





Faculty of
Health Sciences

DECEMBER

Our most beautiful days
are the ones we have not yet lived.

Nazım Hikmet Ran

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1	2	3	4	5	6	7
8	9	10	11	12	13	14
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1-7 December: Emergency Medical Services Week

1 December: World AIDS Day

3 December: International Day of Persons with Disabilities

5 December: Women's Rights Day

10 December: Human Rights Day

21 December: Winter Solstice (for the Northern Hemisphere)

27 December: Mehmet Akif Ersoy Memorial Day

27 December: International Day of Epidemic Preparedness

31 December: New Year's Eve



2026

2026

Happy new year



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THE FOAM-FROTH HUMAN

GreenMetric 2025 Results Announced: IGU's Success in Environment and Sustainability Continues



Faculty of
Health Sciences

Leadership, Management, Quality

The results of the “UI GreenMetric World University Rankings 2025” have been announced. Istanbul Gelisim University (IGU), which draws attention with its environmental sustainability efforts, has achieved another significant success this year, continuing its upward trend from previous years. First included in the GreenMetric ranking in 2022, IGU increased its total score in 2025 and ranked 669th in the world. Evaluated among 1,547 universities in the overall ranking, IGU placed 71st in Türkiye and 14th among the foundation universities in Türkiye.

GreenMetric: A Global Benchmark in Sustainability

Launched in Indonesia in 2010, the GreenMetric World University Rankings evaluate universities worldwide based on their sustainability performance. The assessment is carried out across six main criteria: campus setting and infrastructure, energy and climate change, waste management, water resources, transportation, and education and research. It aims to increase environmental awareness and strengthen the culture of sustainability in higher education.

With this year's results, Istanbul Gelisim University has once again demonstrated its determined steps in sustainability and its systematic efforts to reduce environmental impact.

A Holistic Approach to Sustainability: IGU's Vision of Environmental Responsibility

In alignment with the United Nations Sustainable Development Goals, Istanbul Gelisim University continues its work in energy management, conservation of natural resources, reducing environmental harm, and accelerating green transformation on campus.

Certified with the “Zero Waste Certificate” awarded by the Ministry of Environment, Urbanization and Climate Change, IGU continues to strengthen its sustainability practices through campus-wide waste management systems.

Another Addition to International Achievements

Standing out on international platforms with its sustainability initiatives, Istanbul Gelisim University reinforces its success with various global evaluation results. The GreenMetric 2025 outcomes serve as a complementary milestone, enhancing IGU's environmental policies and global competitiveness.

“Sustainability Is Not a Choice; It Is a Requirement of University Governance Culture”

Following the announcement of the results, Istanbul Gelisim University Rector Prof. Bahri Şahin emphasized the role of sustainability in the university’s strategic vision with the following remarks:

“GreenMetric 2025 results are a strong reflection of the institutional vision our university has adopted in the field of environmental sustainability. Sustainability is no longer a factor that merely regulates campus life; it has become a fundamental approach that guides all academic and administrative processes from education to research, from energy management to community engagement projects.

As Istanbul Gelisim University, we carry out multidimensional activities in areas such as energy efficiency, rational use of resources, green area management, and environmental awareness education. This success is the result of the joint efforts of our academics, administrative staff, and students. We are committed to continuing our work in an even more comprehensive manner to ensure that the culture of sustainability becomes permanent at our university.”

Continuing Efforts for a Sustainable Future

With the GreenMetric 2025 results, Istanbul Gelisim University continues to advance its success as a higher education institution that centers environmental responsibility, strengthens sustainability policies, and enhances its international competitiveness. The university aims to further develop its multifaceted work in education, research, and community engagement in the coming years to support a sustainable future.



YÖK 2025 Report Published: Istanbul Gelisim University's Multidimensional Academic Achievement Confirmed

The “University Monitoring and Evaluation General Report – 2025,” prepared by the Council of Higher Education (YÖK), has been published. The report presents the performance of universities across Türkiye under a wide range of criteria, including academic output, internationalization, accessibility, and quality assurance.

According to the report, Istanbul Gelisim University achieved a significant success by ranking first nationwide in applications for “Patents, Utility Models, or Designs.” In addition, the report indicates that Istanbul Gelisim University ranked among the top 20 universities in several categories, including the number of accredited undergraduate programs, employment of international academic staff, international awards, and disability-friendly library resources.

Istanbul Gelisim University Ranks First in Patent Application Numbers Leading University in the Number of Accredited Undergraduate Programs!

In an evaluation prepared based on the data from the 2024 YKS Guide, universities with the highest number of accredited undergraduate programs were ranked. With 44 internationally accredited undergraduate programs, Istanbul Gelisim University ranked third nationwide in this category and placed first among foundation universities in Türkiye.

The report assessed these results as one of the key indicators demonstrating that accreditation has become an increasingly decisive factor for both public and foundation universities.



IGU Demonstrates Multidimensional Performance

According to the report, as of 2024, Istanbul Gelisim University was among the universities employing the highest number of international academic staff. With 49 international faculty members, IGU ranked 11th nationwide and 5th among foundation universities in this category.

In terms of internationally recognized awards, IGU ranked 15th across Türkiye with a total of 14 international awards, placing 9th among foundation universities.

Regarding the availability of audiobooks and disability-friendly digital resources in university libraries, Istanbul Gelisim University ranked 20th nationwide and 8th among foundation universities, with a total of 329,006 resources. The report emphasized that universities possessing resources at the level of hundreds of thousands and millions have increasingly become strategic centers in terms of accessibility and inclusivity.

“Building a Sustainable Model of Higher Education”

Rector of Istanbul Gelisim University, Prof. Dr. Bahri Şahin, made the following remarks in his evaluation of the results presented in the report published by the Council of Higher Education (YÖK):

“The results presented in this report published by the Council of Higher Education clearly demonstrate Istanbul Gelisim University’s commitment to realizing its goal of becoming a research-oriented university through a holistic ecosystem approach. Ranking first nationwide in patent applications is a concrete outcome of our strategic vision that places university–industry collaboration at its core and transforms research into commercially viable outputs.

Our placement among the top three universities in indicators related to accreditation, internationalization, and accessibility further shows that we are building a sustainable higher education model that integrates quality assurance, global academic engagement, and social responsibility. As Istanbul Gelisim University, we will continue to strengthen this ecosystem—shaped around research, innovation, and internationalization—and contribute to our country’s higher education and R&D capacity in the coming period.”



Alumni Reunion Event Successfully Held at IGU With a Strong Alumni Network To the Future...

The Alumni Reunion event organized by the Istanbul Gelisim University Alumni Relations Coordination was held with the participation of approximately 500 graduates from different graduating cohorts of the university.

The gathering, hosted on campus, not only reflected the excitement of alumni coming together once again but also highlighted IGU's sustainable and strong relationship with its graduates.

The event was attended by IGU Board of Trustees Chairman Abdülkadir Gayretli, IGU Vice Rector Prof. Dr. Arda Ozturkcan, IGU Secretary General Assoc. Prof. Dr. Serdar Egeli, Alumni Relations Coordinator Dr. Faculty Member Mustafa Ozan, Graduate Education Institute Director Prof. Dr. İzzet Gumus, as well as many academic staff members.



A Meeting That Reinforces the Alumni-University Relationship



At the event, where refreshments were served and pleasant moments were enjoyed accompanied by music, alumni both refreshed their memories of their university years and closely experienced Istanbul Gelisim University's alumni-focused approach.

The gathering, during which New Year wishes were shared, increased interaction among alumni while also reinforcing their sense of belonging to the university.

For Alumni, Lifelong Learning and Academic Continuity Opportunity

Istanbul Gelisim University continues to support its graduates in line with its holistic education vision that extends beyond graduation.

Within this scope, each participant who attended the Alumni Reunion event and was included in the registration list was granted the right to participate free of charge in one of the training programs offered by the Continuing Education Application and Research Center, valid for one year.

Strong Alumni Network, Strong Future

Istanbul Gelisim University positions its alumni not merely as a part of the past, but as strategic stakeholders in its institutional development and future.

Through extensive support mechanisms spanning education to career development and from academia to professional life, IGU continues to build a strong alumni network, while presenting a university model that grows, transforms, and creates value together with its graduates.

The initiative aims to help graduates adapt to the changing business world and continuously enhance their competencies. Additionally, within the scope of the event, four alumni were granted free master's degree opportunities and scholarships. Through this support, the university encourages its graduates to reengage in knowledge production processes.



**“With Istanbul Gelisim University,
Development Continues Beyond Graduation...”**



TURKAN SAYLAN

Leprosy Memorial House

Leprosy, as old as the history of humanity, is one of the least known and most misunderstood diseases. Due to its disfiguring and disabling consequences, it has been considered for centuries as a calamity that people feared most and tried to escape from.

Leprosy, a chronic infectious disease caused by a bacterium called *Mycobacterium leprae*, is treatable and curable. **The disease may disappear on its own in societies that:**

- live in healthy and adequate housing,
- have sufficient and balanced nutrition,
- show good physical development,
- have low population density,
- and maintain strong personal and community-level health protection measures.

To increase global awareness about leprosy, the last week of January is observed annually as World Leprosy Week, and its final Sunday is marked as World Leprosy Day.

As included in our Faculty's February 2025 Monthly News and Events Bulletin, an event titled "**A Disease in the Shadow of Stigma: Leprosy, Hello to Life!**" was held on 24 February 2025 with the collaboration of the Departments of Nursing, Social Work, and Orthotics-Prosthetics, under the coordination of the Social Responsibility Application and Research Center and with the participation of the Nursing and Social Work Student Clubs.

