physical, mental, and emotional well-being as a whole.

Mindful Eating:

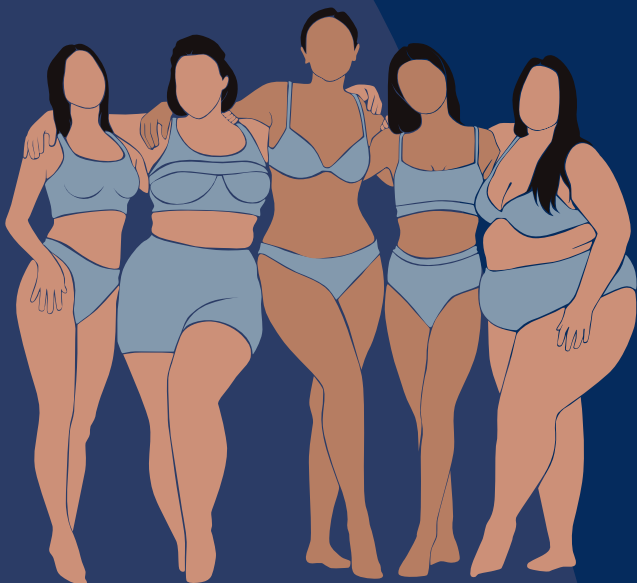
Mindful eating encourages individuals to approach their eating experiences with awareness. This approach involves recognizing physical hunger and fullness cues, eating based solely on physical needs, and fully experiencing the act of eating in the present moment. Additionally, identifying emotional eating behaviors and developing healthy strategies to manage them are fundamental aspects of mindful eating. This practice helps individuals associate eating with enjoyment and satisfaction rather than guilt or stress.



Intuitive Eating:

Intuitive eating aims to help individuals move away from diet culture and listen to their bodies' natural needs. It is based on hunger, fullness, and satisfaction cues, supporting individuals to make food choices freely and consciously. This approach encourages individuals to tune into their bodies, understand their needs, and respond accordingly. Intuitive eating fosters a peaceful relationship with food, strengthens body image, and promotes eating behaviors that are independent of societal beauty standards.

Body Acceptance-Based Approaches:



Body acceptance supports individuals in embracing their bodies as they are and celebrates the diversity of different body types. This approach challenges societal beauty standards while helping individuals make peace with their bodies. Aligned with the body positivity movement, it fosters self-esteem and enables individuals to define themselves beyond their physical appearance.

HAPPY
WORLD
Women's Rights Day

DECEMBER 5TH



December 5, 1934, marks a turning point not only in the history of the Republic of Turkey but also in the global struggle for women's rights. Gazi Mustafa Kemal ATATÜRK granted women the right to vote and to stand for election as members of parliament, enabling Turkish society to take a significant step toward modernization and empowering women to attain their rightful place in social life. This right was extended to Turkish women ahead of many Western countries of the time, showcasing the progressive and egalitarian vision of our Republic to the world.

ATATÜRK emphasized the indispensable role of women in building societies with his statement, ***“Everything in the world is the work of women.”*** He consistently expressed his belief that education, science, and politics can only thrive with the participation of women. His vision extended beyond merely granting rights; it aimed to remove barriers to women’s existence as free, strong, and equal individuals.

On this World Women’s Rights Day, I extend my deepest gratitude and respect to Atatürk, who secured this historic right for women and paved the way for their stronger presence in society.

OVERCOMING BARRIERS

The Right to Healthy Nutrition for People with Disabilities

Başak CAN, a Research Assistant at Istanbul Gelisim University Faculty of Health Sciences, Department of Nutrition and Dietetics, shared important insights on the challenges faced by individuals with disabilities regarding healthy nutrition and proposed solutions.

This special day, adopted by the United Nations in 1992, aims to highlight the rights of individuals with disabilities, their equal participation in society, and the challenges they face while striving to eliminate barriers and create an inclusive society. Nutrition emerges as a critical factor that goes beyond being a basic need, directly influencing the quality of life for individuals with disabilities to lead a healthy life.

Nutritional Barriers Faced by Individuals with Disabilities;

1. Challenges in Physical Accessibility

Individuals with disabilities encounter numerous physical barriers, from grocery shopping to meal preparation:

- Narrow aisles and high shelves in supermarkets make it difficult to access healthy foods.
- Traditional kitchens are often not designed for use by individuals with disabilities; the height of countertops and the placement of cabinets can make cooking nearly impossible.

