





Faculty of  
Health Sciences

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

Mustafa Kemal ATATURK

04-17

WE HAVE NOT  
FORGOTTEN



6 FEBRUARY 2023



# FEBRUARY

"If you feel pain, you are alive. If you feel other people's pain,  
you are a human being."

*Lev Tolstoy*

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# WE FORGET, WE CANNOT HEAL.



[illegible]

The mass and majesty of this world, all  
That carries weight and always weighs the same  
Lay in the hands of others; they were small  
And could not hope for help and no help came:  
What their foes liked to do was done, their shame  
Was all the worst could wish; they lost their pride  
And died as men before their bodies died.

She looked over his shoulder  
For athletes at their games,  
Men and women in a dance  
Moving their sweet limbs  
Quick, quick, to music,  
But there on the shining shield  
His hands had set no dancing-floor  
But a weed-choked field.  
A ragged urchin, aimless and alone,  
Loitered about that vacancy; a bird  
Flew up to safety from his well-aimed stone:  
That girls are raped, that two boys knife a third,  
Were axioms to him, who'd never heard  
Of any world where promises were kept,  
Or one could weep because another wept.

The thin-lipped armorer,  
Hephaestos, hobbled away,  
Thetis of the shining breasts  
Cried out in dismay  
At what the god had wrought  
To please her son, the strong  
Iron-hearted man-slaying Achilles  
Who would not live long.

**W. H. Auden**



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# INTERNATIONAL DAY OF WOMEN AND GIRLS IN SCIENCE: A PIONEER IN NUTRITION SCIENCE, PROF. DR. AYŞE BAYSAL



Faculty of  
Health Sciences

Res. Asst. Gizem UZLU DOLANBAY from the Faculty of Health Sciences, Department of Nutrition and Dietetics at Istanbul Gelisim University highlighted the scientific legacy and contributions of Prof. Dr. Ayşe Baysal to nutrition science and society on the occasion of the International Day of Women and Girls in Science on February 11.



## The Role and Importance of Women in Science

The increasing presence of women in science and technology is one of the fundamental pillars of social progress and development. The International Day of Women and Girls in Science, celebrated on February 11, aims to support women's participation in science and technology and raise awareness on this crucial issue. On this meaningful occasion, it is essential to commemorate Prof. Dr. Ayşe Baysal, who made pioneering contributions to the field of nutrition and dietetics, and to recognize her invaluable scientific work.

## The Life and Academic Career of Prof. Dr. Ayşe Baysal

Born in 1930 in Uğurlu Village, Karaman's Sarıveliler district, Prof. Dr. Ayşe Baysal started her education at İvriz Village Institute and graduated as the top student in 1950. She completed her higher education in 1954 at Ankara Girls' Technical Higher Teacher Training School and initially began her career as a teacher. However, her deep interest in science and nutrition led her to pursue further studies. She continued her academic journey in the United States, earning her undergraduate, master's, and doctoral degrees in Nutrition and Food Science from Virginia Polytechnic Institute and the University of Wisconsin. Upon returning to Turkey, she played a vital role in establishing the Department of Nutrition and Dietetics at Hacettepe University, where she continued her academic career for many years. In 1970, she became an Associate Professor, and in 1976, she earned the title of Professor, solidifying her place as one of Turkey's most significant experts in nutrition science.

## Contributions to Science and Society

Prof. Dr. Ayşe Baysal not only excelled in academia but also took part in projects aimed at improving public health. She contributed to the advancement of nutrition science in Turkey and worked diligently to promote healthy eating habits. She played a key role in shaping nutrition policies, participated in public health projects, and guided academics, dietitians, and students through her research and educational efforts. Her scientific studies on Turkish cuisine and traditional eating habits have left a lasting impact in the field. Additionally, she founded the Prof. Dr. Ayşe Baysal Nutrition Education and Research Foundation (BESVAK) to support the education of students and contribute to the growth of nutrition science in Turkey.

## An Inspiration for Women in Science

Her life story serves as an example of why women's increased participation in science is so important. Thanks to the educational opportunities provided by the Village Institutes, Baysal embarked on an academic career, pursued higher education abroad, and returned to her country to make a lasting impact on nutrition science. Many academics and dietitians continue to follow the path she pioneered, further advancing the role of nutrition science in public health. As the importance of supporting women in science is increasingly emphasized, Baysal's legacy remains a powerful symbol of the significance of women's contributions to science.

## Celebrating the Strength of Women in Science

On this special day, we once again reaffirm our belief in a future where women will take on even greater roles in science and lead pioneering studies. The scientific legacy of Prof. Dr. Ayşe Baysal continues to inspire everyone involved in the field of nutrition science.



Prof. Dr. Ayşe Baysal with her students and children (Prof. Dr. Ayşe Baysal)



International Day of Women and Girls in Science: A Pioneer in Nutrition Science, Prof. Dr. Ayşe Baysal  
International Day of Women and Girls in Science: A Pioneer in Nutrition Science, Prof. Dr. Ayşe Baysal  
11.02.2022

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



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

The platform, which offers students the opportunity to learn about projects carried out in different fields, participate in projects and share their own projects, and has a 50% acceptance rate in TUBITAK projects, aims to bring young researchers to the center of scientific studies. Abdülkadir Gayretli, Chairman of the Board of Trustees, Rector Prof. Bahri ŞAHİN, Vice Rectors Prof. Necmettin MARAŞLI, Prof. Nuri KURUOĞLU, Prof. Arda ÖZTÜRKCAN, BAP Coordinator Asst. Prof. Serap Yeşil kır BAYDAR and BAP Deputy Coordinator Asst. Prof. Sibel ZENGİN, academicians and our students attended.

"We were in the 1001-1200 band in the world ranking"

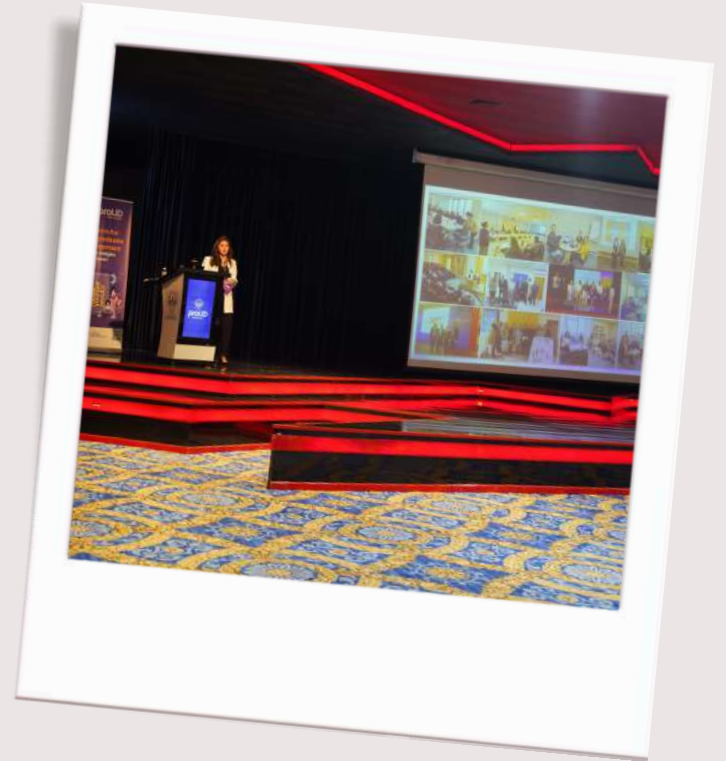
Abdülkadir Gayretli, the Chairman of the Board of Trustees of IGU, who made the opening speech of the event, emphasized the international goals of the university and said: "It is very important where we want to see ourselves as universities, students and academics. As Istanbul Gelisim University, we aimed to enter the first thousand in the ranking of world universities. Our joint effort to enter THE 1001-1200 band in THE (Times Higher Education) World University Rankings is a representation of the steps we have taken for our future success." Gayretli, drawing attention to the ProUD project of the university, "We always support such structures in order for our university to become stronger in the field of scientific research and become competitive in the international arena. I believe that ProUD will open new horizons to the research of both our academicians and students, and I invite everyone who will contribute to the scientific knowledge production process to evaluate these opportunities."



“We will involve our students in projects with ProUD”

Rector Prof. Bahri Şahin stated that the ProUD platform aims to involve undergraduate students in academic, research and development projects and emphasized the vision of Istanbul Gelisim University (IGU) to be a research university: “ProUD is an important initiative that will give a new impetus to our university's scientific research ecosystem. By supporting innovative ideas, it will guide and financially support our researchers in bringing their projects to life. As a university, we have always stood behind the studies that guide science, and we will continue to support scientific projects in the national and international arena. We will ensure that our students actively take part in nationally and internationally funded projects alongside our academicians.” Prof. Bahri Şahin also stated that IGU aims to be a pioneer in the fields of social, artistic and technical innovation and said, “We support our students to gain experience not only in classrooms but also in the field. Thanks to ProUD, we will involve our young people in projects that will meet the needs of the society at the undergraduate level.”

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



“Anyone with an idea will be able to apply to ProUD”

Vice Rector Prof. Necmettin Maraşlı said, “Students who have an idea and want to make a project will be able to apply directly to the platform. With internal and external support, we aim for our students to graduate as advanced, open-minded and knowledgeable individuals without remaining at the undergraduate level.”

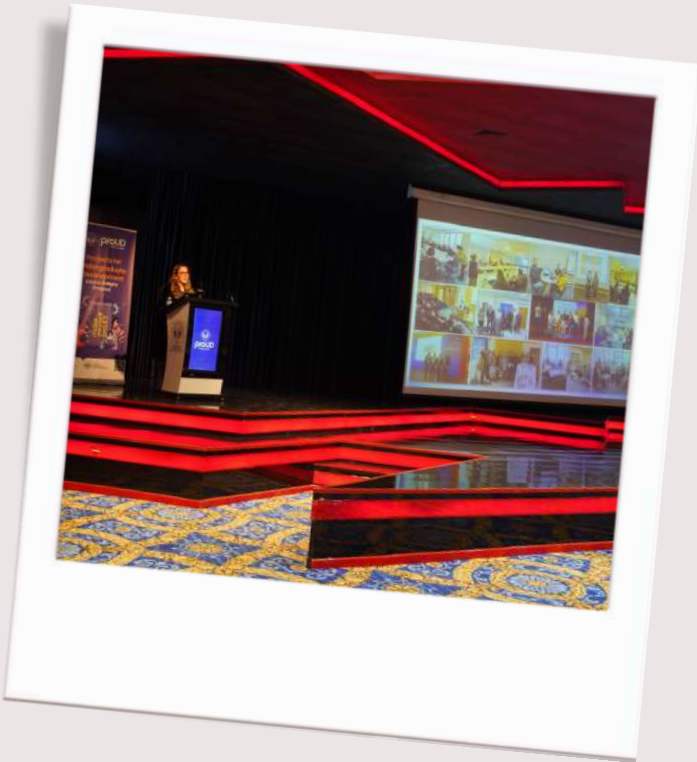


“ProUD will gather scientific research under one roof”

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

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

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



Istanbul Gelisim University - The new supporter of academic projects, the



## *Department Head Has Been Awarded the Title of Associate Professor!*

**Asst. Prof. Hatice Merve BAYRAM, Head of the Department of Nutrition and Dietetics at the Faculty of Health Sciences, Istanbul Gelisim University, has been awarded the title of Associate Professor, marking a significant milestone in her academic career.**

With her outstanding academic achievements and contributions to nutrition science, Assoc. Prof. Hatice Merve BAYRAM has played a pivotal role in advancing research and education in the field. Her dedication to scientific studies and commitment to mentoring students have made a profound impact on both academia and the wider community.