The President of the Student Nurses Association (ÖHD) and our 3rd-year Nursing student, Zelal KOCABOĞA, expressed on various occasions that the event had a strong impact on students and that a repeat of such activities would be beneficial. Following our communications with the Turkish Leprosy Relief Association, we organized a visit to the Leprosy Relief Association and **Türkan Saylan - Leprosy Memorial House** on 6 November 2025, together with sixteen volunteer Nursing students.

During the visit, accompanied by archaeologist Gülşah GÜMÜŞ AKIN, a volunteer worker of the Leprosy Relief Association, the Memorial House was toured, and our students' questions were answered with great care.

Lecturer A. Mücella SOYDAN of Istanbul Gelişim University, Faculty of Health Sciences, Department of Nursing, contributed with a presentation titled "**A Public Health Study: Leprosy (Hansen's Disease) Through the Lens of a Rural Development Model and Its Social Dimension.**"



Below are the reflections written by our student Zelal KOCABOĞA and the Association volunteer Gülşah GÜMÜŞ AKIN following the visit

As Nursing Department students, we visited the Leprosy Memorial House – Leprosy Relief Association as part of our awareness-raising activities. During our visit, we had the opportunity to see both the historical dimension of the disease and the development of the fight against leprosy in our country. Our esteemed instructor, Ayşe Mücella SOYDAN, who had previously worked at Istanbul University's Leprosy Research and Application Center and the Turkish Leprosy Relief Association, shared highly valuable information with us through her presentation. She emphasized that the struggle against leprosy is not only a medical issue but also a process that requires human rights awareness, empathy, and social sensitivity. The memories she shared from her own experiences and the scientific approaches to social projects were highly impressive and educational for us students. Thanks to this visit, we not only witnessed a historical process but also once again recognized the role and importance of the nursing profession in public health. It was a valuable experience in terms of developing our professional awareness and consciousness

Zelal KOCABOĞA



Today, we had the pleasure of hosting a very meaningful gathering at our association. Our esteemed lecturer, A. Mücella SOYDAN, and Nursing Department students from Istanbul Gelişim University, Faculty of Health Sciences, visited us. Our valued lecturer delivered an inspiring lesson to our young participants titled 'A Rural Development Model, Leprosy, and Its Social Dimension.' It was an enlightening session both scientifically and from a humanistic perspective. We would like to extend our heartfelt thanks to Lecturer A. Mücella Soydan and all the students who participated, and we are pleased to share the joy this meaningful visit has brought

us.

Gülşah GÜMÜŞ AKIN



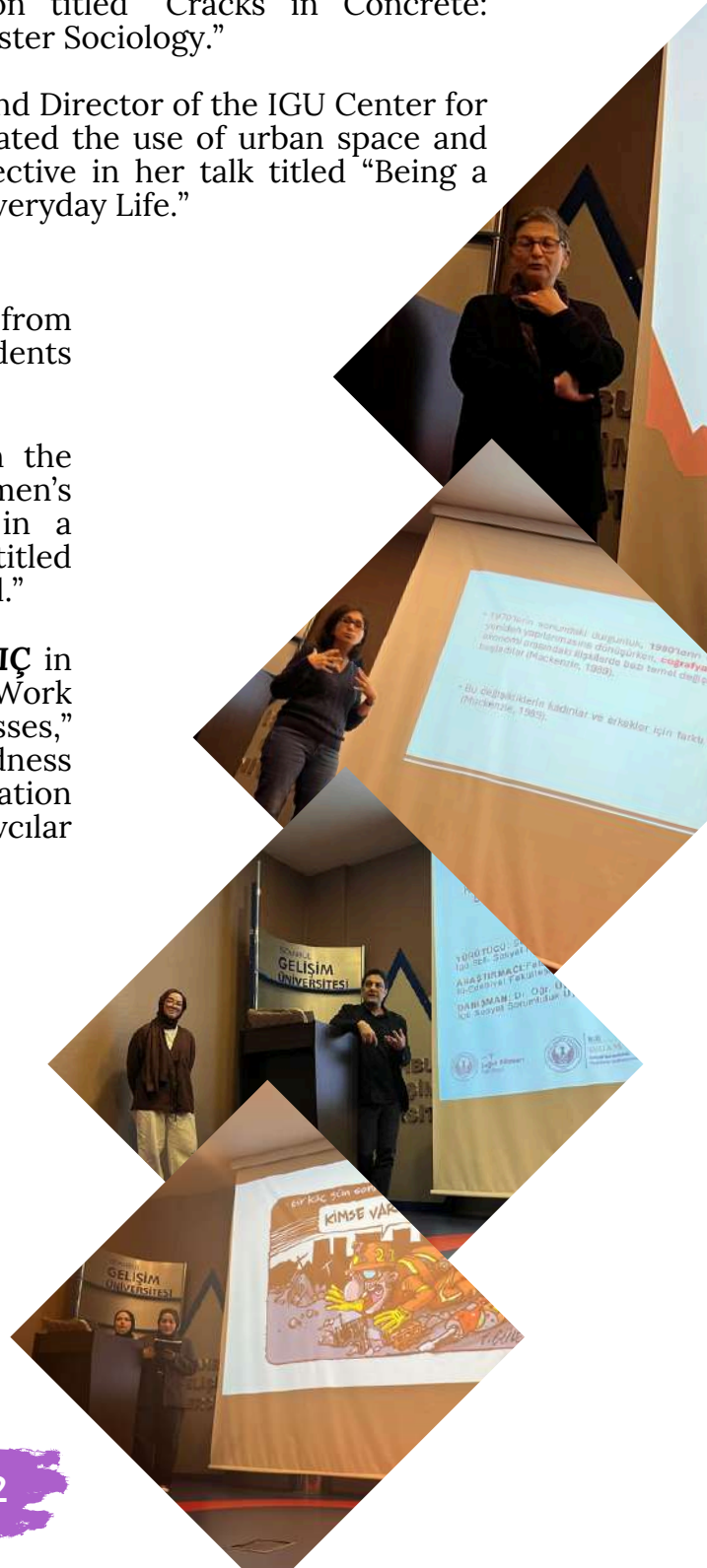
FROM VULNERABILITY TO RESILIENCE: A GATHERING ON THE CITY, DISASTER, AND GENDER

The seminar titled “From Vulnerability to Resilience: Social Work at the Intersection of the City, Disaster, and Gender”, held at the E Block Tusi Conference Hall, brought together the theoretical knowledge of academia with up-to-date data from the field. The event, which discussed projects conducted within the scope of TÜBİTAK 2209-A, was moderated by Dr. Emrah TÜNCER, Assistant Professor. In the first session of the seminar, faculty members who are experts in their fields addressed the structural and social layers of the city:

- Dr. Ayşe AYDIN, Assistant Professor and Director of the IGU Center for Social Responsibility Practice and Research, examined the social impacts of urbanization practices and their relationship with disaster risks from a sociological perspective in her presentation titled “Cracks in Concrete: Neoliberal Urbanization in the Context of Disaster Sociology.”
- Dr. Selda TUNÇ SUBAŞI, Assistant Professor and Director of the IGU Center for Gender Studies Practice and Research, evaluated the use of urban space and the challenges faced by women from perspective in her talk titled “Being a Woman in the City: The Invisible Burdens of Everyday Life.”

In the second part of the event, field findings from TÜBİTAK projects carried out by Social Work students were shared:

- **Sena Nur İKİNCİ**, a fourth-year student in the Department of Social Work, analyzed women’s experiences of access to social services in a densely urbanized area through her study titled “Being a Woman in Bağcılar District of Istanbul.”
- Students **Şerife Nur KARAHAN** and **Afra KILIÇ** in their presentation titled “The Role of Social Work in Pre-Earthquake Preparedness Processes,” examined disaster management, preparedness processes, and inter-institutional cooperation dynamics through the case of Istanbul’s Avcılar district.



The Art of Understanding Children

EMOTIONS, DRAWINGS, AND FAIRY TALES

The event titled “The Art of Understanding Children: Emotions, Drawings, and Fairy Tales”, organized through the joint collaboration of the Student Clubs of the Department of Social Work and the Department of Child Development within the Faculty of Health Sciences at Istanbul Gelişim University, was held on December 16, 2025, at the E Block TUSI Conference Hall, with strong attendance.



During the program, expert academics in the fields of picture analysis, emotional awareness, and fairy tale therapy shared their knowledge and experience with the participants. The event was moderated by Dr. Lecturer Merve DALMAZ, and attended by Dr. Lecturer Havva SAGLAM, Vice Head of the Department of Child Development, and Research Assistant Aise BÜSRA CİGER.

Fairy Tale Therapy

Kenan AZKESKIN



In the Fairy Tale Therapy workshop presented by Kenan AZKESKIN, the healing role of fairy tales in therapeutic processes was discussed. The workshop explained how fairy tale therapy enables children to express their emotions, thoughts, and internal conflicts. The seminar provided a comprehensive overview of the use of fairy tale therapy in educational and counseling settings. Through examples, it was demonstrated how fairy tale therapy can be used as an effective tool to help children make sense of their experiences and express their emotional processes.

Picture Analysis

Dr. Psychologist Semih TEZELLI

In the Picture Analysis workshop presented by Dr. Psychologist Semih TEZELLI, the power of drawings to reflect an individual's inner world was examined. Through practical examples, the seminar explained how children's drawings can be interpreted from developmental, emotional, and psychological perspectives. The workshop emphasized the scientific foundations of picture analysis within assessment processes.



Emotional Awareness

Hilal ILERI ERTURK

In the Emotional Awareness workshop conducted by Hilal ILERI ERTURK, emphasis was placed on individuals' abilities to recognize, express, and regulate their emotions. The importance of emotional awareness for psychosocial development and mental health was highlighted. Participants were introduced to awareness-based approaches that can be applied in daily life as well as in professional practice.



At the end of the event, the workshop concluded with a question-and-answer session. Participation certificates were presented to the students and academics who attended the workshop.