2. Lack of Access to Information

Individuals with disabilities face various challenges in accessing accurate and reliable nutrition information:

- Those with chronic conditions struggle to cope with both physical disabilities and specific dietary needs.
- The absence of sufficient audio guides or Braille materials limits access to information for visually impaired individuals.

3. Social and Economic Factors

Economic access to healthy foods poses a significant barrier for individuals with disabilities:

Healthy foods, such as fresh fruits and vegetables, are often more expensive, and financial constraints can lead individuals to choose unhealthy alternatives.

A lack of social support makes it challenging to maintain healthy eating habits, negatively impacting both mental and physical health.

The Role of Dietitians and Proposed Solutions

Research Assistant Başak Can offers the following recommendations to improve the quality of life and facilitate the nutrition process for individuals with disabilities:

- **Personalized Nutrition Plans:** Creating diet plans tailored to each individual's health conditions and physical capabilities can enhance their quality of life.

Accessible Education:

Practical information, such as preparing suitable food textures, can be shared through educational programs for families and individuals.

Community-Supported-Solutions:

Collaborating with municipalities to provide affordable healthy meal boxes and services.

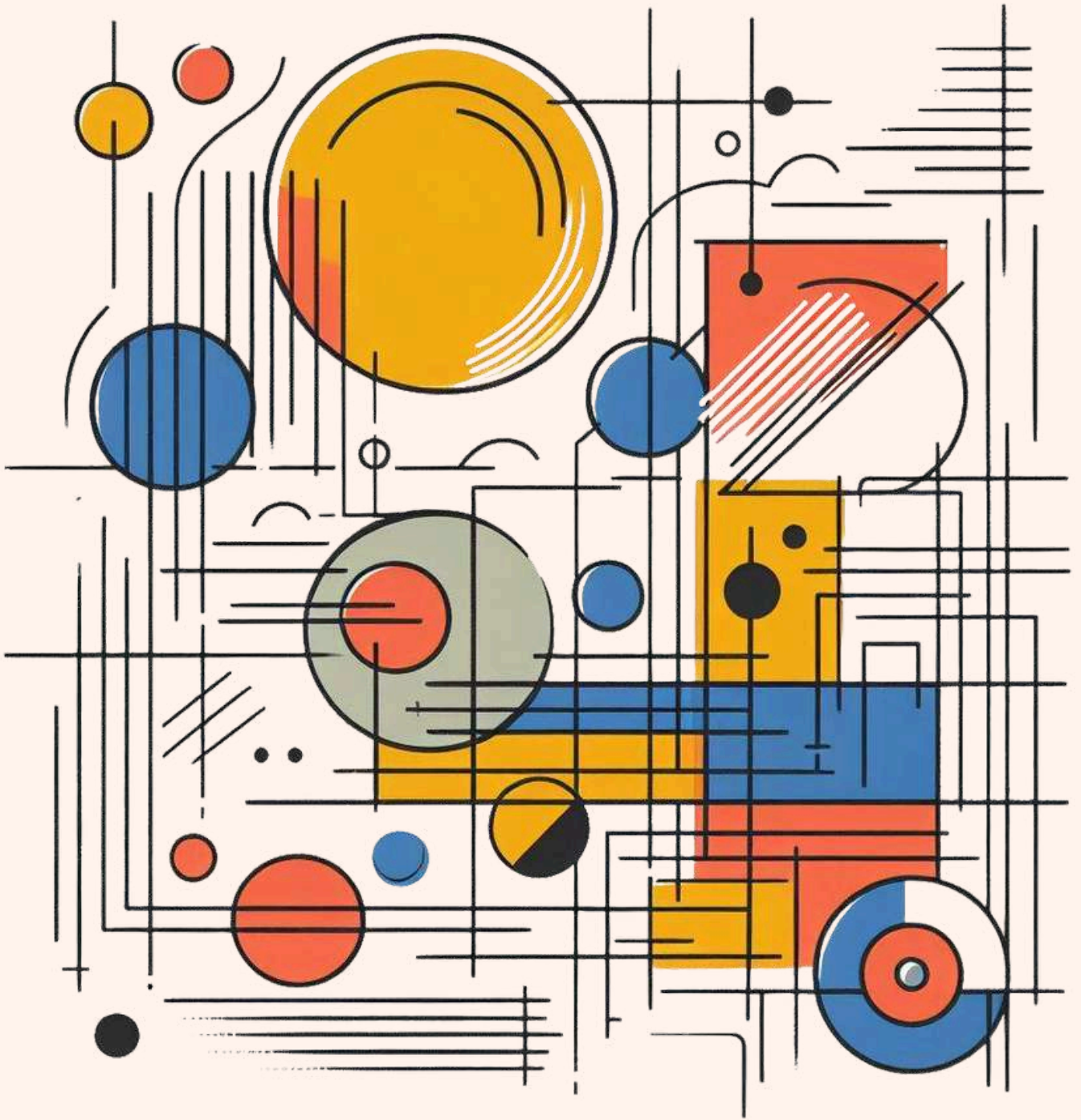
Awareness Campaigns:

Emphasizing that nutrition is a human right and advocating for the necessity of an inclusive society to raise public awareness.

Inclusive Steps for a Healthier Future

Removing all physical, social, and economic barriers is crucial for individuals with disabilities to lead a healthy and balanced life. Highlighting that the right to healthy nutrition is not a privilege but a fundamental right, it is possible to enhance everyone's quality of life through inclusive solutions.

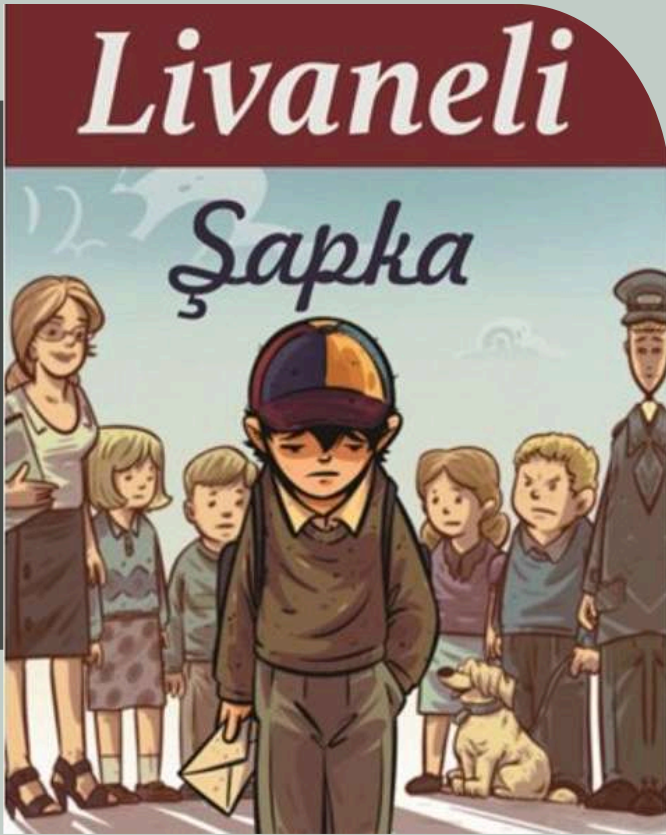
Together, we can build a healthier, more inclusive society for everyone!



CULTURE ART
LITERATURE

Traces of Migration in Zülfü Livaneli's *The Hat*: *Exile and Identity*

Sena Nur İKİNCİ
3rd-year Social Work student.



According to Grinberg, unlike parents who voluntarily or forcibly migrate, children are always the ones who are “exiled.” This exile is not merely a physical displacement; it leaves profound marks on the psychological world of children. Zülfü Livaneli's *The Hat*, a compelling example of how migration, identity, and belonging are reflected in individual narratives, provides a strong foundation for understanding the multifaceted structure of this process.

The protagonist, Yılmaz, attempts to teach his son the fallacy of exclusionary attitudes by sharing his experiences of migration. This approach can be explained through Vamik Volkan's concept of “depositing.” Depositing refers to the conscious or unconscious transfer of parents' traumatic experiences to their children. However, this transfer is not confined to the reproduction of trauma; it also offers an opportunity for healing and transformation. When children become aware of this traumatic legacy, they can confront the past and embark on a journey to reconstruct their own identities.

As Yılmaz shares these experiences with his son, he simultaneously strives to raise awareness against societal prejudices. This effort is reminiscent of Jane Elliott's 1968 “A Class Divided” experiment. Elliott divided her students into blue-eyed and brown-eyed groups to directly expose them to the experience of racism, vividly demonstrating the psychological and societal impacts of such divisions. Her experiment powerfully revealed how external factors quickly shape identities and how these identities transform within social hierarchies.

