

**JANUARY 2025 | ISSUE 49 | VOLUME 5**



Faculty of  
Health Sciences

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

Mustafa Kemal ATATÜRK

04-17

WE HAVE NOT  
FORGOTTEN



6 FEBRUARY 2023



# JANUARY

What really matters is not at the end and beginning of a year, but  
in starting every day and keeping life fresh at every moment.

*C.S. Lewis*

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

January 1: New Year's Day

January 5: World Braille Day

January 7-14: White Cane Week for the Visually Impaired

January 13: Make Your Dreams Come True Day

January 21: World Hug Day

January 24: International Education Day

January 26: World Leprosy Day

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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## IGU is in the top 10 among Turkish universities!

Continuing its activities with the vision of "World University", Istanbul Gelisim University, London-based international higher education rating agency Times Higher Education (THE) has achieved great success by ranking in the top 500 in the field of Research Quality in THE World Universities Ranking for 2025 and in the 1001-1200 band in the general ranking. THE World Universities Field Ranking in 2025;

In the field of Business and Economics, it was ranked 6th among the foundation universities in Türkiye, 10th in Türkiye, and in the 601-800 band in the world ranking; in the field of Social Sciences, it was ranked 3rd among the foundation universities, 5th in Türkiye, and in the 501-600 band in the world ranking. In the Communication and Media field of the Social Sciences category, it ranked 4th in Türkiye and 2nd among foundation universities.

These degrees revealed that Istanbul Gelisim University is effectively positioned not only in general rankings but also in certain academic areas and has a strong presence in these areas.

"We are increasing our competitiveness on a global scale"

Istanbul Gelisim University Rector Prof. Dr. Bahri ŞAHİN stated the followings about the achievements of THE World Universities Ranking and THE World Universities Field Ranking:

"With our university ranking overall, it is a great source of pride for us to be included in the rankings in the fields of Business and Economics and Social Sciences for the first time this year. This achievement once again reveals our university's research capacity, quality of education and vision of internationalization. Our place in the 501-600 band, which is obtained especially in the Social Sciences category, embodies our goal of increasing the academic power of our university in the field of social sciences and its competitiveness on a global scale. As Istanbul Gelisim University, we will continue to maintain our understanding of excellence in education and research."

"It is a significant indicator that we are on the way to achieving our internationalization goals"

Istanbul Gelisim University's Vice Rector for Quality, Accreditation and Internationalization Prof. Dr. Arda ÖZTÜRKCAN on the other hand, said the following about THE success rankings:

"It is a pleasure for our university to enter the general ranking in THE World Universities Ranking and then to take part in THE World Universities Field Ranking on top of our success in THE Awards Asia 2025. This success is an important indicator that we are on the way to achieving our quality and internationalization goals in our education and research activities."

The grades obtained by Istanbul Gelisim University in THE rankings proved once again that the university has a competitive structure on a global scale and that it attaches importance to quality standards in the education it offers to its students. The university is determined to continue its work uninterruptedly to continue these achievements in the future.