BEBİS PROGRAM TRAINING



The Department of Nutrition and Dietetics at the Faculty of Health Sciences, Istanbul Gelişim University, conducted informational and practical training sessions on the BEBİS (Nutrition Information System) program, which is widely used for the analysis of dietary intake records and the assessment of individuals' nutritional status, in two separate sessions this year.



The first session of the training was held in Turkish on November 19 with students of the Turkish Program, while the second session was conducted in English on November 21 with students of the English Program.

In both online sessions, Dietitian Ramazan BALBAY informed students about the analysis of dietary intake records, the evaluation of dietary patterns, and the effective use of reporting modules.

The training provided supportive content for the nutrition assessment courses in the department's curriculum, creating a practical learning environment that enables students to use the BEBİS program accurately and reliably in their academic studies, assignments, projects, and field applications.

We would like to thank Dietitian Ramazan BALBAY for delivering the training and the department's academic staff for their valuable contributions.



Sustainability Meetings: Being a Child Development Specialist at the Ministry of Culture and Tourism



Gökçe Nur ÇOKÇEVİK, a Child Development Specialist at the Ministry of Culture and Tourism, delivered a seminar titled “Practices of Baby and Children’s Libraries” to students of the child development department.

Explaining the role and fields of practice of Child Development Specialists within the Ministry of Culture and Tourism, ÇOKÇEVİK presented examples of child-centered libraries located in various districts of Istanbul. She provided explanations regarding materials and architectural arrangements in libraries that may pose risks to children. Emphasizing the need to design content appropriate for children’s developmental levels and the importance of learning materials, ÇOKÇEVİK also offered several architectural recommendations for libraries. The seminar was moderated by Research Assistants Kevser Tuğba ÇINAR KARASU and Aişe Büşra CİĞER.

Sustainability Talks: Being a Child Development Specialist in a Hospital

A seminar titled “The Role of the Child Development Specialist in the Inpatient Service and Clinical Practices” was held on 24 December 2025 at the K Block Auditorium for students of the Department of Child Development at Istanbul Gelişim University. The seminar was delivered by Child Development Specialist Hümeysra ÖZSOY.



Hümeysra ÖZSOY, who works at Başakşehir Çam and Sakura City Hospital, addressed Child Development students and discussed appropriate approaches to children staying in inpatient services and children with chronic illnesses. She explained the role and areas of expertise of the child development specialist in clinical practices. Emphasizing that “We are not test administrators; we are health professionals who provide developmental guidance,” ÖZSOY highlighted the importance of students taking their fieldwork practices seriously and outlined the types of studies required to become active child development specialists in the field. Providing therapeutic interventions through a multidisciplinary approach, ÖZSOY underscored the necessity of adopting a developmental perspective in every environment where the child is present.



The event was attended by Vice Head of the Department of Child Development Dr. Lecturer Havva SAĞLAM, Dr. Lecturer Merve DALMAZ, and Research Assistant Aişe Büşra CİĞER. The seminar was moderated by Research Assistant Rabia Ceren ÇAVGA. At the end of the event, a question-and-answer session was held, followed by a plaque presentation.

IGU CLUB PROMOTION WEEK

IGU Club Promotion Week Brought Energy to Campus with the Participation of 96 Clubs.

Istanbul Gelisim University transformed into a vibrant hub of interaction and discovery with the Club Promotion Week held on December 11-12, 2025, at the J Block Mehmet Akif Ersoy Conference Hall. A total of 96 student clubs operating under the university's umbrella introduced their activities across a wide range of fields, offering students diverse opportunities to explore their interests. The event, which attracted strong participation, provided both new and upper-year students with the opportunity to become closely acquainted with the university's club culture. Throughout the two-day event, the venue maintained a lively atmosphere with colorful booths, promotional presentations, and special activities organized by the clubs.

Students Had the Opportunity to Connect with New Communities Based on Their Interests

During the Club Promotion Event, students explored a wide range of clubs that matched their interests, spanning from social responsibility projects and technology initiatives to cultural and artistic activities, sports clubs, entrepreneurship, and scientific research communities. Club representatives provided detailed information on membership processes as well as the projects planned throughout the year, engaging in one-on-one communication with visitors. The strong interest shown by students in clubs that support both personal development and smoother adaptation to campus life once again highlighted Istanbul Gelisim University's student-centered approach and underscored the significance of the event.

The university's institutional vision reached a broader audience through student clubs. Club Promotion Week served as an important platform for conveying Istanbul Gelisim University's vision of supporting academic and social development in an integrated manner. The event emphasized that strengthening club activities and increasing student engagement play a vital role in extending the institution's corporate identity to wider audiences.

The fact that many clubs gained new members by the end of the event signaled that community and club activities at IGU will be even more dynamic throughout the academic year.



The Faculty of Health Sciences

Version of Club Promotion Week

We Added Color to Club Promotion Week!



Occupational Therapy



Nursing



Healthcare Management



Physical Therapy and Rehabilitation



Audiology



Child Development



Perfusion



Occupational Therapy



Social Work



Physical Therapy and Rehabilitation



Nutrition and Dietetics



Speech and Language Therapy

Getting to Know YEDAM” Event Held at Istanbul Gelişim University

The “Getting to Know YEDAM” event was held through the collaboration of the Department of Child Development within the Faculty of Health Sciences at Istanbul Gelişim University and the Addiction Combat Coordination Unit.

Following the opening remarks delivered by Asst. Prof. Nurten ELKİN, Social Worker Sultan Öztürk provided detailed information about the Yeşilay Counseling Center (YEDAM) and its scope of services.

Organized with the aim of increasing public awareness of addiction prevention and intervention, the “Getting to Know YEDAM” event brought together participants with the long-established history of Yeşilay and the comprehensive services offered by YEDAM. During the event, YEDAM’s operational model—which provides free and confidential support in the field of addiction—was explained in detail.

The Long-Standing History of Yeşilay

Founded in 1920, Yeşilay is one of Türkiye’s most well-established non-governmental organizations working in the field of addiction prevention. Since its establishment, Yeşilay has adopted scientific and human-centered approaches in combating alcohol, tobacco, substance, technology, and gambling addictions. In addition to preventive activities, Yeşilay aims to improve individuals’ quality of life through counseling and rehabilitation services.

Who Does YEDAM Serve?

The Yeşilay Counseling Center (YEDAM) provides free, confidential, and professional support to individuals experiencing addiction and to their families. Services are offered in the areas of alcohol, substance, tobacco, gambling, and technology addictions, using both individual-centered and family-oriented approaches.





The 115 Counseling Hotline

The most accessible way to reach YEDAM is through the 115 Counseling Hotline. This hotline can be called free of charge from anywhere in Türkiye, where psychologists and social workers provide counseling services and, when necessary, make referrals for face-to-face sessions.

Biopsychosocial Intervention Program

The biopsychosocial intervention program implemented at YEDAM is based on a holistic approach that addresses not only addictive behaviors but also psychological, social, and environmental factors. Through this program, individualized support plans are developed in accordance with each client's specific needs.

Psychological Support and the Counseling Process

The counseling process is conducted through regular sessions led by expert psychologists. All sessions are carried out in accordance with confidentiality principles, and individualized psychological counseling is provided based on the needs of the client.

Social Work Support and Home Visits

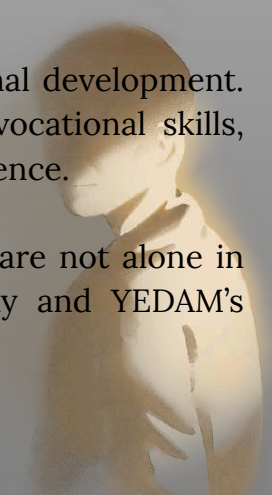
In addition to psychological services, YEDAM also offers social work support. Social workers assess clients' social needs and provide appropriate referrals. When deemed necessary, home visits are conducted to monitor and support the process in the client's living environment.

Group Therapies and YEDAM Workshops

Social support plays a crucial role in addiction recovery. In this context, group therapy sessions are organized at YEDAM to encourage experience sharing and to strengthen social connections among participants.

Moreover, YEDAM Workshops aim to enhance clients' productivity and personal development. Through workshops in areas such as handicrafts, gastronomy, and various vocational skills, individuals are supported in increasing their social participation and self-confidence.

The "Getting to Know YEDAM" event once again emphasized that individuals are not alone in their struggle with addiction and highlighted the significant role of Yeşilay and YEDAM's comprehensive, free, and accessible support services for society.



A SEMINAR ON CHILDREN'S RIGHTS AND THE VALUE OF CHILDREN WAS HELD

A highly interactive seminar titled “Children’s Rights and the Value of Children” was delivered to the students of Gökkuşığı College by Research Assistant Hatice BİNGÖL from the Department of Child Development, Faculty of Health Sciences, Istanbul Gelisim University.

Throughout the event, various activities such as games, question-answer sessions, and conversation-based practices were used to encourage active participation. The children had the opportunity to explore fundamental children's rights including the right to shelter, education, protection, health, play, and self-expression through their own experiences.

The seminar aimed to make the concept of rights more concrete for children, emphasizing the message that “Every child is valuable.” BİNGÖL explained the theme of children’s value by relating it to universal principles such as empathy, respect, trust, and fairness, presenting them in a clear and experiential manner.

During the seminar, students reinforced what they had learned through various drama and movement-based activities, enjoying an engaging and entertaining learning process. BİNGÖL concluded her talk with Mustafa Kemal Atatürk’s words:

“Children must be protected from all forms of neglect and abuse; they must be considered and treated with greater sensitivity than adults in every circumstance.”