A similar transformation is observed in Yılmaz's migration experience in Germany. Feeling excluded due to language and cultural differences upon his arrival, Yılmaz resorts to wearing a hat to conceal his distinctiveness. The hat becomes not only a tool for hiding identity but also a symbol of his efforts to establish a sense of belonging in a new environment and cope with past losses. Yılmaz's experience reflects the identity struggles and quest for social acceptance faced by individuals during the migration process.





Livaneli's *The Hat* addresses not only a personal migration story but also the broader struggle for social change and multiculturalism. Multiculturalism refers to the ability of migrants to preserve their culture and identity while participating in society with equal rights, free from discrimination. However, societies often perceive diversity as a threat, complicating this process of adaptation. In contrast, the novel illustrates how cultural diversity can enrich human experience rather than serve as a source of conflict.



At this point, the principles of the Salamanca Statement, which emphasizes the importance of inclusive education, become relevant. The declaration underscores the need for all individuals—not just those with disabilities—to be equally included in the education system and highlights the value of cultural diversity as a source of enrichment in education. Yet, as depicted in Livaneli's novel, Yilmaz's effort to conceal his identity may stem from society's perception of diversity as a threat. This underscores the importance of inclusive education and equal opportunities in fostering stronger societal bonds.

In conclusion, Livaneli's *The Hat* explores the complex relationship between migration, identity, and social transformation, presenting a universal framework through personal narratives. The novel stands out as a work that not only confronts the past but also reminds us of the possibility of constructing a new identity within cultural diversity.



TURKISH COFFEE

A DEEP-ROOTED HERITAGE AND ITS CONNECTION TO HEALTH



Hande Nur Onur Öztürk, Assistant Professor at the Faculty of Health Sciences, Department of Nutrition and Dietetics, Istanbul Gelişim University, shared detailed insights about the history, cultural significance, and health benefits of Turkish coffee.

Introduced to Ottoman lands in the 16th century, Turkish coffee quickly became an integral part of society and led to the emergence of the “**coffeehouse**” culture. These venues became important meeting points for discussions on literature, art, and politics. Turkish coffee has been regarded as a symbol of hospitality and a legacy that strengthens social bonds from the Ottoman era to the present day.

The Production Process of Turkish Coffee

The production of Turkish coffee is a meticulous and delicate process:

- **Bean Selection:** Turkish coffee is typically made from high-quality Arabica coffee beans, known for their rich aroma and taste.
- **Roasting Process:** The selected beans are roasted at a suitable temperature to bring out their aroma and unique characteristics. Medium or dark roasting is generally preferred.
- **Grinding Process:** The roasted beans are ground into a fine, powder-like consistency, which is a hallmark of Turkish coffee.

Health Benefits

The health benefits of Turkish coffee are supported by its natural components:

- **Rich in Antioxidants:** The antioxidants in Turkish coffee help prevent cell damage and may slow down aging by neutralizing free radicals.
- **Boosts Metabolism:** As a low-calorie beverage, Turkish coffee supports weight management by accelerating metabolism.
- **Enhances Mental Performance:** Its caffeine content increases focus and supports mental alertness.
- **Contributes to Heart Health:** Research suggests that moderate coffee consumption may have positive effects on heart health.

Points to Consider in Consumption

- **Caffeine Intake:** Excessive consumption can lead to side effects like palpitations, restlessness, and insomnia.
- **Stomach Sensitivity:** Coffee can increase stomach acid in some individuals. Those with sensitivity should consume it cautiously.
- **Effect on Blood Pressure:** Caffeine can temporarily raise blood pressure; individuals with hypertension should limit their coffee intake.

Traditional Recipe and Serving

Turkish coffee can be prepared plain, slightly sweet, moderately sweet, or sweet:

- Use one teaspoon of coffee and sugar as desired for each cup.
- Add a cup of cold water to the cezve (a small pot used for brewing Turkish coffee).
- Mix all the ingredients and cook on low heat.
- Remove the foam formed on top and pour it into the cup before boiling.
- Once the coffee reaches the boiling point, pour it into the cup.

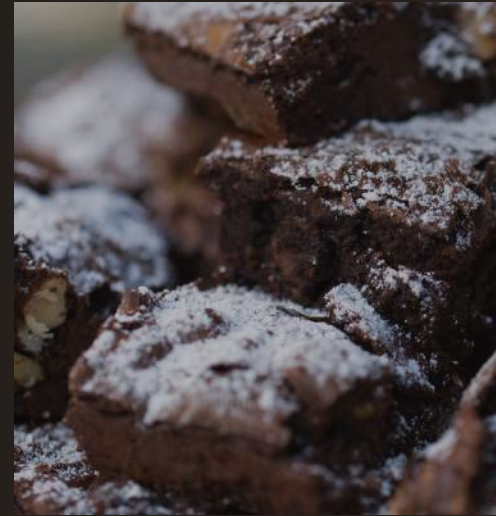
Traditionally, Turkish coffee is served with water and sweets like Turkish delight.