As the Department of Nutrition and Dietetics at Istanbul Gelisim University, we sincerely congratulate our esteemed faculty member on this well-deserved achievement and wish her continued success in her academic journey.







## ARTICLE



aca oryinalna

Original paper

### Correlation between long-bone dimensions and body mass in cats

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ived 28.05.2024

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Our Faculty Dean, Prof. Dr. Rifat MUTUŞ, and the Head of the Perfusion Department and faculty member of the Physiotherapy and Rehabilitation Department, Asst. Prof. Mehmet KARTAL, have published an article titled "Correlation between long-bone dimensions and body mass in cats" in *Medycyna Weterynaryjna*, a journal indexed in ESCI and ranked in Q4. [Click here to access the article.](#)



# CONGRESS PARTICIPATION



Organized in collaboration with Istanbul Beykent University, G c Journal, Transnational Press London, and International Business School, Manchester, the International Turkey Migration Conference hosted a presentation by Dr. Emrah TUNCER and Dr. Nazar BAL from Istanbul Gelisim University, focusing on migration through the lens of cinema.

In their study, titled “The Inability to Leave: Analyzing Brooklyn in the Context of Migration, Space, and Identity”, they explored how the film Brooklyn (2015) reflects the construction of migrant identity, the sense of belonging, and the emotional ties to space. The presentation examined the internal transformations migrants undergo and the role of social conditions in shaping identity.

By addressing different perspectives on the relationship between migration and space, this study contributed to discussions on the social and cultural dimensions of the migrant experience, raising new questions on the subject.

**10.30-11.45 Coğrafya, Mek n ve Yer**

**Oturum Bařkanı/Chair**

• **Prof. Dr. Mustafa Murat Y ceřahin**, Ankara  niversitesi, T rkiye

**G n m z T rkiyesi’nde G c ve Balkan G c leri**

• **Armaėan Yılmaz**, Dokuz Eyl l  niversitesi, T rkiye

**T rkiye ve Yakın Coėrafyalarında D n řen N fus D namikleri ve G c  r nt leri: Tarihsel Bir Analiz**

• **Prof. Dr. Mustafa Murat Y ceřahin**, Ankara  niversitesi, T rkiye

• **Arř. G r. Yurdanur Dalkıran**, Ankara  niversitesi, T rkiye

**T rkiye’den Hollanda’ya Nitelikli G cmenler: Kavramsal Bir Tartıřma**

• **G l Sevi  c nc **, Anadolu  niversitesi, T rkiye

**Yer’i Terk Edememek: G c, Mek n ve Kimlik Baėlamında “Brooklyn” Filminin Analizi**

• **Dr.  ėr.  yesi Emrah T ncer**, İstanbul Geřiřim  niversitesi , T rkiye

• **Dr.  ėr.  yesi Nazar Bal**, İstanbul Geřiřim  niversitesi , T rkiye



## BOOK



Edited by Asst. Prof. Aslı KAYA, one of the faculty members of our Faculty's Department of Health Management. His books titled 'Green Leadership Strategies for Increased Employee Engagement and Performance' and 'Green Management Approaches to Organizational Behavior', which he wrote together with Lecturer (PhD) Cemile ŞEKER and Prof. Dr. Edip ÖRÜCÜ, were published in IGI GLOBAL international publishing house.

## KONGRE KATILIMI

### 2. Uluslararası WriteTec Yapay Zeka Çağında Sosyal Bilimler ve Sağlık Bilimleri Kongresi:

(Ana Tema: Sosyal Bilimler ve Sağlık Bilimlerinde Yapay Zeka Uygulamaları)

21-23 Şubat 2025



Asst.Prof. Aslı KAYA, one of the faculty members of our Faculty's Department of Health Management, participated in the 2nd International WriteTec congress titled Social Sciences and Health Sciences in the Age of Artificial Intelligence. At the congress, from Near East University. He presented the paper titled "Employment Impact of Artificial Intelligence Applications in Health Services", which he prepared together with Lecturer (PhD) Cemile ŞEKER.



# From Exclusion to Solidarity: Hello to Life!

Leprosy has historically been more than just a disease; it has also symbolized social exclusion and stigma. Examined by various disciplines in the literature, leprosy has become an increasingly prominent subject of research since the 1980s. Within this framework, an event titled A Disease in the Shadow of Stigma: Leprosy, Hello to Life! was organized in collaboration with the Departments of Social Work, Nursing, and Orthotics-Prosthetics at the Faculty of Health Sciences, with the internal partnership of the Social Responsibility Application and Research Center, as well as the Social Work and Nursing Student Clubs. In his opening speech, Vice Dean Dr. Yüksel BARUT provided an assessment of the historical background of leprosy and emphasized the significance of Prof. Dr. Türcan Saylan's dedicated efforts in this field.



Following this, Dr. Emrah TUNCER took the floor, emphasizing that leprosy should not be regarded merely as a biological disease but as a phenomenon that affects social structures and solidarity. He analyzed leprosy from a socio-political perspective, highlighting the erosion of social values, particularly in the post-1940 and post-1980 periods. Tüncer discussed how structural transformations, such as the Truman Doctrine, shaped by American foreign policy from the late 1940s onward, led to the transformation of populist social and cultural institutions in countries like Turkey. He cited the example of the Village Institutes, addressing the consequences of the significant disruption in educational philosophy. Finally, drawing on Richard Sennett's work *The Corrosion of Character*, Tüncer argued that real change is only possible through solidarity, where individuals share values with one another, countering capitalism's tendency to render people 'shallow.'





The keynote speaker of the event, Lecturer Mücella SOYDAN from the Department of Nursing, provided a comprehensive account of the public health initiatives she carried out across the country between 1984 and 1999 as the Head of the Social Services Unit at Istanbul Leprosy Hospital. She detailed how, together with Prof. Dr. Türkan SAYLAN, they established the Social Services Unit and implemented social support programs aimed at integrating patients, particularly those in rural areas, into social and economic life. Drawing from her firsthand experiences and archival materials from the period, Soydan shared the origins of these projects and emphasized the crucial role of healthcare professionals in empowering and supporting communities from a rural development perspective.

Following Soydan's speech, Dr. Yonca Güneş YÜCEL from the Department of Social Work elaborated on Michel Foucault's theories on power technologies, analyzing the transformation of social exclusion through the metaphors of leprosy and plague. Yücel underscored that, in the modern world, diseases are not merely biological issues but also deeply social and political concerns. From this perspective, she argued that the fight against leprosy should not rely solely on policies of exclusion and isolation but should also incorporate experiences of patient empowerment and social integration, as exemplified in public health initiatives developed with a "modern ideal and altruistic passion."

Throughout the event, all speakers highlighted the intersections between the history of leprosy and broader social struggles, emphasizing that overcoming this disease is not only a medical challenge but also one that requires social solidarity. This event, organized through the collaboration of various departments within the Faculty of Health Sciences, once again underscored the necessity of adopting inclusive rather than exclusionary and stigmatizing policies in the fight against diseases.



## BENEFITS OF BREAST'S MILK FOR THE BABY BREASTFEEDING FOR THE MOTHER

Breast milk has a unique value in terms of infant nutrition in the first two years of life. The World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) recommend that breast milk be consumed as a primary source of nutrition starting from the first hour of birth and for 6 months without any additional food, including water, and with additional food between 6-24 months. Breast milk supports the baby's immune system with the live antibodies it contains and creates defense against microbes and viruses, thus the child fed with breast milk is less prone to gastrointestinal infections such as ear infections, reflux, constipation, and diarrhea. Breastfeeding for less than 4 months is associated with an increased risk of chest infections and diarrhea. Breast milk and breastfeeding positively affect the baby's physiological, cognitive, immunological health as well as psychological and social health.

4 FEBRUARY 2025

Res. Asst. AİŞE BÜŞRA CİĞER



Faculty of  
Health Sciences

Social Contribution



Studies have shown that constant contact between the mother and the baby during breastfeeding contributes to the baby's self-confidence and sense of security, that breastfed babies have better neurological development, that breastfeeding accelerates psychomotor and mental development, increases intelligence quotient, and increases school success in the future. In addition, breastfeeding contributes to the development of the baby's teeth and palate. The basic principle in breastfeeding should be to receive the baby's hunger and satiety signals and to ensure a secure bond between the mother and the baby. It is possible to ensure the baby's psychological and physiological well-being by supporting breast milk with adequate and regular breastfeeding.

Breast milk, which provides many benefits to the baby through suckling, also provides benefits to the mother through breastfeeding. Breastfeeding has been associated with increased psychological well-being of the mother and baby, increased sensitivity of the mother to the baby, secure attachment of the baby to the mother, and reduced maternal anxiety. It has been shown that the risk of hypertension, hyperlipidemia, and cardiovascular disease is reduced in breastfeeding mothers, and that it results in positive maternal metabolic changes. According to a meta-analysis study, continued breastfeeding after 12 months protects against maternal hypertension. The European Society of Cardiology has concluded that breastfeeding women have a lower risk of coronary artery disease later in life compared to those who do not breastfeed.

For the health of both the mother and the baby, breastfeeding and the use of breast milk should be encouraged up to 2 years of age. Formula milk and baby foods should only be used in situations where the health of the mother and baby is at risk.