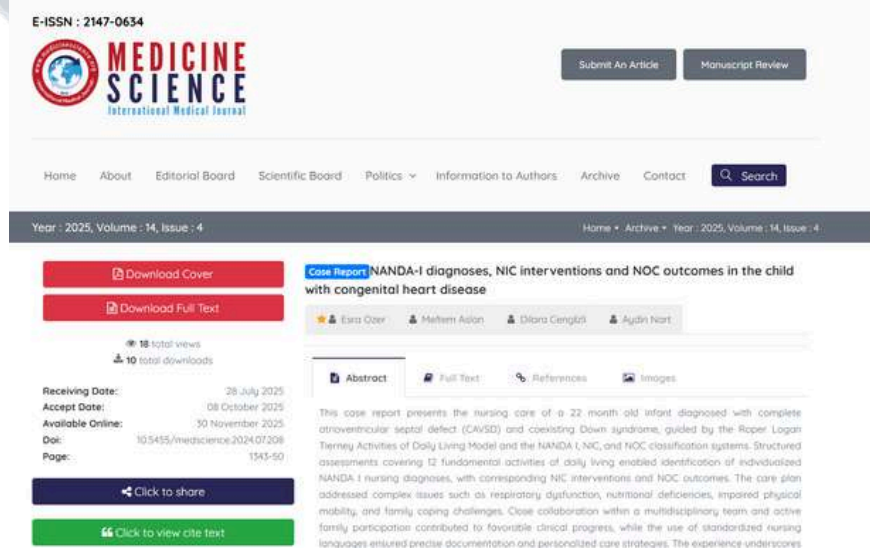
ACADEMIC STUDIES



Faculty of Health Sciences

Research, Development

ARTICLE

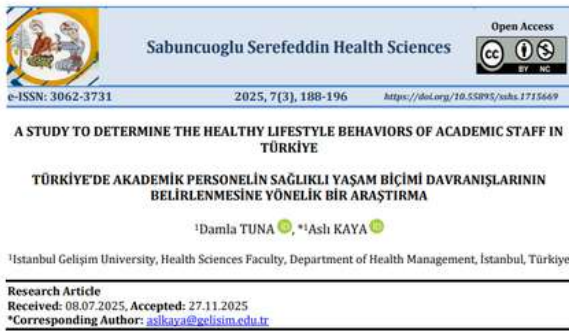


Our Faculty of Nursing Department faculty member Research Assistant Dilara CENGİZLİ, together with Research Assistant Esra ÖZER from Kültür University and Assistant Professors Meltem ASLAN and Aydın NART from Esenyurt University, prepared the article titled “NIC interventions and NOC outcomes in the child with congenital heart disease,” which was published in the 14th volume, 4th issue of the Medicine Science International Medicine Journal.

Click here to access the article.

<https://www.medicinescience.org/article/10407>

ARTICLE

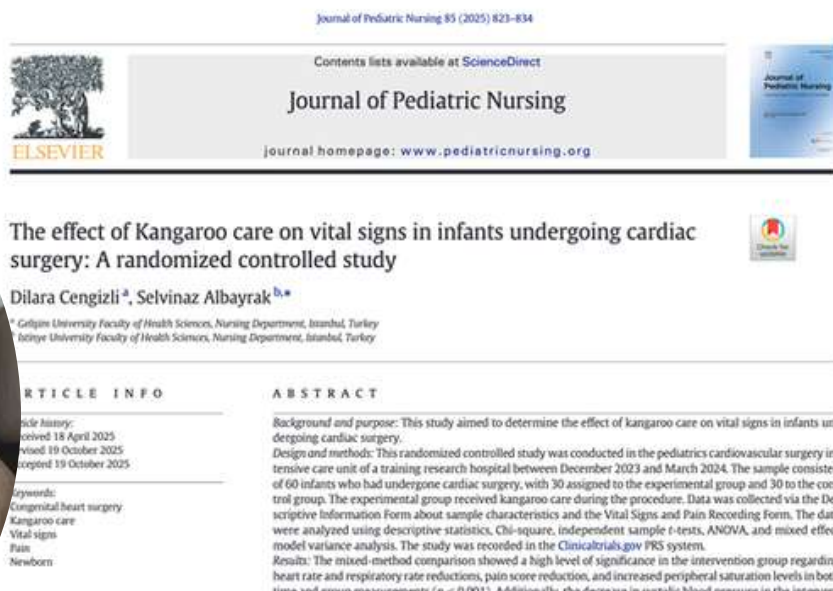


Our faculty's Health Management Department Assistant Professor Aslı KAYA and Health Management Department 4th year student Damla TUNA have had their article titled "A STUDY TO DETERMINE THE HEALTHY LIFESTYLE BEHAVIORS OF ACADEMIC STAFF IN TURKEY" published in the 7th volume, 3rd issue of the journal Sabuncuoğlu Şerefeddin Health Sciences.

Click here to access the article.



INTERNATIONAL PUBLICATION SUCCESS FROM IGU NURSING DEPARTMENT ON THE CARE OF INFANTS UNDERGOING CARDIAC SURGERY



A study authored by Research Assistant Dilara CENGİZLİ from Istanbul Gelisim University, Faculty of Health Sciences, Department of Nursing, and her advisor Assist. Prof. Selvinaz ALBAYRAK from Istinye University, has been published in the Journal of Pediatric Nursing, a journal ranked in the Q1 category in its field. Titled “The Effect of Kangaroo Care on Vital Signs in Infants Undergoing Cardiac Surgery: A Randomized Controlled Study,” the research holds the distinction of being the first and only randomized controlled trial in Türkiye to examine the effects of Kangaroo Care in infants undergoing cardiac surgery.

The study demonstrated significant improvements in vital signs—including heart rate, respiratory rate, oxygen saturation, and body temperature—among infants who received Kangaroo Care during the postoperative intensive care period following major cardiac surgery. The findings reveal that Kangaroo Care is a safe, clinically effective method that enhances hemodynamic stability not only in premature infants but also in infants recovered from cardiac surgery.

This research serves as a pioneering contribution addressing the lack of scientific evidence regarding family-centered care practices in the field of pediatric cardiac intensive care nursing in Türkiye. By showing that Kangaroo Care reduces postoperative stress responses and promotes physiological well-being, it provides an important reference point for clinical guidelines and care protocols. With its rigorous methodology, unique clinical contribution, and publication in a high-impact international journal, the study offers a significant scholarly contribution to the pediatric nursing literature.

Click the link to access the study:

<https://www.sciencedirect.com/science/article/abs/pii/S0882596325003653>



CONGRESS PARTICIPATION

ASHA – American Speech-Language-Hearing Association 2025 Convention



Three poster presentations prepared by the faculty members and students of the Department of Speech and Language Therapy, Faculty of Health Sciences, Istanbul Gelisim University, were presented at the 2025 ASHA (American Speech-Language-Hearing Association) Convention, held in Washington, DC, on November 20–22, 2025—one of the most prestigious scientific events in the field. The representation of our department on this distinguished international platform has contributed significantly to both our academic visibility and the scientific development of our students. We extend our sincere gratitude to Ayşegül SARI SÜLÜKER, who presented and supported our studies from the United States.

Presented Studies

Title: Investigation of the Relationship Between Self-Compassion, Social Anxiety, and Depression in Individuals Who Stutter

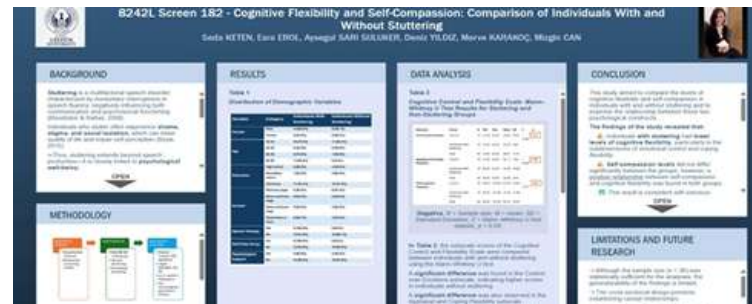
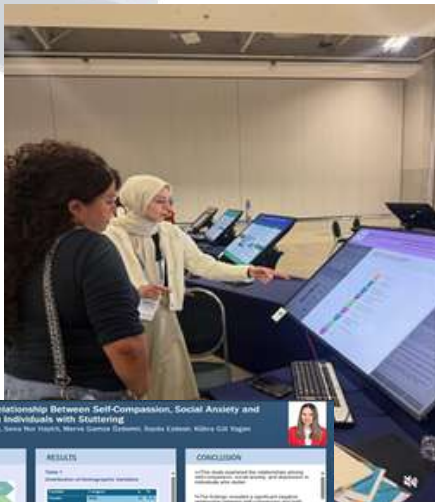
Authors: Seda KETEN, Esra EROL, Ayşegül SARI SÜLÜKER, Deniz YILDIZ, Sena Nur HAYIRLI, Merve Gamze ÖZDEMİR, İlayda EZDESİR, Kübra Gül YAĞAN

Title: Cognitive Flexibility and Self-Compassion: A Comparison of Individuals With and Without Stuttering

Authors: Seda KETEN, Esra EROL, Ayşegül SARI SÜLÜKER, Deniz YILDIZ, Merve KARAKOÇ, Mizgin CAN

Title: Investigation of the Relationship Between Self-Compassion and Psychological Resilience in Individuals With and Without Stuttering

Authors: Esra EROL, Seda KETEN, Ayşegül SARI SÜLÜKER, Deniz YILDIZ, Beyzanur GÖBÜL, Gözde CANBAZ, Kardelen BARLAS.



National Recognition: Assistant Professor Aslı KAYA

Assistant Professor Dr. Aslı KAYA, in the Department of Health Management, Faculty of Health Sciences at our university, represented our institution within the scope of the “national recognition” category as a member of the thesis defense jury at Osmaniye Korkut Ata University on December 12, 2025.