The Importance of Turkish Coffee

Turkish coffee is more than just a beverage; it is a symbol of culture, tradition, and unique moments that bring people together. This heritage, spanning from the past to the present, holds a special place in our lives, contributing to health and strengthening social connections.

The Perfection of the Seemingly Incomplete: Brownie

Research Assistant Güldane YILDIRIM from Istanbul Gelisim University Faculty of Health Sciences, Department of Nutrition and Dietetics, shared insights on the history and types of brownies, and a vegan brownie.



Brownie, although it initially seemed like the result of an incomplete dessert, has evolved into an indispensable treat in the world of desserts over time. This process, which began with the omission of baking powder, can be considered an unplanned kitchen mishap. However, this deficiency made a unique contribution to the world of desserts and created the brownie. Refusing to be a fluffy cake, brownie has revealed its difference with its characteristic dense structure and rich chocolate flavour and has gained the appreciation of millions thanks to these features.

The first written brownie recipe appeared as a 'cookie' in Fannie Farmer's cookbook in 1896. This recipe, different from today's brownie, has the qualities of a thin chocolate cake. However, there are also various narratives about the emergence of brownie.

These narratives include stories such as forgetting baking powder when preparing a chocolate cake, the dense texture of a dessert prepared with on-hand ingredients for sudden guests, and a portable chocolate dessert designed for a World's Fair at the Palmer House Hotel in Chicago. What these narratives have in common is that the brownie is seen as a 'miracle born out of deficiency'. Today, this simple but impressive dessert continues to be one of the favourites of chocolate lovers.

The 'moist cake,' frequently encountered in Turkish culinary culture, is often confused with the brownie. However, different from moist cake, brownie offers a more intense chocolate and buttery flavor. Various variations of the brownie have been developed today. The most well-known types include Fudgy Brownie with its dense and moist texture, Cakey Brownie with its lighter and fluffy texture, Chewy Brownie with its dense but chewy texture, Blondie with brown sugar or white chocolate instead of chocolate, and Vegan Brownie made entirely with plant-based ingredients. In Turkish cuisines, local brownie recipes enriched with tahini, dates, molasses, dried fruits and oil seeds are frequently made.



When evaluated in terms of nutritional values, brownie stands out with its high energy and carbohydrate content. It may contain minerals such as iron, magnesium and potassium in small amounts thanks to its chocolate, cocoa and nuts. In addition, the dairy products and butter used provide limited levels of vitamin A and calcium. However, the fact that the main components of a brownie are sugar and fat limits its nutritional profile as an energy-dense dessert. It is recommended to use alternative ingredients such as whole wheat flour, natural sweeteners and dark chocolate to increase the nutritional value. However, it should be emphasised that brownie is basically considered as a dessert category and should be consumed in moderation within the scope of a balanced diet.



Vegan Brownie Recipe

Ingredients

- 1 cup flour (whole wheat flour or regular flour)
- 1/2 cup cocoa powder
- 3/4 cup granulated sugar (optionally brown sugar or coconut sugar)
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/3 cup vegetable oil (coconut oil or sunflower oil)
- 1/3 cup almond milk or other vegetable milk (soya milk, oat milk, etc.) or just water
- 1 teaspoon vanilla extract
- 100 g dark chocolate (dark chocolate without milk/dairy powder)
- 1/2 cup walnut or hazelnut (optional)

Preparation

Preheat the oven to 180°C (350°F). Grease a small square baking tray and line it with parchment paper. In a mixing bowl, mix together the flour, cocoa powder, granulated sugar, salt, and baking powder. Add the vegetable oil, plant-based milk or water, and vanilla extract to the same mixture and mix until smooth. Break the dark chocolate into small pieces and add it to the batter along with the walnuts or hazelnuts. Stir well with a spatula. Spread the batter evenly in the baking tray. Bake in the preheated oven for 25-30 minutes. The centre may remain a little soft, this will help the brownie to retain its dense texture. Leave the brownie out of the oven to cool completely. After cooling, slice and serve.