# The “Healthy Living and Protection from Addictions”

## Training was Conducted by the IGU Addiction Struggle Coordination at the MEB Esenyurt Public Education Center

On February 18, 2025, between 11:00 AM and 2:00 PM, a seminar titled “**Healthy Living and Protection from Addictions**” was held at the Esenyurt Public Education Center, Additional Building, as part of the MEB Esenyurt Public Education Center Training Program. The seminar was led by Asst. Prof. Nurten ELKIN, Head of the Department of Child Development at the Faculty of Health Sciences of Istanbul Gelişim University and IGU Addiction Struggle Coordinator, and Res. Asst. Rabia Ceren ATEŞ, a faculty member from the Department of Child Development.

Asst. Prof. Nurten ELKIN, explaining the concepts of health, family health, and public health, emphasized the importance of parental awareness in protecting both individual and societal health in order for the family to carry out its healthy functions. She also discussed measures that can be taken to protect against addictions and promote the development of healthy living and behaviors. Asst. Prof. ELKIN informed the participants by distributing the “**Healthy Living Brochures**” prepared by the IGU Addiction Struggle Coordination. She also answered the participants..

Res. Asst. Rabia Ceren ATEŞ conducted a training session titled “**Combating Media Addiction**” as part of the efforts to protect against addictions in healthy living. The trainer discussed the impact of media on child development. She explained, through interaction with the participants, the steps that parents and children can take to protect themselves from screen addiction by using media correctly, as well as the precautions that should be taken. The seminar concluded with case examples.







# MULTIDISCIPLINARY APPROACH WORKSHOP IN MUSCLE DISEASES

*The Multidisciplinary Approach in Muscle Diseases Workshop, organized in collaboration with Istanbul University's Center for Disability Studies and Research (ENUYGAR) and the Turkish Muscle Diseases Association (KASDER), served as a crucial platform bringing together experts, civil society representatives, and individuals with disabilities. Representing the field of occupational therapy, Beyza Aşlı BİLSEL, a faculty member in the Department of Occupational Therapy at Istanbul Gelisim University, Faculty of Health Sciences, was also invited to participate in the workshop.*

The Turkish Muscle Diseases Association (KASDER) is a civil society organization established to improve the quality of life of individuals living with muscular diseases, advocate for their rights, and enhance social awareness. The association provides social, psychological, and physical support to affected individuals by working to ensure equal access to healthcare, education, and employment. Furthermore, it contributes to the development of more effective policies related to muscular diseases through collaborations with governmental institutions and academic circles.

The Istanbul University Center for Disability Studies and Research (ENUYGAR) is dedicated to enhancing the quality of life of individuals with disabilities, conducting academic research, and promoting social awareness. The center engages in interdisciplinary studies on disability-related issues and develops projects in the fields of education, accessibility, and rehabilitation. Additionally, it collaborates with public institutions, non-governmental organizations, and academics to strengthen the rights and inclusion of individuals with disabilities.







*During the workshop, the indispensable role of occupational therapy in the multidisciplinary management of muscle diseases was particularly emphasized. Occupational therapists play a crucial role in enhancing individuals' independent participation in daily life activities, supporting both physical and cognitive functionality, and improving overall quality of life. Their work includes developing adaptive strategies, modifying environments to promote accessibility, and maximizing functional independence.*

*Occupational therapy is not only vital for individual rehabilitation but also serves as a core component of multidisciplinary healthcare teams. In this context, collaboration with different disciplines is essential to fostering social inclusion, raising awareness, and improving accessibility for individuals with muscle diseases.*

Participating in this workshop as an occupational therapist contributes to the development of a comprehensive approach that prioritizes the rights, needs, and well-being of individuals living with muscle diseases.

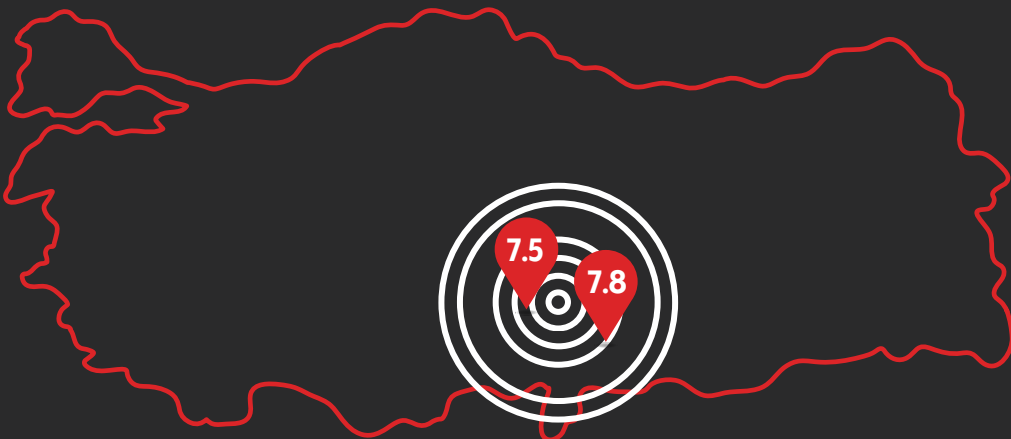
Sharing the multidisciplinary team's final report with governmental agencies, non-governmental organizations, and academic communities will be an important step toward long-term advocacy efforts. Participation in such workshops is highly valuable for enhancing the visibility of occupational therapists, strengthening scientific and social awareness, and promoting inclusion in healthcare and society. Engaging in this process is not only a professional responsibility but also a meaningful contribution to social transformation and inclusivity.

[Click for the news.](#)

## SOLIDARITY AFTER THE EARTHQUAKE: A TEAM



Two years have passed since the Kahramanmaraş-centered earthquakes on February 6, 2023. The earthquake, which affected millions of people in 11 provinces, claimed the lives of thousands. The Maraş earthquake not only caused physical damage but also left emotional scars. However, a group of volunteers from various fields came together to bring hope to earthquake survivors in tent cities. Today, two years later, this experience is shaping not only the past but also the future. The team members share how the traces of those days transformed their understanding of solidarity and social responsibility.







**Ms. NURAY**

RETIRED NURSE  
MOTHER OF A DAUGHTER  
59 YEARS OLD

### **What was your most unforgettable moment during the solidarity process after the earthquake?**

My professional life began at a university hospital and ended there as well. When I heard about the earthquake disaster, it was impossible for me to sit at home while people around me were in pain and waiting for help. I told my actively working friends that I wanted to go to the region as a volunteer. We set off with people I didn't know, coming from different professions. It was a long journey, and we moved forward without knowing what kind of environment we would encounter.

We became a warm and harmonious team, as if we had known each other for years. All of us left everything behind and focused on a single goal: the desire to be as helpful as possible. The energy this unity gave us might have even hindered us from being more productive. Sleeping on the floor in a small container with the first team we met was truly an interesting experience. My family was anxious about my decision to go to the region, but they sent me off with their prayers.

We were tired, cold, and faced difficult conditions, but we felt at peace, and we all did our best. Today, no matter where in the world or under what circumstances, I would run to help in the event of another disaster.

### **What kind of impact did your relationships with the people in the tent city leave on you?**

Conscience, compassion, zero ego; more empathy.

### **How did this experience affect you?**

More love and tolerance.







**MERAL EROL**

**MIDWIFE  
45 YEARS OLD  
MARRIED – MOTHER OF 2  
CHILDREN**

### **What was your most unforgettable moment during the solidarity process after the earthquake?**

The most unforgettable thing for me was experiencing something for the first time. Also, it was extremely cold – I can't forget that either. Staying and sleeping together in a container with people I had never met before, yet feeling like we had known each other for a long time, was such a unique experience for me.

### **What kind of impact did your relationships with the people in the tent city leave on you?**

Living in a tent was a very challenging experience. Some people were truly in need of care, and, from what I observed, the process was even more difficult for foreign nationals. Additionally, people's perspectives made a noticeable difference. Those who were more positive transformed the environment into a more livable space, while those who were more depressed seemed more indifferent. I also saw some students who were determined to continue studying for the university entrance exam, which deeply inspired me. The desperation of a pregnant foreign woman, who didn't speak Turkish well, saddened me.

### **Where would she go? How would she give birth? Everything was such an uncertainty for her at that moment.**

Seeing people lose everything in an instant and feel so helpless was truly both heartbreaking and anxiety-inducing. To be honest, knowing I would only stay there for a limited time and that I had a warm home, a healthy family, close relatives, and friends waiting for me when I returned provided me comfort. However, the uncertainty of the future for the people there was deeply upsetting.

Especially for those who had lost loved ones, the situation seemed even more devastating. Walking among the rubble made me feel awful. Witnessing the consequences of human incompetence, greed, poor urban planning, inadequate building structures, and mismanagement was both disheartening and demoralizing. At the same time, seeing how older buildings on mountain slopes remained intact reinforced the importance of proper urban development. Moreover, witnessing the kindness and generosity of our people was incredibly moving.

Seeing those who came from all corners of Turkey and worked tirelessly with genuine effort was inspiring. However, encountering a few individuals with ulterior motives, though their numbers were small, was disheartening.





## **What motivated you to volunteer, and how did your close circle respond to it?**

What motivated me to go and help was, perhaps, knowing as a healthcare professional that there is a significant need for us in such disasters. It was also likely the awareness of the shortage of healthcare workers in such situations. My close circle saw it as a very honorable and proud act and sent me off with their prayers. My husband and children respected my decision.

## **How did this experience affect you?**

I'm not sure if it left a permanent impact, but I know this: whenever there's a need, whether in Turkey or anywhere in the world, regardless of race or belief, I would want to help anyone in need.

## **What does solidarity mean to you in today's world?**

To me, solidarity today means providing whatever material or emotional support we can to meet the needs of those in need.

## **How did your communication with the team serve as a source of strength against the challenges of this process?**

We met the team for the first time during the journey that day. Everyone came from different professions. Even though it was a long road trip, the journey went smoothly and pleasantly. Everyone was cheerful and well-intentioned. Later, they turned out to be very helpful and proactive people, skilled at what they did. Even though we shared a small and confined space, everyone played a constructive role.

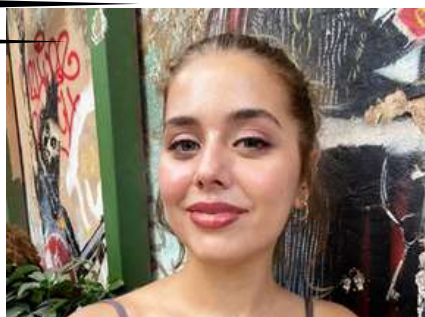
## **Looking back at the entire process, what could have been done differently, or what was done right?**

When I think back, perhaps there could have been better organization in terms of tasks. In the early days, the lack of organization sometimes led to inefficient use of labor and resources. What was done right, however, was having experienced and competent people in our team who could quickly set up a facility (in our case, in the healthcare field, though this might apply to other areas as well) from scratch. For such situations, it's crucial to send experienced individuals as guides or leaders. Otherwise, time gets wasted, unfortunately.