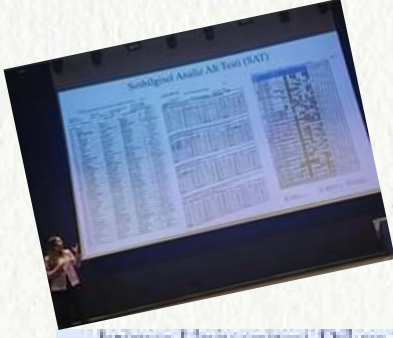
Selahattin ERDEM, a student in the Thesis-Based Master's Program of the Department of Business Administration at the Graduate School of Osmaniye Korkut Ata University, held his master's thesis defense on December 12, 2025, at 12:00 p.m., during which Asst. Prof. Aslı KAYA, was appointed as a jury member. The defense was attended by Assoc. Prof. Emre YAKUT from the Department of Management Information Systems, Program of Management and Information Systems at Osmaniye Korkut Ata University; the thesis advisor, Assoc. Prof. Ergün KARA; and Dr. Aslı KAYA, Assistant Professor, from Istanbul Gelişim University.

The master's thesis entitled “The Effect of Leadership Styles on Job Stress (An Application on Private Sector Employees),” supervised by Assoc. Prof. Ergün KARA, Head of the Department of Management and Organization, Department of Business Administration, Faculty of Economics and Administrative Sciences at Osmaniye Korkut Ata University, was successfully presented by Selahattin ERDEM. At the evaluation stage, following the thesis defense chaired by Assistant Professor Aslı KAYA, Assistant Professor, it was unanimously decided by Assoc. Prof. Emre YAKUT, Assoc. Prof. Ergün KARA, and Assistant Professor Aslı KAYA to accept the thesis defense. With the notification of the defense result to the graduate student Selahattin ERDEM by the jury chair, Assistant Professor Aslı KAYA, and the announcement of the title “Master of Science,” the thesis defense was successfully concluded.

We congratulate Assistant Professor Aslı KAYA, , for her contributions to enhancing our university's inter-university national recognition and wish her continued academic success.



Academic Contributions at the Speech Sound Disorders Congress



İstinye Üniversitesi Dil ve Konuşma Terapisi Kulübü Konuşma Sesi Bozuklukları Kongresi <i>Kongre Programı Akis</i>	
10.30 - 10.45 Giriş ve Kayıt	
11.00 - 11.40 Arg. Gör. Esra Erol Konuşma Sesi Bozukluklarında Klinik Değerlendirme ve Terapide Kritik Noktalar	
11.50 - 12.30 Uzm. DKT Beyza Nur Duvran Belli "Konuşma Sesi Bozukluklarında Mikrobakteriyel Hastalıkların Önemi: Klinik İyileşim ve Uygulamalar"	
12.40 - 13.20 Öğr. Gör. Süheylanur Şol İşleyen KST'nin Gözetiminde Yüzde Nasıl Belli Bir Düzeyde	
13.30 - 14.00 Öğle Arası	
14.00 - 14.40 Uzm. DKT Sena Toktaş Dijital Dil Değerlendirme Yöntemleri Konuşma Noktaları KST'de Okulda Kurum Yürütme ve Yönlendirme	
14.40 - 15.40 Uzm. DKT Şeyval Fidan KST'de Klinik Kurum Yürütme ve Yönlendirme	



On December 21, 2025, the Speech Sound Disorders Congress, organized by the İstinye University Speech and Language Therapy Club, was held with the contributions of academics and clinicians with expertise in the field. The congress program covered key topics including critical issues in the clinical assessment and therapy of speech sound disorders; the teaching of target sounds in intervention processes (clinical tips and applications); social communication skills as the less visible dimension of speech sound disorders; the relationship between speech sound disorders and orthodontics at the intersection of dental and phonological structures; as well as clinical decision-making and case formulation in speech sound disorders.

Within the scope of the congress, Esra EROL, Research Assistant in the Department of Speech and Language Therapy at İstanbul Gelişim University, delivered a presentation entitled "Critical Issues in Clinical Assessment and Therapy of Speech Sound Disorders." Students from the Department of Speech and Language Therapy at İstanbul Gelişim University also attended the congress, which emphasized academic exchange and professional development.



Unity for an Accessible Tomorrow: IGU Visits Bakırköy Barrier-Free Living Center on December 3, International Day of Persons with Disabilities



As part of the December 3 International Day of Persons with Disabilities, Istanbul Gelisim University participated in the program held at Bakırköy Municipality's Barrier-Free Living Center, marking a day full of awareness. The event began with a speech by Asst. Prof. Abdullah Yüksel BARUT, Director of the Istanbul Gelisim University Vocational School of Health Services. Bakırköy Mayor Assoc. Prof. Ayşegül OVALIOĞLU, in her speech, emphasized unity with the words, "Towards accessible tomorrows in the light of solidarity and equal citizenship," and expressed her gratitude to Istanbul Gelisim University for their support.

"Persons with Disabilities Are Equal and Valuable Members of Our Society"

Speaking at the December 3 International Day of Persons with Disabilities event, Asst. Prof. Abdullah Yüksel BARUT, Director of the IGU Vocational School of Health Services, highlighted the importance of awareness by stating: "Persons with disabilities are equal and valuable members of our society; it is our shared responsibility to make their lives easier." Bakırköy Mayor Assoc. Prof. Ayşegül OVALIOĞLU also reiterated in her speech, "Towards accessible tomorrows in the light of solidarity and equal citizenship," emphasizing unity and extending her thanks to Istanbul Gelisim University for their support.

A Program Enriched with Music Performances, Empathy Tracks, and Exhibitions

Following the opening remarks, the program continued with an exhibition prepared by special students, an empathy track, an awareness activity using emotion cards, and team games such as "Ring Toss." Participants were also offered unique experiences through a communication activity where they attempted to interact while wearing headphones that blocked external sounds. A concert performed jointly by the IGU Music Club and special students added great energy to the event, while a meaningful sign language video prepared with the support of IGU SHMYO Disability Commission members Lecturer Rahmiye Nur AKTAŞ and Lecturer Aleyna ÇAVDAR delivered emotional moments to the audience.



A Collaborative Event with Broad Participation

The event was organized through the partnership of the IGU Vocational School of Health Services Digital Health Systems Technician Program led by Lecturer Ebru CENGİZ, the IGU SHMYO Disability Commission, the IGU Faculty of Health Sciences Health Management Department, and the Bakırköy Municipality Health Affairs Unit, and saw strong participation.

Attendees included: Asst. Prof. Abdullah Yüksel BARUT, Director of IGU Vocational School of Health Services, Asst. Prof. Nurcihan TAN ERKOÇ, Assistant Director of IGU Vocational School of Health Services, Lecturer Ebru CENGİZ, Digital Health Systems Technician Program, Lecturer Rabia Nur AKTAN YILMAZ, Chair of the IGU SHMYO Disability Commission, Commission members Lecturer Aleyna ÇAVDAR, Lecturer Murat KARA, IGU academic staff Asst. Prof. Aslı KAYA, Asst. Prof. Güneş YÜCEL ATALAY, students from the Digital Health Systems Technician and Audiometry programs

A Strong Message from IGU for an Inclusive Future

Istanbul Gelisim University continues to take responsibility in promoting accessibility and social equality. On this meaningful day, the university once again underlined the importance of university-local government cooperation and awareness initiatives. In addition to offering high-quality education to its students, IGU remains committed to advocating for equal living rights for all individuals and continues to take an active role in social awareness projects.





INDIVIDUALS WITH DISABILITIES AND SOCIETY

Melek AKÇAY ŞİMŞEK

(2022- Graduate of the department of social work)

It is possible to see that the effects of the problems experienced by individuals with disabilities and their families in societies from the past to the present continue even today. From the moment an individual with a disability opens their eyes to life, the problems they face begin within the family, continue in their surroundings, and bring about broader social issues. In past eras when polytheistic beliefs were prevalent, it was widely believed that having a child with a disability was the result of a crime committed by the family. For this reason, families had difficulty accepting their children, leading to situations such as being forced to work in unhealthy working environments, being separated from their families, and being pushed toward illegitimate paths. Although the level of development differs among today's societies, it is observed that attitudes and behaviors toward individuals with disabilities remain largely the same. Educational inadequacies due to the disability itself, insufficient education of families, uneducated family environments, the classification of individuals with disabilities as disadvantaged, and the conditions of the environment in which they live are among the most significant problems affecting their participation and socialization in social life. For this reason, I wish for a society in which the level of welfare increases for every individual with a disability, opportunities become more accessible, and the level of well-being—the ultimate goal of social services—rises. In every area of life, striving to produce solutions to the problems of individuals with disabilities and preventing them from being pushed to the margins of life is the responsibility of us all. There is no barrier to sharing life. I commemorate the International Day of Persons with Disabilities with hope and send my regards.

18 DECEMBER
Happy
HEALTHCARE MANAGERS'
DAY

ISTANBUL GELİŞİM UNIVERSITY
FACULTY OF HEALTH SCIENCES
DEPARTMENT OF HEALTHCARE MANAGEMENT



"Healthcare Managers' Day" Celebration Held at IGU Faculty of Health Sciences

Istanbul Gelişim University (IGU) Faculty of Health Sciences (FHS), Department of Healthcare Management, organized a meaningful celebration program with students on 23 December 2025 within the scope of **18 December Healthcare Managers' Day**. The event was held in IGU FHS B Block, Classroom 101.

The program began with an opening speech by the Head of the Department, Assist. Prof. Dr. Aslı KAYA. In her remarks, KAYA emphasized that healthcare services are complex systems carried out under high uncertainty, involving multiple stakeholders and limited resources, and underlined the critical role of healthcare managers in ensuring these systems operate effectively and sustainably. She stated that healthcare management has evolved into an interdisciplinary field of expertise encompassing multidimensional competencies such as strategic planning, human resources management, health economics, quality and accreditation, health informatics, ethics, and leadership. She also noted that evidence-based decision-making, crisis management, and change leadership skills have become even more important under today's conditions.