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THE STORY OF A CUP OF TEA: DECEMBER 15TH, WORLD TEA DAY

Research Assistant Gizem Uzlu DOLANBAY from the Faculty of Health Sciences, Department of Nutrition and Dietetics at Istanbul Gelisim University, shared insights about the significance of World Tea Day and the health benefits of tea.

World Tea Day is celebrated annually on December 15th to honor the contributions of tea producers, workers, and consumers to the tea industry, to raise awareness about sustainable tea production, and to emphasize the cultural value of tea. Tea is not just a beverage; it has been a symbol of strengthened social bonds, a source of health benefits, and an economic treasure throughout history.

The History and Cultural Significance of Tea

The origins of tea date back to 2737 BC in China. Since its discovery, tea has held significant importance both for its health benefits and its social role. Today, tea is the second most consumed beverage in the world after water.

Turkey ranks first globally in per capita tea consumption, with 3.16 kg per person annually. In Turkish culture, tea is not merely a drink but also a symbol of hospitality and social interaction. The preparation and serving of traditional Turkish tea have become rituals reflecting the sense of unity and community in society.



The Health Benefits of Tea



Tea is more than a delightful drink; it offers numerous health benefits thanks to its natural components:

- **Rich in Antioxidants:** Tea contains polyphenols and flavonoids that combat free radicals, helping to prevent cell damage, slow aging, and reduce the risk of chronic diseases.
- **Boosts Immunity:** Regular tea consumption can strengthen the immune system and provide protection against infections.
- **Supports Heart Health:** Studies indicate that tea may help regulate blood pressure and balance cholesterol levels.
- **Reduces Stress:** L-theanine, an amino acid found in tea, calms the nervous system, reduces stress, and promotes mental relaxation.

Economic and Social Impact of Tea

Tea is not only a personal beverage but also an important economic and social asset. Tea production sustains millions of livelihoods, particularly in countries like Turkey, China, India, and Sri Lanka. In addition to providing economic stability for small-scale farmers, tea trade and exports significantly contribute to national economies.

World Tea Day aims to raise awareness about the importance of sustainable production and consumption of tea. Events held globally highlight the economic value of tea as well as its environmental impact.

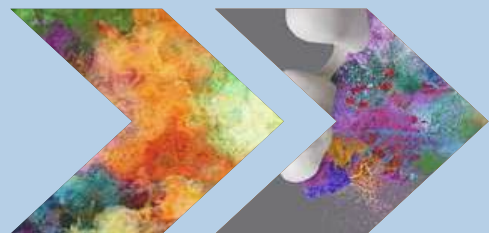


The Importance of World Tea Day

This special day celebrates the historical, cultural, and health-related values of tea while emphasizing the need for sustainable production and fair trade practices. It also serves as a reminder of how tea acts as a bridge connecting diverse cultures.

World Tea Day underscores that tea is more than a beverage; it is a cultural heritage and an integral part of a healthy lifestyle. For centuries, tea has brought people together, strengthened friendships, and contributed to health, maintaining its significance as an invaluable legacy.





OUR GUEST OF THIS MONTH

Ali TUĞRUL



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?

Cleaning

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

Electric

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

Playing in the Brazil-Turkey match

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

My mum Cemile

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

İlyas Salman

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

Work, Honesty, Benevolence, Humanity, Hastiness

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

I'd like to play very good football

8-Who is your hero?

Mehmet Akif Ersoy

9-Who is your favorite author?

Adil Ali Atalay

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

I cannot summarise



**Faculty of
Health Sciences**

ISTANBUL GELISIM UNIVERSITY GRADUATE TRACKING SYSTEM

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

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

What Are the Steps to Join METSİS?

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.



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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.





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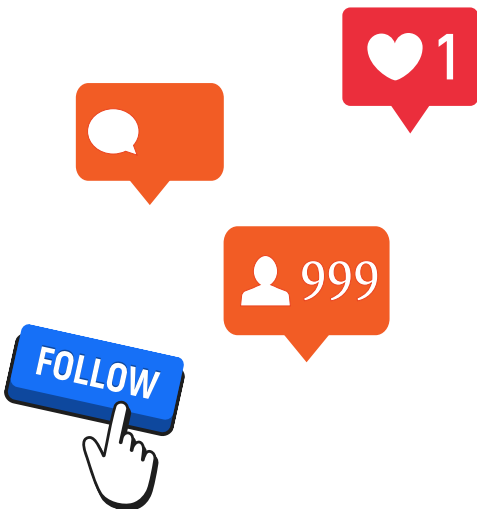
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