Also, after the earthquake, I'd tell everyone to hold their loved ones even closer.







**FATMA SILA AYAN**

**ACADEMICIAN**

**What was your most unforgettable moment during the solidarity process after the earthquake?**

I think I'd rather not share it here; I don't want to revisit it. But I can tell you about one memory: an earthquake survivor who was a construction worker, setting aside his own troubles, continued to join the rubble clearing efforts with relentless hope, without eating or drinking. His eyes were bloodshot from dust, broken ceramic, and debris. His hands and feet were torn up, and his lips were deeply cracked from dryness. We washed his eyes with saline and suggested he rest.

He replied, embarrassed, "How can I stop and rest while people are under all that concrete? Even coming here feels like stealing time from saving their lives. If I could see where I was going, I wouldn't have stopped working."

They worked for days without eating or drinking. Even over a week later, there still wasn't enough equipment for the professional teams working in İskenderun. These volunteer workers, themselves earthquake survivors, would come in the evenings to get bandages or dressing supplies or to have their wounds treated, and then they'd go back to work. A handful of quiet men... They were reluctant to just sit in the tent city, feeling ashamed. It was as if they were heading to their daily wage jobs, sent off early by their families. Sometimes they'd return in the evening, sometimes not for days, working tirelessly. Their children probably thought their fathers were coming home from a regular construction job.

But these men, knowing it was nearly impossible to save anyone anymore, would still go back to help retrieve bodies because it had to be done. These heroic people worked with their own picks and shovels, with their hands bloodied, without even wearing goggles, masks, or gloves, all to save their neighbors and families.

Meanwhile, some residents who walked ten kilometers to get supplies from the tent city could still face responses like "work hours are over" when they arrived at 6:00 PM from officials assigned by some of the most well-known public institutions. I'll never forget the proud anger in the voices of those who were turned away or the contrast between those doing everything they could and those who held back. This memory will always stay in a corner of my mind, shaping my expectations in the face of any future disaster.



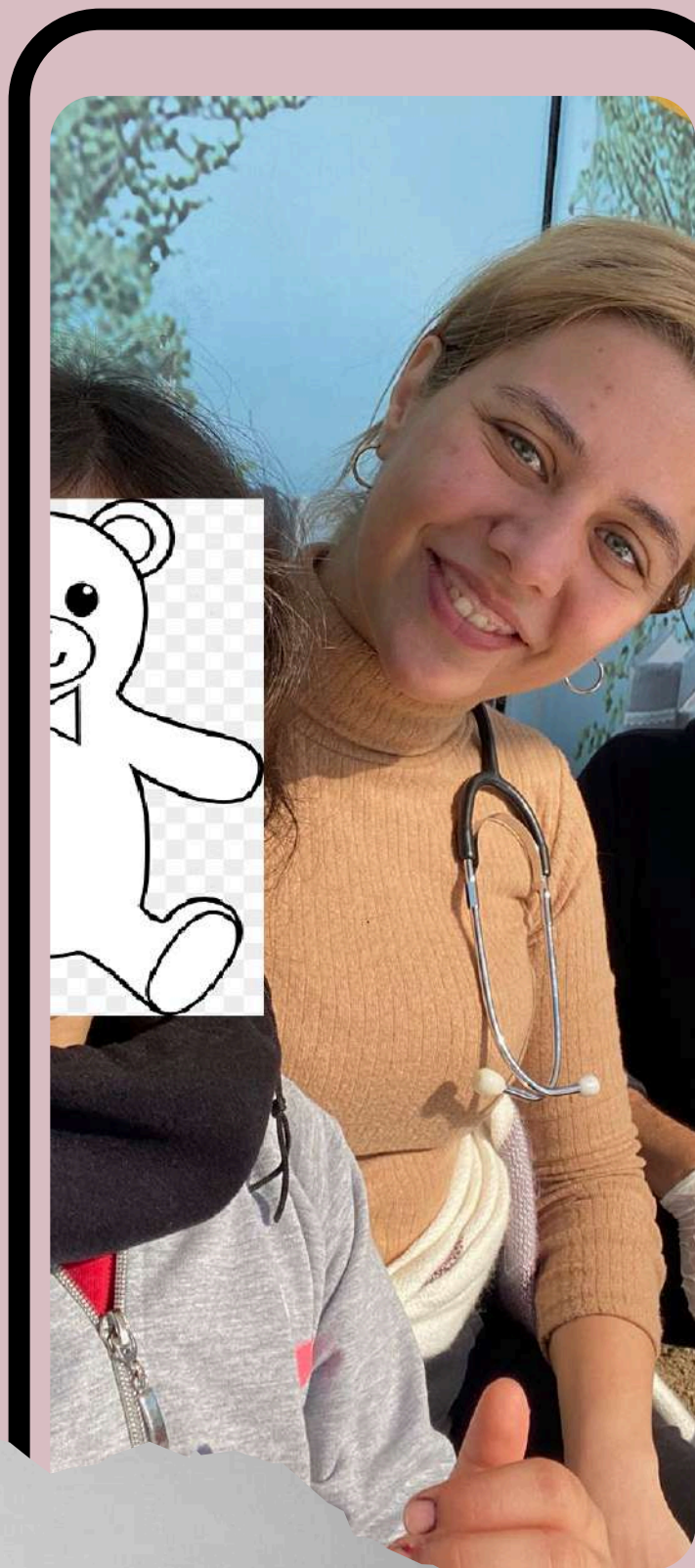


### **What kind of impact did your relationships with the people in the tent city leave on you?**

I still don't talk to many of them frequently, but we keep in touch by phone. Naim Abba, who tried to take care of her father, who had bedsores and whom I attended to, lost him shortly after the earthquake... We remember him in every phone call. Zülfikar Ağabey, a dialysis technician, was one of the rare healthcare professionals who helped everyone around him and was there 24/7 after we left; he still updates me about everyone. I believe disasters connect us in a more sincere and humane way. Shared experiences make us a family with people we might not even notice walking side by side with us in normal circumstances. We share the experiences and their impact with them, experiences we can't even describe to our own families...

### **How did this experience affect you?**

It felt like the end of the world. And we weren't even in the areas with the worst destruction; we were on the outskirts... Yet, after a few days, people were still brewing tea on their stoves in front of their tents and wanted to offer it to us as a thank you; children started playing games... Seeing that life, despite everything, has to continue with all its changes, beauty, and destruction, deeply affected me. Later, I thought these experiences wouldn't leave lasting marks, but I realize I still feel more fragile every anniversary of the event. Then, I feel ashamed, thinking I don't have the right to feel this way. But it's clear that it has turned me into a more nihilistic and weary person.







### **What motivated you to volunteer, and how did your close circle respond to this?**

Some people thought I was being emotional, but that it wouldn't make much of a difference. There were those who claimed we were just collecting bodies and that no one would want to do that... Some compared it to their military experiences, while others wanted us to handle paperwork while we were on the ground... Essentially, while life in some parts of the country was unaffected for some, mine and others' lives had been deeply shaken. My pathological sensitivity might have had an effect on this. My close circle, consisting of a few people whose opinions I value, thought I was crazy. They believed that even if I wasn't crazy, I would definitely lose my mind when I returned... Maybe they're right. But the thing that motivated me never changed. I hope I never need it again, but if I do, it will always be something within me. If I were the one experiencing the disaster, or if someone I loved dearly were, I would feel the need to be the person they need... I'm not physically strong, I don't have search-and-rescue training, and I'm not a healthcare professional responsible for clinical skills and authority, but what I saw there was that the event wasn't just about those competencies—it was about altruism, dedication, being someone who learns quickly, and being practical. Some people with those qualities didn't hesitate to offer them during those days. They're probably right; it's a very personal decision... But I think truly wanting to help and having enough knowledge to help without causing harm is enough. I'm not sure how much we were able to do, but we did everything together as a team—if we had to fight for a container for the clinic, we did it. If we had to make balloons for kids out of gloves, we did that. If we had to try to create medications we didn't have based on active ingredients, we did that too. There were times when we had to do invasive things I'd never want to do, but we tried to do our best within our knowledge and skills, even though it could have been considered a crime if something went wrong... We set up a health cabin there when no one else was around. When others arrived, we handed it over and left—which is a funny story. The Ministry of Health thought we were a field hospital because we worked so actively, starting to distribute medicine and aid around the city. They called us to give us cases of dysentery to handle... We had to explain that we were just four or five volunteers, didn't even have a doctor, sourced our own materials, and weren't affiliated with them. A few days later, when they sent professionals to take over the clinic, our time was up, and our duty for that moment had ended.







**Do you believe that the volunteer activities you did during the earthquake had a lasting impact?**

One important thing I learned from the earthquake is that nothing in life is permanent, for me. We didn't directly pull anyone out of the rubble and save a life. We only tried to ensure access to basic health services, allow people to share their struggles, and guide them to cope with their grief in a more therapeutic way. I think the only lasting thing is the destruction caused by the earthquake itself in our minds and in our belief in a just world.

**What does solidarity mean to you today?**

It's a contradiction between unease and hope. It's something truly difficult to find.

**How did communication within the team serve as a source of strength against the challenges of the process?**

My hope in humanity increased. A group of people who didn't know each other slept side by side. We cried together, sometimes laughed. Everyone immediately adopted and protected each other. One day, on the second or third day of our stay, when we wanted to install an electrical transformer on the container we had acquired as a medical unit, something went wrong, and I think the transformer exploded. Our container was an old metal-framed one. The electricity was still active. They were shouting at us to get out, to not touch anything. But the metal we had to cling to with our whole bodies was broken, and we couldn't fit through the window. Everyone inside was rushing to open the door, while others were trying to protect it. Those outside were trying to open the door from the outside, ignoring everything. Thankfully, nothing dangerous happened, but I really think you realize how pure and selfless people are in moments when they are truly tested. Everyone in that team was thinking of others, golden-hearted and courageous.

**Looking back at the entire process, what could have been done differently/what was a good thing that was done?**

If we had gone back to the beginning and prevented many immoral and unethical actions, the disaster might not have been as severe. There's a lot to be said, but it's probably better left unsaid... The good thing, in my opinion, is that compared to the 1999 earthquake, psychosocial support and initiatives to normalize life reached the field at an early stage, which was very important, especially for children. Hearing that even one child could smile was very uplifting for everyone.