Dedicating a significant part of her speech to students, KAYA expressed her pride in Healthcare Management students for demonstrating strong leadership, coordination, and teamwork skills through the representative and organizational responsibilities they have undertaken. She concluded her speech by celebrating Healthcare Managers' Day and extending her greetings to all healthcare managers.

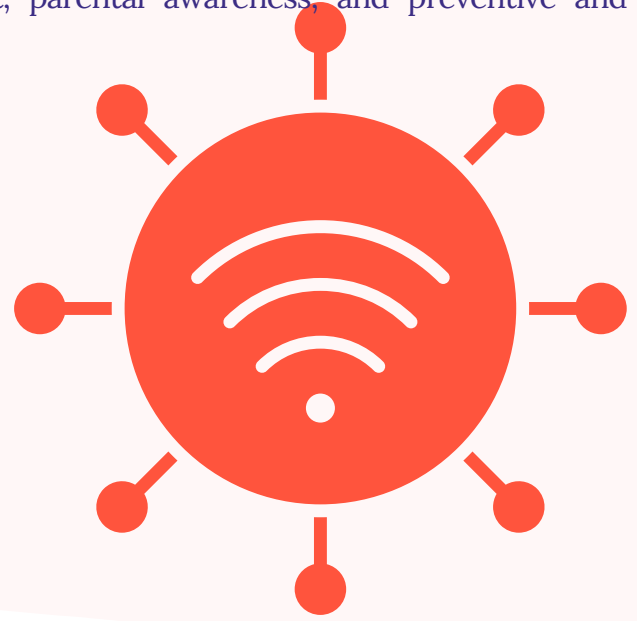
Following the opening, Assist. Prof. Dr. Turgay KARALINÇ delivered a brief speech, and the program continued with remarks by Assist. Prof. Dr. Bumin Çağatay AKSU and Res. Asst. Semanur OKTAY ALKAN. The event ended after a group photo session.



THE ADDICTION PREVENTION COORDINATION OFFICE OF İSTANBUL TECHNICAL UNIVERSITY (IGU) HELD A SEMINAR TITLED "TECHNOLOGY ADDICTION AND VIRTUAL GAMBLING"

A seminar titled “Technology Addiction and Online Gambling in Children” was organized by the Department of Child Development at Istanbul Gelişim University Faculty of Health Sciences in collaboration with the Addiction Prevention Coordination Unit. The seminar was held on Wednesday, December 3, 2025, between 14:00 and 16:00 at the Esenyurt District Governorate Family Support Center. Within the scope of the program, topics such as technology addiction among children in the digitalized world, online gambling mechanisms, risky digital content, parental awareness, and preventive and protective practices were discussed.

In the opening speech, Dr. Nurten ELKIN, Head of the Department of Child Development and Coordinator of the Addiction Prevention Unit, began by introducing herself. She then talked about the projects, training programs, and awareness activities carried out within the university and in cooperation with various institutions under the coordination unit. Emphasizing that technology has become an inseparable part of daily life, she stated that the age at which children access digital devices is decreasing. Dr. Elkin noted that screen time has increased significantly, especially after the pandemic, and that this increase has affected children’s social, emotional, and academic development.



Highlighting that technology addiction does not simply mean spending long hours on a phone, Dr. Elkin stated: “Addiction shows itself when a child wants to stop using the screen but cannot, experiences intense anger, restlessness, or anxiety when the device is taken away, and shows impairment in daily functioning. Today, many children are becoming dependent on the guidance of the digital world without even realizing it.”

In the second part of the seminar, Research Assistant Kevser Tuğba ÇINAR KARASU gave a detailed presentation on the effects of technology use on the brain and behavior, based on children’s developmental characteristics. She explained that when used appropriately, technology can support learning, creativity, and problem-solving skills; however, uncontrolled use shortens attention span, makes emotional regulation more difficult, and disrupts sleep patterns.

Emphasizing that adolescence is a critical period in terms of vulnerability to addiction, Çınar Karasu stated:

“The dopamine system is very active in the adolescent brain. For this reason, social media likes, in-game rewards, or elements of chance can create a strong sense of pleasure in young people. At the same time, since the prefrontal cortex—the brain region responsible for self-control—is not fully developed, adolescents may be more easily drawn to exciting stimuli.”

The seminar concluded with a question-and-answer session and the presentation of practical recommendations to families on how to help children navigate the digital world more safely. Istanbul Gelişim University stated that it aims to continue organizing such informative activities that support public health and children’s development.

COMMODIFICATION IN HEALTHCARE and Its Social Impacts



IGU – Faculty of Health Sciences
Department of Healthcare Management Student

Müberra KAZDAL
muberra.kazdal@ogr.gelisim.edu.tr

Commodification is the process through which an object, service, or idea that previously had no economic value is turned into a commercial good that can be bought and sold. Commodification in healthcare, in particular, refers to the transformation of health services from a human right or a public service into a commodity traded in the free market. In this way, the healthcare system shifts from being needs-oriented to profit-oriented. As a result, people who receive healthcare are transformed from “patients” into “customers,” and hospitals that aim for social benefit are redefined as profit-seeking “businesses.”

Physicians and other healthcare professionals, rather than working primarily in line with ethical principles, begin to experience pressure to “perform more procedures in order to generate more income.” Among the negative effects of commodification in healthcare are inequality, loss of trust, unnecessary consumption, and neglect of public health. The increasing transfer of healthcare services to the private sector enables high-income individuals to access the highest-quality care, while causing low-income individuals to be deprived of even basic services—thereby deepening inequality.

Because hospitals pursue profit, they may subject patients to unnecessary procedures, leading to unnecessary consumption. Turning the doctor–patient relationship into a commercial interaction undermines public trust. Likewise, since profit becomes the primary goal, services that protect public health are often overlooked, while attention shifts toward expensive and unnecessary treatment methods—ultimately putting public health at risk.

In his book *Medical Nemesis* (also known in Turkish as *Sağlığın Gaspı*), Ivan Illich argues that medicine has turned into a mechanism that produces illness; that modern medicine mechanizes the natural processes of life (such as aging, birth, and death); that health becomes a purchased service; and that people lose their ability to heal themselves, becoming dependent on healthcare services. As Illich’s perspective suggests, with commodification in healthcare, the principle “Health is a fundamental right for everyone” is replaced by the notion that “Health is a service that those with higher income can buy.”

When profit-driven ambition replaces health itself, it is not only the healthcare system that collapses, but also society’s trust in one another. For our shared future, our compass should not be profit, but preventive and public health policies that every individual can access equally.

The PANat Method in Stroke Rehabilitation

The first event of the “One Topic, One Guest per Month” program, organized by the Department of Physiotherapy and Rehabilitation, was held on December 15, 2025, with the participation of academic staff and students. The first guest speaker of the program was Prof. Dr. Uğur CAVLAK, faculty member of the Department of Physiotherapy and Rehabilitation, Faculty of Health Sciences, Biruni University.

The PANat Method in Stroke Rehabilitation

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A Historical and Conceptual Perspective on the PANat Method

In his presentation, Prof. Dr. Uğur CAVLAK addressed the PANat Method in Stroke Rehabilitation within the framework of the historical development of neurorehabilitation. By discussing neurorehabilitation approaches from past to present, he explained the origins of the PANat method, the clinical needs that led to its development, and the aspects that differentiate it from traditional rehabilitation approaches. He also highlighted its position within contemporary neurorehabilitation practices.

Clinical Applications and Case-Based Examples

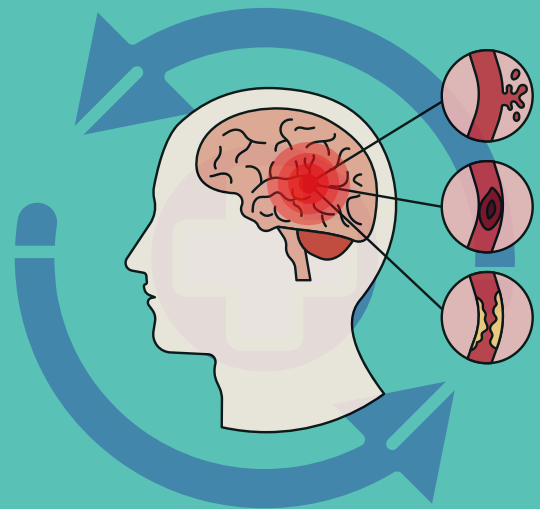
The presentation was enriched with clinical applications and case examples of the PANat method. Practical interventions focusing on postural control, functional movement, and motor learning processes in individuals after stroke were explained through clinical cases. This approach provided participants with valuable insights into clinical decision-making and emphasized the patient-centered and functional nature of the PANat method.

Strong Interest from Students and Academic Staff

Thanks to Prof. Dr. CAVLAK's practice-oriented and engaging presentation style, the PANat method—recognized as a novel and innovative approach in neurorehabilitation—attracted significant interest from both students and faculty members. The event contributed to students' professional development while also fostering an interactive academic discussion environment.

Q&A Session and Certificate of Appreciation

The seminar continued with an interactive question-and-answer session, during which participants had the opportunity to engage directly with the speaker. The event concluded with the presentation of a certificate of appreciation to Prof. Dr. Uğur CAVLAK in recognition of his valuable contributions.



AN EVENT TITLED “SUSTAINABILITY MEETINGS WITH CHILD DEVELOPMENT SPECIALISTS – BEING A CHILD DEVELOPMENT SPECIALIST IN A PUBLISHING HOUSE” WAS HELD

The Department of Child Development at Istanbul Gelisim University, Faculty of Health Sciences, organized an online seminar titled “Sustainability Meetings with Child Development Specialists – Being a Child Development Specialist in a Publishing House” as part of its event series aimed at raising awareness about the diverse employment opportunities available to child development specialists.