**If you had met your pre-earthquake self, your self right before the earthquake, and your self just returned from the earthquake area, what would you have said to these two people?**

My pre-earthquake self wouldn't have understood anything I said. My self just returning from the earthquake area might not have understood my current exhaustion. As Can Yücel said, maybe there's no need to bring together people who don't know each other.





### What was the most unforgettable moment during the solidarity process?



MEHMET MIHÇIOĞLU

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HEMŞİRE

In the disaster area, I rushed to help a human being with my passion for my profession, hoping to perform tasks like inserting an IV or dressing a wound. But since I wasn't a civil servant, they turned me away saying, "Carry water, dig dirt, but we can't include you in the health team." However, I had landed at Maraş Airport on an ambulance plane from Atatürk Airport. If I weren't a nurse, how else could I have come from an international airport? When I met with the 112 committee team, we were separated. Apparently, no civil servants had volunteered; those who went were paid for their assignments. Volunteers like me were rejected and not wanted. I experienced and witnessed this discrimination, and I will never forget it.

### How did the relationships you built with the people in the tent city leave an impression on you?

I am from Osmaniye, so all the people there are like my own flesh and blood. There was a sincere and heartfelt sense of solidarity, reflected in our dialogue, dialect, and way of speaking. People, knowing that we had left our homes, spouses, and children behind to help them in their difficult situation, expressed their gratitude in their voices. There was a genuine, unpretentious feeling. I saw what true friendship looks like there. On one side, there were people who had lost everything and were searching for a way to survive, while on the other side, there were those who had left everything behind and rushed to help.

### How did this experience affect you?

I have dealt with many incidents and illnesses over the years in this profession, but everyone in our team, including myself, agrees: I don't think anyone could truly forget or fully express the impact of going to such a disaster-stricken and needy place. What we experienced and saw there will stay in the back of our minds, like a black box.

### Do you think your volunteer activities during those days had an effect?

As humans, we can be ungrateful. Unfortunately, the activities and efforts made there were gradually neglected over time. However, in the healthcare sector, being controlling and organized is a professional habit that still continues. In this sense, I can say that it had an effect.





## **What motivated you to volunteer, and how did your surroundings react to it?**

I haven't been a person with wealth or property. I couldn't donate millions to help a person. But if God gave me the ability to do this profession and allowed me to wake up safe and sound at home, I felt it was my duty to go and show my gratitude. I always told to myself, "When I stand before God on the Day of Judgment and He says, 'I gave you the ability to do this profession, and you didn't help the one in need,' how will I answer?" Our effort might be like the ant carrying water to the fire of Mount Nemrut; perhaps we couldn't extinguish the fire, but we made our stand clear.

## **What does solidarity mean to you today?**

We Turks are a patriotic and nationalistic society, but this characteristic is like a fleeting flame; it burns bright in the moment, but fades over time. Even during that time, we faced this issue: we couldn't find a volunteer team to take over our place. As I explained in the first question, we had to hand it over to the civil servant seniors.

## **How did your communication within the team become a source of strength against the difficulties of this process?**

My personal belief was always this: Those who came to serve wholeheartedly, leaving their homes and families, should not have egos, arrogance, or an attitude of "I've done it all." I started working in the İskenderun container city at night and later joined the team from Antakya. It was on the second day that I found out one of my teammates was an academic. Therefore, there was never any negativity in communication or behavior.



**Considering the entire process, what could have been done differently, or what was good that was done?**

I believe the best possible intervention was made within the available means. However, once the shock of the first week passed, after the search and rescue process, I think the real challenge should have been providing sustainable healthcare services. Mobile health units could have been created, and healthcare services could have reached more people.

**If you were to encounter your previous self from the day before the earthquake and your current self, what would you say to those two individuals?**

I would say this: "The world is futile." One of my uncles says it too, and it's exactly like that. No matter what we do, no matter how much we try to express ourselves, as long as there are issues beyond us and those who should be doing the necessary work are not doing it, we will continue to live in this vicious cycle. How so? This interview is only for the sake of being expressed, it will have no impact, and it will be archived. If things had changed after the 1999 Gölcük Earthquake, the Van Earthquake, or the İzmir Earthquake, precautions would have been taken. But after the Maraş Earthquake, did anything change? No! We saw the same after the Kartal Kaya Fire. Right now, there's a buildup in Marmara, and a major earthquake will happen. Years will pass, and it will be a repetition. Maybe Emrah, Sila, Nuray, Meral, or Mehmet Nurse won't be around, or they will be the ones waiting for help, but nothing will change, unfortunately. I would like to end these words with sadness.







**EMRAH TÜNCER**

**ACADEMICIAN**

## **What was your most unforgettable moment during the solidarity process after the earthquake?**

Sharing the most unforgettable moments I experienced during the post-earthquake solidarity process actually risks aestheticizing the pain. Emotions are easily consumed and exploited; therefore, out of the hundreds of things that deeply affected me, I would like to share two hopeful moments that I still feel the warmth of in my heart. Both are related to children... Because children are like the purest lights that show us how hope can blossom even in the darkest moments. The first was the opening of the children's play and library area set up by the Beylikdüzü Municipality in the emergency shelter area. What I saw there was a small but powerful sign of how life can revive even in the midst of destruction. The children's laughter, their running around, their ability to momentarily escape the trauma they had experienced... In that moment, I was witnessing how the human spirit can resist even in the shadow of disaster. The municipality not only created a play area but also, taking into account the geographical conditions of İskenderun, planted olive trees. The olive tree... The symbol of peace, tranquility, and rebirth brought by the white dove in the aftermath of Noah's flood. As those trees were planted in the children's playground, they were not just a shade, but a promise of hope. At that moment, I thought about the connection between humans, nature, faith, and the future.

My second memory is of the small but touching moment I shared with Nuray. During the solidarity process, we stood side by side, and after I returned, she called me crying, saying, "You forgot your son's pillow." In times like these, people hold on to small objects that give them strength. I had taken my 2-year-old son's small pillow with me. That pillow became both a connection and a source of strength for me there. Nuray's crying over me forgetting that pillow reminded me how much meaning a small object can carry. Disasters confront us with our most vulnerable selves, and sometimes even a pillow is enough to hold on to life. These two memories showed me how hope can sprout even within pain. The children's laughter and the reminder of a pillow... Perhaps the greatest strength of solidarity lies in these small but profound moments.

## **What kind of impact did the relationships you formed with the people in the emergency shelter area leave on you?**

The relationships we formed with the people in the emergency shelter area left a deep and lasting mark on my life. We didn't just experience a moment of solidarity; we met people who filled the emptiness inside us, people who became part of our lives. Moreover, they taught us not a sense of pity, but the meaning of walking together, standing shoulder to shoulder... What they went through wasn't easy. And this bond didn't stay behind in the area; it continues. Because the relationships established there weren't just brief encounters but ties that rooted deeply in our lives.

## **How did this experience affect you?**

This experience really shook me, but it also left me alone with this question: Why are we always forced to find hope from the rubble? Why are our lives sacrificed for someone's profit greed and love of concrete? Disasters are not natural. What creates them are the decaying buildings built knowingly, unchecked roads, and the devaluation of human life... While we embrace each other after every destruction, someone else is chasing new tenders. Before our pains even settle, new foundations are laid—again with the same negligence, again with the same greed.

## **What motivated you to volunteer, and how did your close ones react to it?**

There were many things that motivated me. Mehmet, who walked for miles in -15, -20 degree weather and became a mountain for the earthquake victims, Peri, who tightly held the hand of a stranger in the middle of the rubble, Nuray abla, who silently shared a piece of food, Meral abla, who ran from one place to another at every birth... Sila, Gülşah, who transferred all their knowledge there. And many other unnamed heroes. Life is perhaps most meaningful when you can lighten someone else's burden. Furthermore, solidarity lives not only in big disasters but also in the smallest acts of kindness. Sometimes it's just distributing food, providing balm for wounds, cleaning up the place and leaving it a little bit cleaner... But always, it's about putting your hand to the stone.

My loved ones supported my decision to go. They knew that if I hadn't gone, a void would open up inside me.





**Do you believe that the volunteer work you did during those days had a lasting impact?**

Absolutely. Because every act done sincerely, without expecting anything in return, leaves an impact somewhere. Sometimes it becomes a warm memory in a child's mind, sometimes it helps someone who has lost hope to rise again... Therefore, there are invisible paths that connect people. And those paths intersect not only in times of disaster but wherever there is solidarity.

**How did your communication with your team serve as a source of strength against the challenges of this process?**

We went as a team consisting of healthcare professionals and some professors from Gelişim University. Throughout the process, many people came together, some had to leave, and many came from different cities. But the fact that we all united around a common goal was an incredible source of strength. Moreover, people like Commander Adem in İskenderun and Nurse Ebru from Beylikdüzü Municipality helped us overcome every difficulty by immediately finding solutions. In other words, when everyone serves a common purpose, everything becomes much easier.

**Looking back at the entire process, what could have been done differently, and what was done well?**

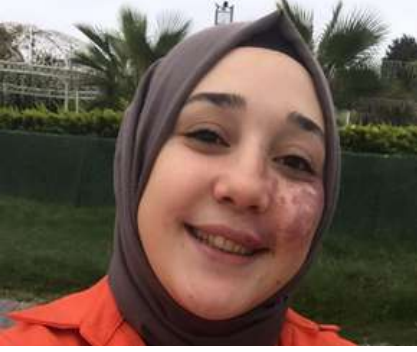
That day, so much was buried under the rubble—justice, morality, conscience... And it seems they still haven't surfaced. The question of what should have been done has been debated a lot. After every disaster, instead of turning the experience into a societal prevention process, authorities tend to escape individual responsibility and focus only on clearing themselves of blame. Simply washing their hands of it should not be the only solution to such a great responsibility.

**If you, as your present self, could meet yourself the day before the earthquake and the version of yourself who had just returned from the disaster area, what would you say to them?**

To my pre-earthquake self, I would say, "You are not aware of anything yet; you have not yet seen the lost values, people, and lives in this world."

To my post-earthquake self, I would say, "You cannot overcome this alone. Humanity stands strong only when it finds strength together."





PERİHAN TAŞKIRAN

24 YAŞ  
PARAMEDİK

### **What was your most unforgettable moment during the solidarity process after the earthquake?**

On the first day of the earthquake, we rescued a mother and her two daughters from the rubble. One was a 5-year-old girl, and the other was a 7-month-old baby. I had to insert an IV line for both of them for treatment. The 7-month-old baby had suffered so much that I will never forget the way she looked at me when I reached out to insert the IV. That look seemed to say, "Enough, please don't hurt me any more—just hold me and keep me safe."

### **How did the relationships you built with the people in the tent city leave a mark on you?**

Seeing how people were willing to help each other without even knowing one another made me realize something about myself that I had never noticed before. I found myself thinking, "I never knew I was such an emotional person."

### **How did this experience affect you?**

I gained a deeper sense of conscience, compassion, and empathy. It made me see once again how pure and sincere people can be.

### **What motivated you to volunteer, and how did your close circle react?**

I first heard about the earthquake from my grandmother. She said, "They're gone, my dear, they're gone... my children are gone." I can still hear the tone of her voice echoing in my ears. Before I even hung up the phone, I had already decided to go. My family sent me off with the words, "Take care of yourself and do good things for people." They entrusted me to God and let me go.



**Do you believe that the volunteer work you did during those days had a lasting impact?**

I believe the lasting impact is conscience and compassion. I saw many people saying, "Give it to them, they need it more." People who had been selfish before the disaster faced their own conscience and acted with kindness afterward. I think this transformation created a lasting impact.

**What does solidarity mean to you today?**

I would like to answer this question with a proverb: "Unity is strength." During the disaster, we experienced and witnessed this firsthand.

**How did your communication as a team serve as a source of strength against the challenges of this process?**

A team made up of people whose sole purpose is to help others can never be bad. Our communication and the way we comforted each other made the process more bearable. Maybe if we had provided better orientation and planned certain things in advance, we could have been more efficient.

**Looking back at the entire process, what could have been done differently, and what was done well?**

Perhaps if we had planned better and been more organized beforehand, some challenges could have been easier to overcome. However, we still learned a lot and gained valuable experience during that time.

**If you, as your present self, could meet yourself the day before the earthquake and the version of yourself who had just returned from the disaster area, what would you say to them?**

The first thing I would tell myself is not to hold grudges. Teach people what peace means and be a source of peace. Second, appreciate your loved ones and never hurt anyone. Lastly, don't be sad—be happy and make others happy. Because once you are happy, everything becomes much more beautiful. :)



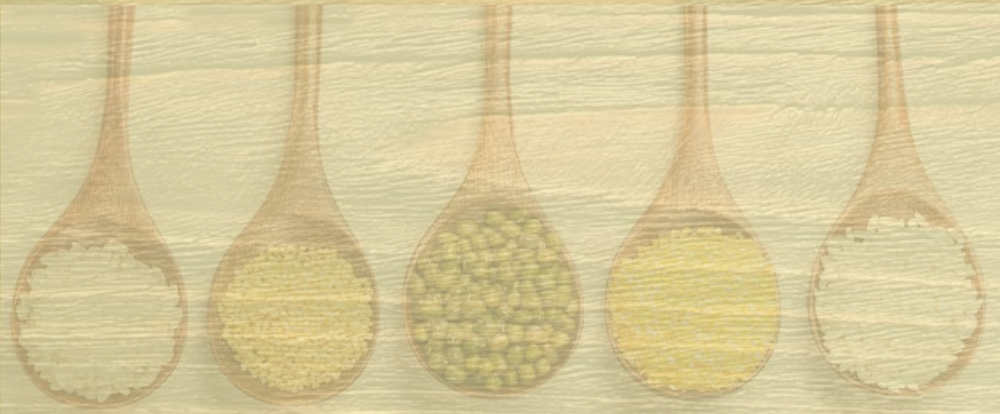




# February 10 World Pulses Day: Health, Nutrition, and Sustainability

Istanbul Gelisim University Faculty of Health Sciences, Department of Nutrition and Dietetics, Asst. Prof. Hasan Fatih AKGÖZ made statements about February 10 World Pulses Day.

Every year, February 10 is celebrated as World Pulses Day to highlight the importance of pulses for human health, nutrition, and sustainable agriculture. Pulses, including chickpeas, lentils, beans, and peas, are rich in protein, fiber, vitamins, and minerals. As a fundamental component of a healthy diet, pulses also stand out as an environmentally friendly food group.





## **The History of Pulses**

Pulses have played a significant role in human nutrition for thousands of years. They have been consumed as a staple food in many ancient civilizations, including Mesopotamia, Ancient Egypt, China, and Central Asia. Archaeological findings suggest that pulses have been cultivated for over 10,000 years, and they continue to be an essential part of global diets today.

## **The Declaration of World Pulses Day**

The Food and Agriculture Organization (FAO) of the United Nations declared February 10 as World Pulses Day in 2019 to emphasize the health and environmental benefits of pulses. The objective is to promote pulse consumption, support agricultural sustainability, and encourage healthy eating habits worldwide.

## **Health Benefits of Pulses**

- **Supports Heart Health:** Pulses contain no cholesterol and have low saturated fat content. Their high soluble fiber content helps lower bad cholesterol (LDL), reducing the risk of cardiovascular diseases.
- **Regulates Blood Sugar Levels:** Due to their low glycemic index, pulses help stabilize blood sugar levels and are an important food group for diabetes management.
- **Aids Digestion:** Pulses are rich in dietary fiber, which supports digestion and helps prevent constipation and other digestive issues.
- **Prevents Iron Deficiency:** Pulses are high in iron, reducing the risk of anemia.
- **A Great Source of Protein:** As a rich plant-based protein source, pulses are an essential food for individuals following vegetarian and vegan diets.
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## **Pulses and Sustainability**

- **Improves Soil Fertility:** Pulses naturally fix nitrogen in the soil, enhancing soil fertility and reducing the need for chemical fertilizers.
- **Low Water Consumption:** Compared to other crops, pulses require less water, making them a key food for climate change adaptation.
- **Reduces Carbon Footprint:** Pulse production has lower greenhouse gas emissions than animal-based food production, contributing to environmental sustainability.

## **Economic and Global Importance**

Pulses are affordable, nutritious, and widely accessible, making them an essential protein source for people worldwide. They play a crucial role in food security and are key in combating malnutrition, particularly in developing countries.

## **Conclusion**

World Pulses Day is a global awareness initiative that highlights the significance of pulses in health, nutrition, and sustainability. To adopt healthier eating habits, promote environmentally responsible food consumption, and ensure access to sustainable food sources, pulses should be an integral part of our diets.



# WORLD ALMOND DAY

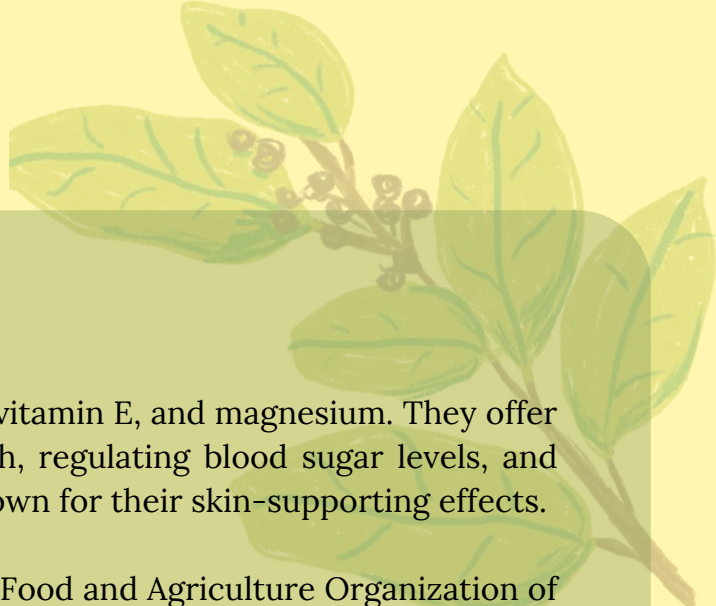


Member of Istanbul Gelisim University, Faculty of Health Sciences,  
Department of Nutrition and Dietetics, Asst. Prof. Aylar KARGAR  
MOHAMMADINAZHAD made statements regarding World Almond Day,  
highlighting the nutritional content of almonds, their effects on health, and  
their role in sustainable agriculture.

Almond Day is a special day celebrated every year on February 16. Various  
events are organized, especially in regions where almonds are grown, to  
emphasize the importance of this nutritious and delicious nut. Throughout  
history, almonds have been a part of healthy diets and have held a significant  
place in culinary cultures.







Almonds are rich in healthy fats, protein, fiber, vitamin E, and magnesium. They offer many benefits, such as supporting heart health, regulating blood sugar levels, and increasing satiety. Additionally, almonds are known for their skin-supporting effects.

The World Health Organization (WHO) and the Food and Agriculture Organization of the United Nations (FAO) highlight the importance of healthy eating and sustainable agriculture while emphasizing the nutritional value of almonds. According to FAO, nuts like almonds play a crucial role in food security and can be effective in promoting healthy diets. Therefore, raising awareness about almond production and consumption is essential.

On February 16, Almond Day, recipes featuring almonds are shared worldwide, awareness of the health benefits of almonds is raised, and producers are supported. Almond cultivation is common in Mediterranean climate regions and is an important economic activity in countries such as Turkey, the USA, Spain, and Italy.

In Turkey, various almond festivals are organized in regions where almond cultivation is widespread. The Datça Almond Blossom Festival, in particular, attracts great interest from tourists during the almond tree blooming period. Additionally, several cities and towns hold harvest-related almond festivals, supporting local producers and emphasizing the economic and cultural value of almonds.

On this special day, various almond-based delicacies such as almond paste, almond milk, and almond flour recipes are highlighted. Additionally, since it is the blooming period for almond trees, nature walks and agricultural activities may also be organized.

Almond Day is not just about celebrating a food; it also aims to raise awareness about healthy eating and sustainable agriculture. In addition to the health effects of almonds, environmentally friendly farming practices and organic almond cultivation are among the key topics of this day.



# **WORLD CHOCOLATE MINT DAY**

Lecturer Münevver Gaye AYBEY, in the Department of Nutrition and Dietetics at Istanbul Gelişim University Faculty of Health Sciences, provided information about World Mint Chocolate Day, its history, and the health benefits of chocolate mint.

National Chocolate Mint Day, celebrated every year on February 19, is a special day that honors the perfect harmony of the intense aroma of chocolate and minty freshness. This unique combination attracts attention with its benefits in terms of both taste and health and attracts great attention from dessert lovers.





# Chocolate and Mint: History and Health Benefits

## 1. Chocolate: A Joyful Taste

Chocolate has been consumed by different cultures for centuries and has been seen as a food that gives happiness. It is known that chocolate, brought to Europe by the Aztecs and Mayans, initially had a bitter and intense taste. However, it was sweetened over time and reached its popular form today.