The seminar, which focused on the roles and responsibilities of child development graduates within the publishing sector, was held with the online participation of students and academic staff. The guest speaker of the program was Child Development Specialist Feyzanur Ak Güney.

The event was moderated by Research Assistant Kevser Tuğba ÇINAR KARASU from the Department of Child Development. In her opening speech, the moderator emphasized that the work areas of child development specialists are not limited to schools, hospitals, or institutions, and highlighted that children’s publishing is also an important professional field for child development graduates.

In the first part of the seminar, guest speaker Feyzanur AK GÜNEY shared her career journey from completing her undergraduate degree in child development to becoming a content consultant at a publishing house, and discussed her experiences transitioning into the publishing sector. In this section, students received concrete information about how child development specialists can enter the field of publishing.

The program continued with a detailed explanation of the process of preparing children’s books. AK GÜNEY described the collaboration between editors, designers, authors, and child development specialists throughout the stages from the initial idea to the printing of a children’s book, emphasizing that this is a multidimensional and interdisciplinary process. She noted that child development specialists have important responsibilities such as assessing the developmental appropriateness of texts, ensuring emotional and cognitive safety, and considering ethical principles such as gender equality and cultural sensitivity.



The seminar also included information about the daily work routine of child development specialists in publishing houses. The guest speaker provided examples related to manuscript evaluations, team meetings, content discussions with authors, and visual review processes, highlighting the broad scope of their role within the publishing field.

Another significant topic addressed in the event was the importance of adhering to ethical principles in children's literature. Feyzanur Ak Güney emphasized that elements such as violence, discriminatory language, developmentally risky content, and inappropriate value messages should not be included in children's books, noting that child development specialists serve an essential filtering function in this regard.

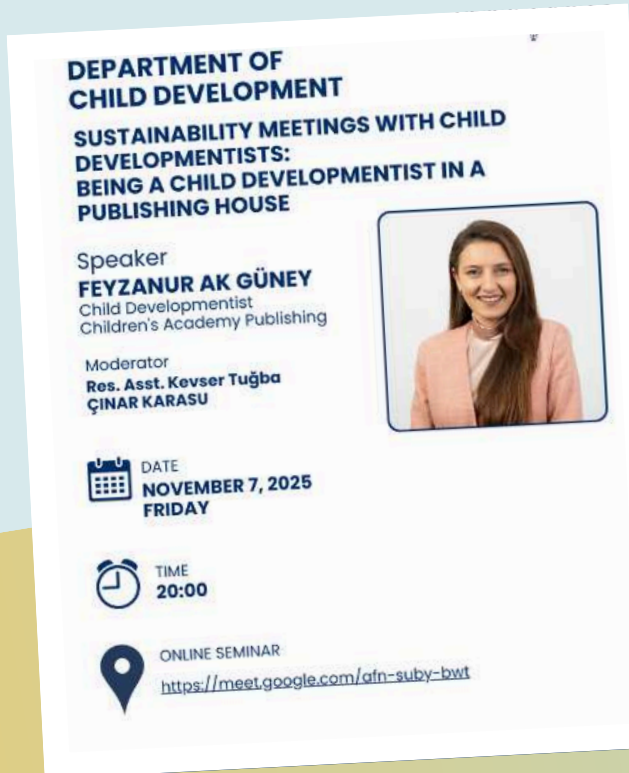
At the end of the seminar, students' questions were addressed. Participants asked about internship opportunities in publishing houses, recruitment processes, required competencies for child development specialists, and developmental evaluation criteria.

In her closing remarks, Research Assistant Kevser Tuğba Çınar Karasu stated that the event was highly productive in highlighting the potential roles of child development specialists in the publishing sector, adding:

"Today, we once again saw that child development specialists can work wherever children are. In the world of books, we also undertake an important task by touching and supporting children."

The seminar concluded with expressions of gratitude and positive feedback from participants.

LINK: <https://sbf.gelisim.edu.tr/en/akademik-department-child-development-news-an-event-titled-sustainability-meetings-with-child-development-specialists-being-a-child-development-specialist-in-a-publishing-house-was-held>



“SUBSTANCE ADDICTION IN CHILDREN AND ADOLESCENTS”

WORKSHOP HELD

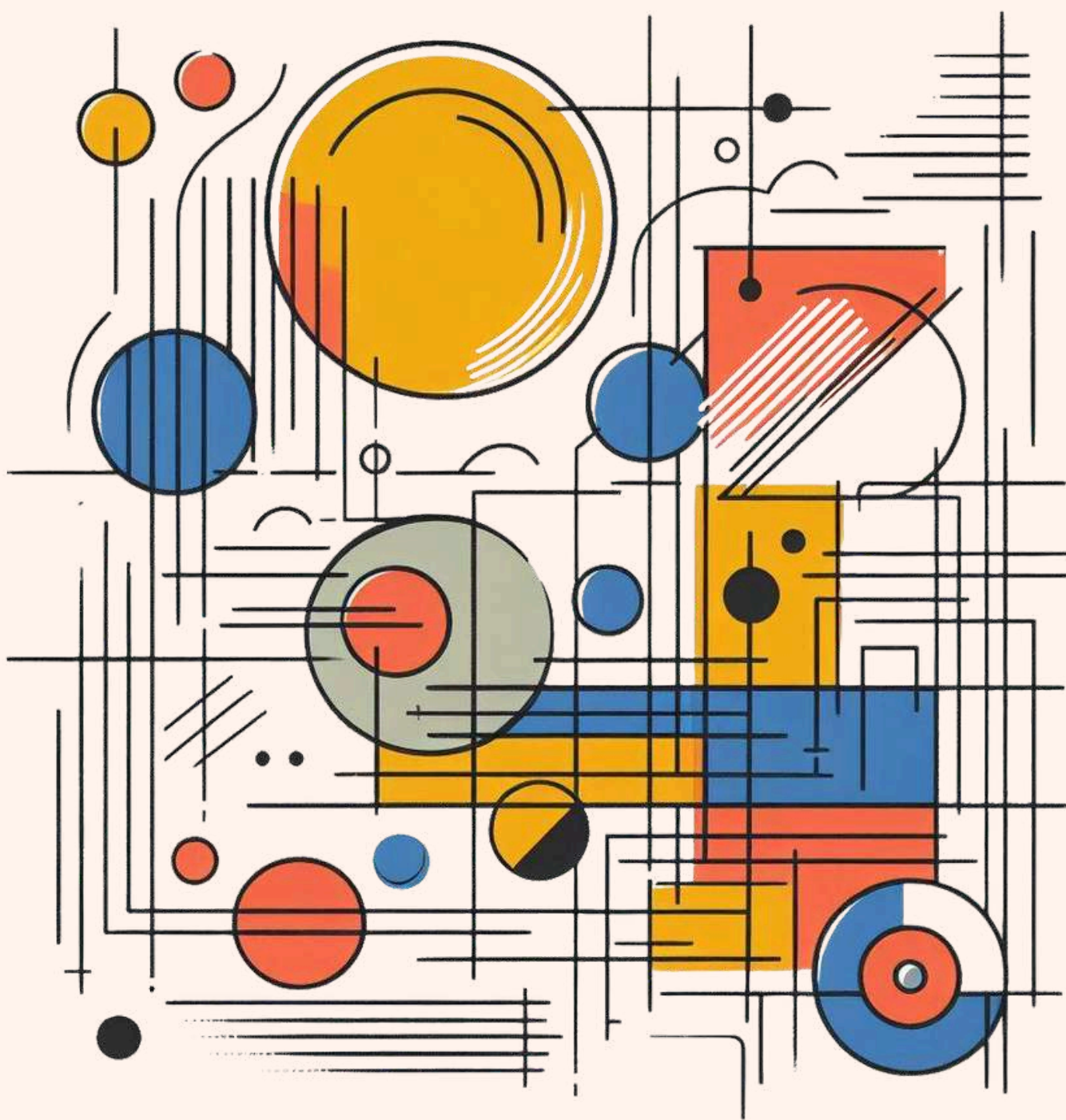
The workshop titled “Healthy Development: Substance Addiction in Children and Adolescents”, organized in collaboration with the Istanbul Gelişim University Faculty of Health Sciences, Department of Child Development, the Addiction Prevention Coordination Unit, and the Dean of Students, was held on Thursday, 18 December 2025, on the 17th floor of the Gelişim Tower Student Center.

Within the scope of the Healthy Development workshop series organized by the Dean of Students, the event addressed risk factors and protective factors related to substance use during childhood and adolescence, as well as emotion regulation and needs-based approaches. It was emphasized that substance use should be evaluated not only at the behavioral level, but also through emotional, social, and environmental dimensions. The interactive structure of the workshop encouraged active student participation.

The workshop included practical sessions conducted by Asst. Prof. Nurten ELKİN, Head of the Department of Child Development and Addiction Prevention Coordinator, and Res. Asst. Kevser Tuğba ÇINAR KARASU. Through real-life scenarios, participants were encouraged to reflect on substance use and to discuss healthy alternative coping strategies. Scenario-, emotion-, and needs-based interactive methods were used throughout the workshop to increase awareness.

The event aimed to increase university students’ knowledge and awareness of substance addiction, while also helping them recognize healthy and safe coping strategies in risky situations. The workshop attracted strong interest from students due to its interactive and participatory format.





CULTUREART
LITERATURE



AN INTERVIEW WITH PROF. DR. İSMET GALİP YOLCUOĞLU ON “OUR 100-YEAR-OLD REPUBLIC”



Prof. Dr. İsmet Galip YOLCUOĞLU Head of the Department of Social Work at Istanbul Gelişim University, has recently published his latest book, *Our 100-Year-Old Republic*, by Nar Publishing House. The author of 24 books, Yolcuoğlu examines the process from the Ottoman Empire to the Republic from a comprehensive perspective that goes beyond official historical narratives.