It is known that dark chocolate is a powerful source of antioxidants and supports heart health, thanks to the flavonoids it contains. It also has the ability to improve mood by promoting the production of serotonin and dopamine.

## 2. Mint: Supports Refreshment and Digestion

Used for medicinal purposes by the ancient Greeks and Romans, mint is known for its positive effects on the digestive system. It is known to relieve indigestion thanks to its soothing effect on the stomach and freshen the breath with its refreshing aroma. When combined with chocolate, it offers a satisfying experience in terms of both taste and health.

## The Rise of Chocolate and Mint Flavor

It is known that the combination of chocolate and mint began to be used in the production of ice cream and confectionery in the 19th century. It became popular with York Peppermint Patty in the 1940s, and this dessert was quickly adopted by the masses.

In 1953, Girl Scouts introduced Thin Mint cookies, which are still one of the best-selling desserts today, and thus contributed to the popularization of the mint chocolate flavor. Mint chocolate chip ice cream was invented by culinary student Marilyn Ricketts in Devon, England, in 1973 and attracted great attention around the world.



## The Greatest Power Against Cancer: Protect Yourself with Healthy Nutrition!

February 4th, World Cancer Day, is an important occasion to raise awareness in the fight against cancer and highlight preventive measures. Istanbul Gelişim University, Faculty of Health Sciences, Department of Nutrition and Dietetics Research Assistant Başak CAN shared valuable insights on nutritional recommendations for cancer prevention.

*Cancer is a disease that affects millions of people worldwide but is largely preventable. Studies show that a healthy diet and conscious lifestyle choices can significantly reduce the risk of cancer. For this reason, World Cancer Day serves as a meaningful occasion to emphasize preventive strategies and raise public awareness.*

*Nutrition is one of the most critical factors in strengthening the immune system and making the body more resistant to diseases. By choosing the right foods, we can protect our cells, reduce inflammation, and create a natural defense shield against cancer.*

*Here Are Some Cancer-Protective Nutrition Recommendations:*

### *Consume Antioxidant-Rich Foods*

*It is crucial to consume foods rich in antioxidants to prevent the damage caused by free radicals in the body. Dark leafy greens (such as spinach, kale, and arugula), colorful fruits and vegetables (like blueberries, carrots, and beets), green tea, and ginger are powerful allies in the fight against cancer.*

### *Avoid Processed Foods*

*Excessively processed foods and those containing additives can lead to inflammation in the body, increasing the risk of cancer. Avoiding processed meat products (such as sausage, salami, and hot dogs), refined sugar, white flour-based foods, and trans fats is essential for maintaining overall health.*



### Choose Healthy Fats

Consuming beneficial fats helps maintain cell health and reduce inflammation. Foods rich in omega-3 fatty acids (such as salmon, walnuts, and flaxseeds) and healthy plant-based oils (like olive oil and avocado oil) should be included in the diet.

### Support Gut Health

Strengthening the gut microbiota plays a crucial role in boosting the immune system. Fermented foods (yogurt, kefir, pickles), prebiotic-rich foods (onions, garlic, leeks), and whole grains (oats, bulgur, quinoa) help maintain gut health and reduce the risk of cancer.

### Stay Hydrated and Active

To help the body eliminate toxins, it is essential to drink at least 8-10 glasses of water daily. Regular physical activity strengthens the immune system and acts as a protective shield against cancer. It is recommended to engage in 30-45 minutes of exercise daily, such as walking, Pilates, or yoga.

### Cancer Prevention is in Your Hands!

Adopting healthy eating habits, maintaining an active lifestyle, and consuming nutrient-rich foods can make a significant difference in reducing cancer risk. Take a small step today for a healthier future!



WORLD NO TOBACCO DAY



TAKE A STEP TOWARDS A  
HEALTHIER FUTURE



Celebrated annually on February 9, World No Tobacco Day aims to raise awareness about the harmful effects of smoking and encourage individuals to quit. As part of this important awareness day, Research Assistant Güldane YILDIRIM from the Department of Nutrition and Dietetics at the Faculty of Health Sciences, Istanbul Gelişim University, highlighted the impact of smoking on human health, the environment, and the economy, while also providing information on methods for quitting smoking.

Smoking is a leading cause of various serious health issues, ranging from respiratory diseases to cancer. According to the World Health Organization (WHO), more than 8 million people die annually due to tobacco use. Smoking significantly increases the risk of lung cancer, chronic bronchitis, and cardiovascular diseases.

However, the dangers of smoking are not limited to smokers. Secondhand smoke also poses a significant health threat to non-smokers. Children, in particular, are more vulnerable to its harmful effects. Each year, approximately 65,000 children worldwide die from diseases related to secondhand smoke exposure. These statistics highlight that smoking is not just a personal habit but a global public health crisis affecting future generations.



## The Environmental Impact of Smoking

Smoking does not only harm human health; it also has severe environmental consequences. Approximately 4.5 trillion cigarette butts are discarded into the environment annually, contributing to widespread pollution. These cigarette butts contain toxic substances that contaminate soil and water, disrupting ecosystems.

Additionally, deforestation for tobacco farming leads to biodiversity loss and increased greenhouse gas emissions. The tobacco plant consumes significantly more water than many other crops, with approximately 3,700 liters of water required to produce 1 kg of tobacco.

## The Economic and Social Costs of Smoking

Smoking not only has health and environmental consequences but also imposes significant economic burdens. According to WHO, the global economic cost of smoking is approximately \$1.4 trillion per year.

This cost includes not only healthcare expenses but also productivity losses due to smoking-related illnesses. In fact, the financial burden of smoking-related healthcare costs exceeds the annual GDP of many developing nations, making it a serious threat to both public health and economic sustainability.

## Methods to Quit Smoking

There are various effective methods available to help individuals quit smoking:

- ✓ Nicotine Replacement Therapy (NRT): Nicotine gums, patches, and lozenges help reduce nicotine cravings and ease withdrawal symptoms.
- ✓ Mobile Applications and Support Groups: Online support groups and mobile apps can provide motivation and guidance throughout the quitting process.
- ✓ Medication Therapy: Certain medications prescribed under medical supervision can alleviate withdrawal symptoms and support individuals in quitting smoking.
- ✓ Alternative Methods: Acupuncture, meditation, and physical activities can help manage stress and make the quitting process easier.

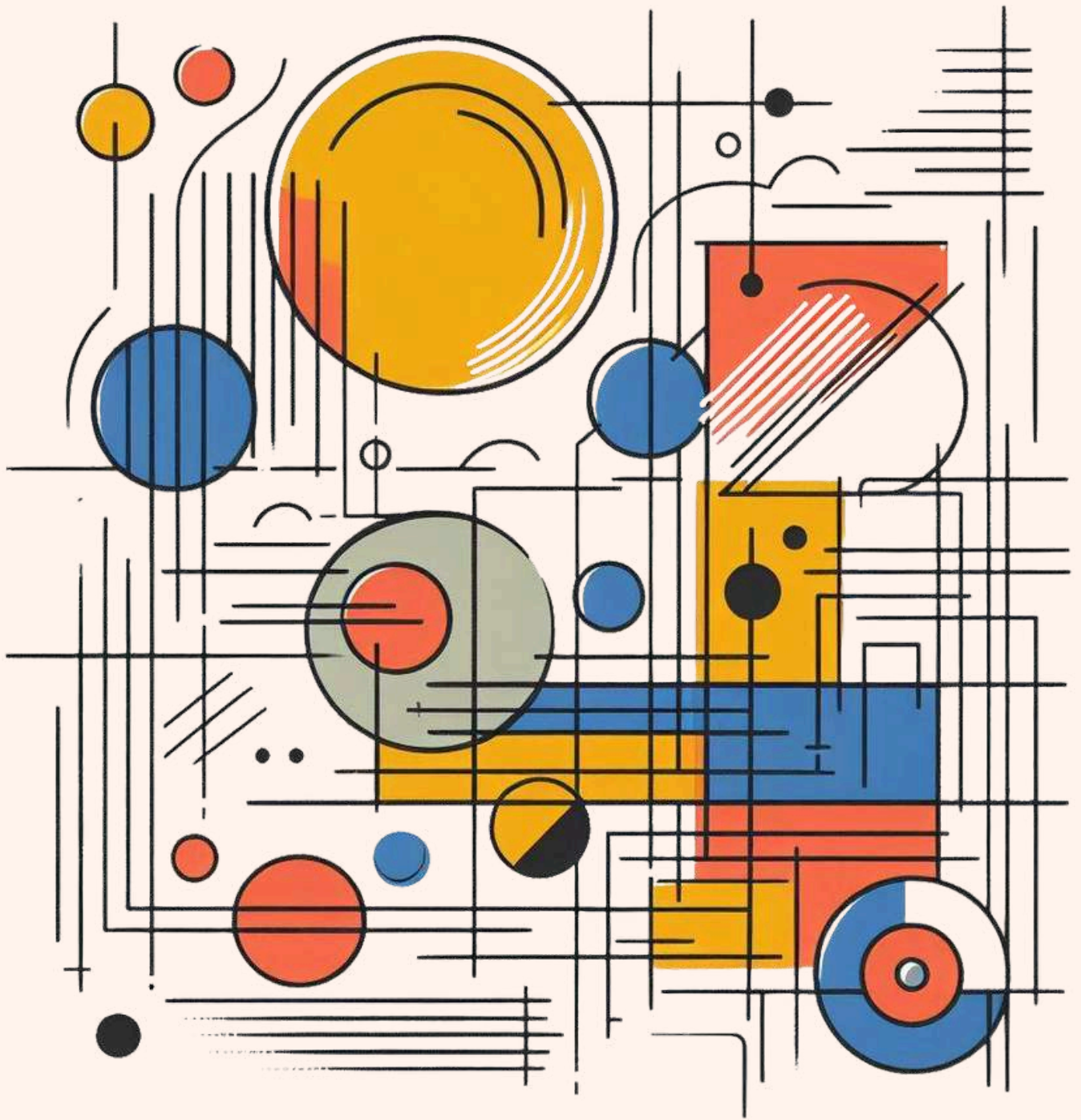
For those seeking additional support, Turkey's Ministry of Health offers the ALO 171 Quit Smoking Hotline, providing professional guidance. Additionally, specialized Smoking Cessation Clinics across Turkey offer medical treatment and counseling for those looking to quit.

## Take Action for a Healthier Future!

Quitting smoking is not only a step toward better personal health but also a contribution to environmental protection and economic sustainability. World No Tobacco Day is an opportunity to raise awareness and take a proactive step toward a healthier lifestyle.