Could you briefly tell us about your academic journey?

My academic journey began in the Department of Social Work at Hacettepe University and was shaped by a disciplined habit of intensive reading and writing. Over the years, my readings in social sciences, literature, and history have formed the foundation of my academic work. I published my first book in the early 2000s, followed by many others focusing on social policy, children, the welfare state, and social transformation.

What is the main purpose of Our 100-Year-Old Republic?

This book offers a comprehensive analysis of the historical period from the late Ottoman era to the first century of the Republic, viewed through the lenses of social sciences, political economy, and social structure. My aim is to discuss Turkey's current problems within their historical and structural context, using a broader analytical paradigm.

What distinguishes your book from similar studies?

I argue that social problems should be examined not only through internal dynamics but also in relation to global economic and political power structures. I seek to make visible the macro-level forces behind phenomena such as migration, poverty, urbanization, and inequality.

How would you evaluate the founding of the Republic and the present day?

The Republic initiated a major process of modernization and social transformation under extremely limited conditions. Despite global and economic constraints, investments in education and human capital have produced significant achievements. Hope for the future depends on the proper use of this accumulated experience and knowledge.

Finally, what would you like to say to readers?

History should be read not only to understand the past, but also to make sense of the present and to build the future. Our 100-Year-Old Republic is an effort to contribute intellectually to this perspective.

“To understand the Republic, one must read it not merely as a political regime, but as a historical and social transformation.”



MANAGEMENT DISEASES

Development Readings



Editors **Ramazan ERDEM**
Muazzez YELSİZ

An abnormality in the structure and functioning of an organization can be considered an organizational disease, while disorders that arise in management-related tasks and processes can be considered a management disease. To treat a disease, first, its causes must be identified and diagnosed. Then, a treatment method is determined to eliminate the disease, and solutions to the problems are sought accordingly.

This book examines certain diseases related to management and organizations. In treating management diseases, as with medical illnesses, it is important to identify and name the disease along with its causes and consequences. The problems examined as diseases in this book are also discussed within this framework.

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The Dark Side of Leadership
The Tendency to Organizational Psychopathy in Managers
An Examination of 'Condoned Flattery' in the Context of Managerial Illnesses
Managerial Sociology (Boss Phubbing) Behavior from the Perspective of Managers and Employees
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Discrimination from a Managerial Perspective
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Hubris Syndrome and the Delusion of Superiority with Historical Examples
A New Paradigm in Management: The Mushroom Management Approach
Falling Off the Horse Syndrome in Management

THE FOAM- FROTH HUMAN



**Sevdener
Sakaoğlu**

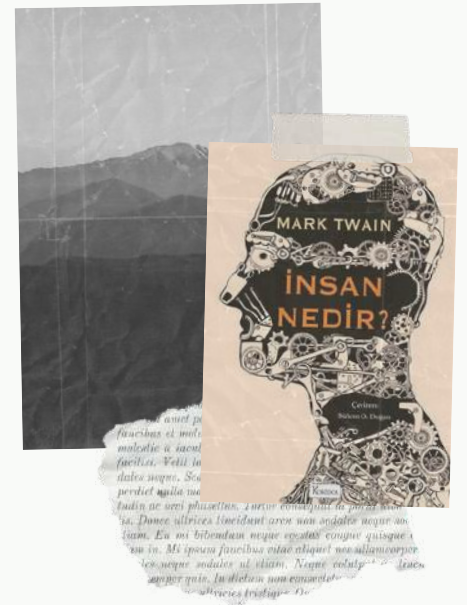
**İGÜ- Master's Student in
Child Development**

Who am I—who am I, really? Or what am I? Whose creation am I? God's, or that of some other creator whose name we have never heard before? Is this truly what I was meant to be? Sad, irritable, hopeless... Or you? Or them? Who are you? Why are you good, or why are you bad? Are good and evil really what I have always believed them to be? I would sincerely love to say that Mark Twain answers all these questions for me in his work "What Is Man?"—but I cannot. On the contrary, the book drove me deeper, forcing me to question myself even more. It made me bid farewell to everything I had once boasted about as "my own achievement." For in this work, Twain argues that the human being is nothing more than a machine, formed, governed, and directed solely by external influences; that none of one's desires are truly one's own, and that no success can genuinely be claimed as personal. At the same time, he suggests that goodness does not truly exist—that the world is made up, at best, of selfishness and evil. As he puts it, "Man's first and foremost purpose is singular: to secure his own comfort and spiritual ease; otherwise, he will not lift a finger." But is he right? Can human beings really be this selfish, this lacking in self-sacrifice, this inept? I believe they can. The notion of inevitable selfishness and of the human as a machine shaped by external forces, as presented in What Is Man?, aligns to a great extent with my own observations and experiences. Yet the complete denial of selflessness—the claim that humans act only according to the commands of an inner master, disregarding instinct altogether—seems, at least in part, detached from real life. In doing so, it risks diminishing the humane emotions that make a human truly human.



Mark Twain begins his book by likening the human being to a machine—indeed, by asserting that humans are no different from machines at all. He expresses this idea as follows: “Whatever the human material may be, it owes its formation to heredity, environment, and the influence of associations upon that material. Only external forces set it in motion. They govern it. They direct it. Man cannot be the source of anything—not even a single thought.” In other words, Twain suggests that human beings, like machines, are activated by external forces. At the same time, he maintains that every action a person takes is done first and foremost for oneself—that an action must benefit the individual, otherwise it will not be performed. From this perspective, he argues that true self-sacrifice does not exist, and that when individuals appear to help others, they do so only to achieve their own inner comfort. In line with this argument, Twain urges readers to question appearances: “Whenever you read or hear about a selfless act or a duty performed out of devotion, take it apart piece by piece and find the motive behind it.” He invites us to investigate, insisting that people may make every kind of sacrifice for others, yet ultimately do so for themselves. One of his most striking examples is that of the mother. Twain claims that mothers derive great pleasure from caring for their children and from what is called maternal sacrifice—that it is this pleasure alone that motivates their care.

As for me—whoever I may be—I have questioned these ideas, and many more, throughout my life. I have always argued that human beings are selfish and singular. Like foam: each one different, each containing bubbles of varying shapes and numbers; fragile when dried, fluid when left to itself; taking the shape of the vessel it enters, yet still possessing a form of its own when alone. Human beings, like foam. Much like Twain, I have long believed that humans are formed through external influences. Perhaps this belief stems from seeing how even children raised in the same family, under the same conditions, can turn out so differently. Because the external influences differ; because the master within each person is different. For example, my brother and I grew up in the same family, under the same conditions—yet we were two different people. The master within one of us said, “Do,” while the master within the other said, “Run.” Our goal was the same: inner peace. And like the same foam shaped by different external forces, one of us stepped into the streets, the other fought and became a hero. The result? We were both happy. Or rather, the master within each of us was happy.



When it comes to self-sacrifice, I find myself once again in agreement with Twain. I believe that every individual is selfish. In fact, this belief is precisely why I help no one and ask help from no one. As I do so, I often say, “No one was there for me on my bad days; I won’t be there either.” For this reason, I will not lift a finger for anyone unless there is something in it for me.

My mother, however, would defend a view entirely opposed to Twain’s. She would say, “No, I devoted my entire life to my children,” and would firmly reject his argument. Yet I believe Twain is absolutely right. My mother must have derived a certain pleasure from this sense of self-sacrifice—or perhaps she harbored an expectation, however subtle.

But if every human being is selfish, if every human is a machine, then where does humanity lie? This question reminded me of a conversation I once had with an older acquaintance—someone I never particularly liked, but spoke to for the sake of his child. He was talking about how deeply he loved his child and how he would never, ever give up that love. Later in the conversation, I said, “One day you will inevitably doubt that love—perhaps you will even come to hate. Don’t speak in absolutes.” He agreed with me to an extent, then added that the only absolute love was a mother’s love. Once again, I objected: “That too may fade one day, just like yours.” In doing so, I was echoing Twain’s claim—that love does not endure when no interest is fulfilled. I then added something else: “The only one who loves unconditionally and absolutely is the child.” Not the son or daughter, but the child. A son or daughter eventually expects something from their parents—inheritance, money, something. But a child loves without expecting anything in return, loves simply for the sake of loving. In line with Twain’s argument, one might say that even the child gains something from this—but a child will love you even if you offer nothing at all. Hatred is also possible, of course, but here our subject is love.

In conclusion, I can only see the human being through Mark Twain’s lens: as someone who lives and acts solely for oneself, yet does so without full awareness or choice. I am also aware that many will strongly object to this view. For Twain’s argument is extraordinarily difficult to understand—and even harder to accept. Yet regardless of how uncomfortable it may be, each of us—every “I”—must remove the masks we hide behind and acknowledge our selfishness. It is precisely to this point that Twain seeks to draw us in his work.





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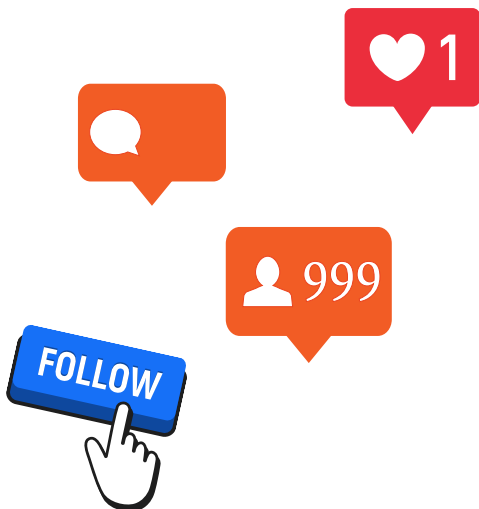
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