**Take control of your health today—quit smoking and invest in your future!**

[Click here to access the news!](#)



**CULTURE ART**  
**LITERATURE**





February 17

Day

**World Cat Day is celebrated on different dates across the world, with many European countries recognizing February 17 as the official day to honor cats. This special day was first established in 1990 in Italy following a survey conducted by Claudia Angeletti in the Tuttogatto magazine. The selected date reflects the independent nature of cats and the cultural significance they have held throughout history.**

February is associated with the Aquarius zodiac sign, known for its freedom-loving and independent characteristics, which closely align with the nature of cats. Additionally, the number 17 is considered unlucky in Italy and has been symbolically linked to the mystical and unpredictable nature of cats.

**In various countries, Cat Day is celebrated on different dates:**

- August 8 – International Cat Day
- October 29 – National Cat Day in the USA
- March 1 – National Cat Day in Russia

### **The History of Cats**

The domestication of cats dates back 5,000 to 9,000 years. Throughout history, different civilizations have regarded cats both functionally and symbolically.

- In Ancient China (2465-2150 BCE), cats were considered sacred and were kept by farmers to protect grain storage from rodents.
- In Ancient Egypt, cats were associated with the goddess Bastet and were revered as sacred beings. In Egypt, harming a cat was strictly prohibited and could even result in severe punishment.

- In Europe, during the Middle Ages, cats were sometimes seen as mystical creatures, with superstitions surrounding them. However, they later became an essential part of urban life.

### **Cats in Turkey**

In Turkey, cats are not only considered household pets but also a significant part of cultural heritage. The country ranks among the top nations in the world for cat ownership.

- As of 2018, Turkey ranked 11th globally in terms of cat ownership.
- Approximately 19% of Turkey's population owns a pet cat.
- Istanbul is widely recognized as the "City of Cats" worldwide. The city is known for its many street cats, which are cared for and fed by local residents.

World Cat Day serves as a reminder of the important role cats play in our lives and aims to raise awareness about their well-being. It is an opportunity to emphasize the importance of protecting stray animals, ensuring their proper nutrition, and providing them with healthy living conditions.

[Click for the news.](#)



# National *Love Your Pet* Day

February 20th is National **Love Your Pet** Day, a special occasion dedicated to celebrating the joy, peace, and companionship that our pets bring into our lives.

This meaningful day encourages pet owners to spend more time with their companions and show their love;

- **Exercise and Activity:** The importance of movement for the physical and mental health of pets.
- **Pet Health and Nutrition:** It aims to draw attention to the effect of proper and balanced nutrition on animal health.

Just as humans need a balanced and healthy diet, our pets also require **proper nutrition** to live a happy and healthy life. **The key principles of pet nutrition include:**

- **Balanced Protein:** Essential for muscle development and immune system support (meat, fish, eggs).
- **Healthy Fats:** Important for brain function, skin, and coat health (fish oil, olive oil).
- **Proper Carbohydrates:** Avoid excessive intake; choose easily digestible grains.
- **Adequate Water Intake:** Clean and fresh water should always be available.
- **Harmful Foods:** Chocolate, onions, grapes, sugary and processed foods are dangerous for animals!
- **Moderation in Treats:** Excessive treat consumption can lead to weight gain.
- **Choosing the Right Pet Food:** Opt for high-quality, additive-free pet food.
- **Exercise and Activity:** Regular exercise is crucial for maintaining a pet's physical and mental well-being. Daily walks, playtime, and engaging activities help keep pets healthy and happy.





## Adopting a Pet: A Lifelong Responsibility

Before adopting a pet, consider the following:

- Choose a pet that suits your lifestyle.
- Ensure you can dedicate enough time to them.
- Be financially prepared for food, veterinary care, and other expenses.
- Be ready for a long-term commitment (10-15 years).

## Adopt Instead of Buy

Instead of buying pets, consider adopting from shelters or animal rescue organizations. Adoption saves lives and helps reduce the negative impacts of the pet trade.

## Don't Forget Stray Animals

**Today is not only about celebrating our own pets but also remembering stray animals.** Providing food and water, supporting adoption campaigns, or donating to shelters are meaningful ways to contribute.

Ensuring that our pets are healthy, happy, and safe makes every day, not just today, special for them. Being a nature-conscious and responsible pet owner is the best way to protect both our furry friends and the environment.

Pets have formed a unique bond with humans and have become an integral part of human communities. Releasing domestic pets into nature or allowing uncontrolled breeding can disrupt ecological balance. For instance, stray cats can place an uncontrolled strain on bird and rodent populations. Therefore, sterilization, adoption, and responsible care are crucial in maintaining nature's balance.

**As the IGU Nutrition and Dietetics Department, we care not only about human health but also about the balanced nutrition of our animal companions. Make sure your pets are fed with natural and healthy food that meets their needs!**



[Click for the news.](#)





# OUR GUEST OF THIS MONTH

**Asst.Prof.Aslı KAYA**



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?

**To live happily without harming the nature.**

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

**I would like to be the inventor of emotions such as love, goodness, beauty.**

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

**I want to see everyone's future and teleport to that place whenever I want.**

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

**Since we are scientists, preparing books has become a routine. I prepare them in order.**

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

**I would like to play myself.**

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

**People around me say that I am reassuring, hardworking, friendly, have a dominant character and a determined nature.**

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

**I would like to know the dreams of my loved ones and fulfill their wishes.**

8-Who is your hero?

**The only hero of my life is my mother.**

9-Who is your favorite author?

**I like to read everything I can get my hands on.**

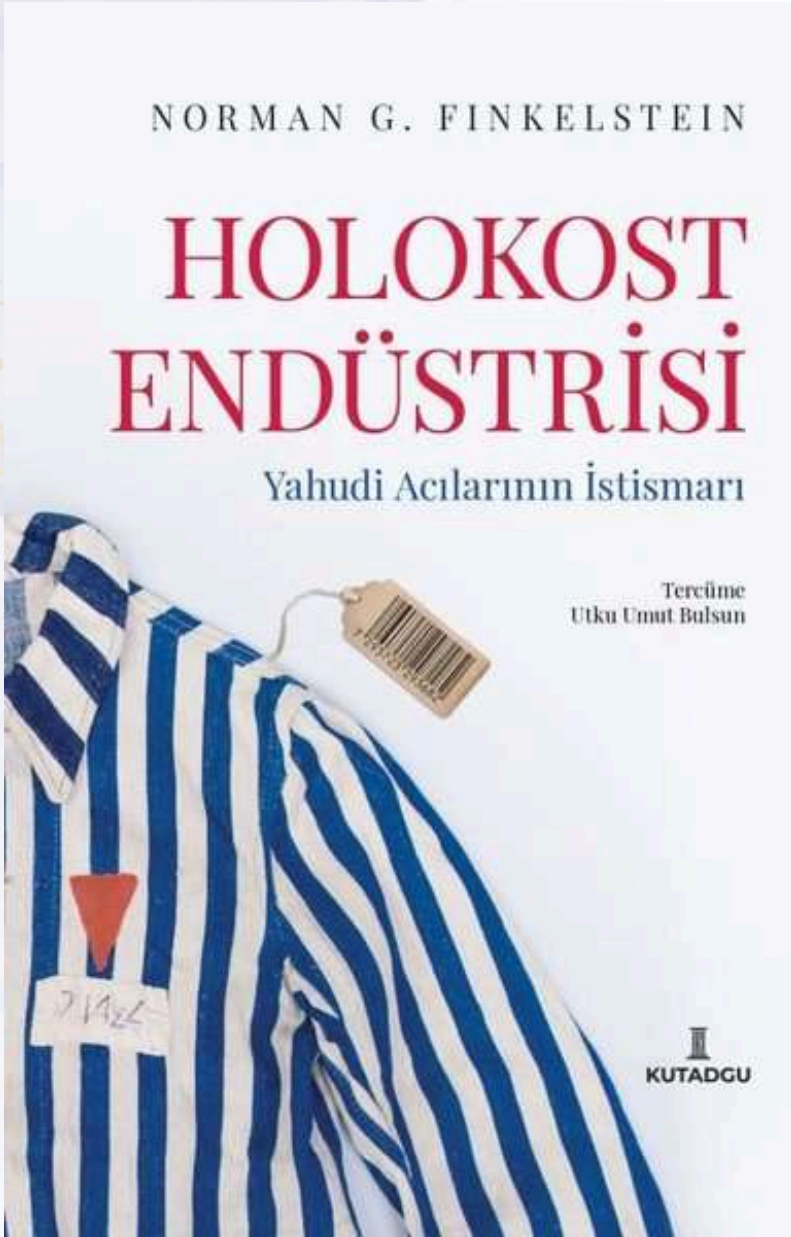
10-What word would be the summary of the years you lived?

**Patience**



# Development Readings

Asst.Prof.  
Ash KAYA



Finkelstein's *The Holocaust Industry* has sparked significant debates, particularly regarding the historical suffering of the Holocaust and how this suffering has been politicized. Finkelstein criticizes the use of the Holocaust, especially after 1967, as an ideological weapon. In his book, he argues that Israel and the American Jewish elite have used the Nazi genocide of Jews as a tool to legitimize Israel's own policies and wars.

Finkelstein's approach is not about the Holocaust losing its significance as a historical event, but rather about how this event has been exploited to serve Israel's political objectives. According to him, the utilization of the Holocaust in this way is aimed at reinforcing the explicit support Western countries, especially the United States, provides to Israel and maintaining Israel's "victim" image. In this way, the reminder of the Holocaust has become a tool to justify Israel's right to self-defense and even the policies it implements to protect its borders.

Finkelstein's critiques have resonated widely, both in the academic world and in broader societal discourse, sparking significant debate. These discussions have encouraged reflection not only on the Holocaust as a historical tragedy but also on how it is shaped and exploited in today's political climate.

The books Finkelstein has written and his lectures have made him one of the key academic figures in the Israeli issue. However, his critiques and approach have also made him a controversial figure in academic circles, and according to some, his stance against Israel's policies has further isolated him.



**Faculty of  
Health Sciences**

## ISTANBUL GELISIM UNIVERSITY ALUMNI TRACKING SYSTEM

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

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

### What Are the Steps to Join METSIS?

1. Use the web interface at [metsis.gelisim.edu.tr](https://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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MEMBERS COORDINATOR**



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Dear IGU Alumni,  
Alumni who want to benefit from the opportunities of our university and the discount rates we provide from the companies we have contracted with will be sufficient to fill out the form. When your card is ready, you can pick it up from the Alumni and Membership Coordinator's Office on the 3rd floor of Block K.







Faculty of  
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*May it be blessed.*







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