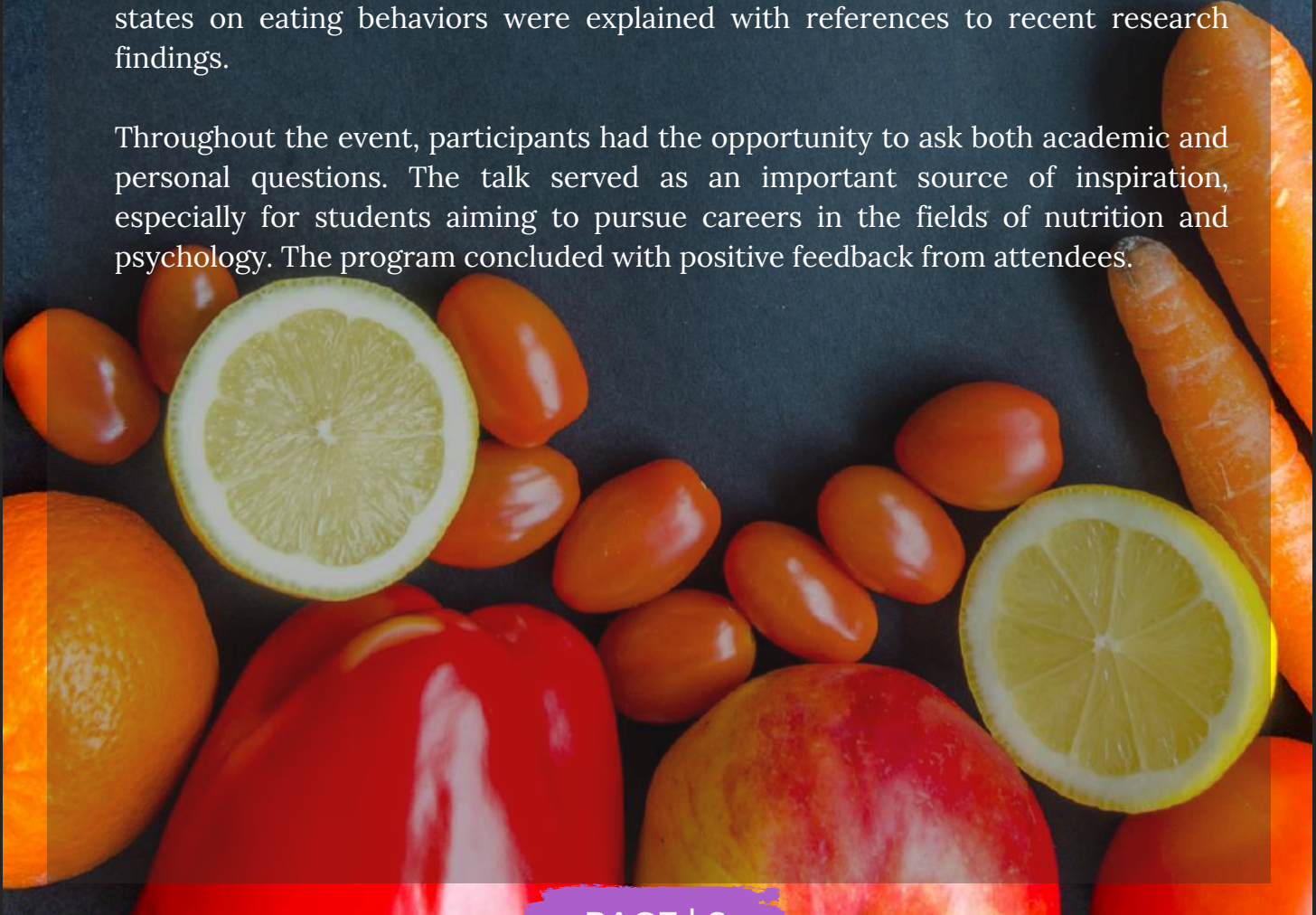
# NUTRITION AND DIETETICS AND PSYCHOLOGY TALK WAS HELD

*The "Nutrition and Dietetics and Psychology" talk, organized by the Istanbul Gelisim University Faculty of Health Sciences Department of Nutrition and Dietetics, was held at the K Block Firnas Auditorium with the participation of Lecturer Münevver Başak Onat.*

The Istanbul Gelisim University Faculty of Health Sciences Department of Nutrition and Dietetics organized a talk titled "Nutrition and Dietetics and Psychology" on Monday, January 6, 2025. The speaker for the event was Lecturer Münevver Başak Onat, one of the esteemed members of the department.

The talk explored how eating habits are shaped by psychological factors and how this relationship affects individuals' overall health. Lecturer Münevver Başak Onat shared striking examples highlighting the role of psychology in shaping sustainable healthy living practices. Moreover, the effects of stress, motivation, and emotional states on eating behaviors were explained with references to recent research findings.

Throughout the event, participants had the opportunity to ask both academic and personal questions. The talk served as an important source of inspiration, especially for students aiming to pursue careers in the fields of nutrition and psychology. The program concluded with positive feedback from attendees.



# “Value-Based Healthcare”

## Event was Held

The “**Value-Based Healthcare**” event, organized by the Departments of Healthcare Management, Nursing, and Orthotics-Prosthetics at Istanbul Gelisim University Faculty of Health Sciences, took place on December 25, 2024. The event was honored by the participation of Assoc. Prof. Dr. Halil ŞENGÜL, Head of the Healthcare Management Department at Istanbul Sabahattin Zaim University, and was held at IGU K Block Fırnas Auditorium.



The esteemed speaker, Assoc. Prof. Dr. ŞENGÜL, delivered an informative presentation to the participants on the innovations brought by value-based healthcare to health systems and its contributions to public health.

During his presentation, he shared insights into the health system, the concept of value in healthcare, how value is measured, and the countries where value-based healthcare practices are implemented.

He highlighted the role of value-based healthcare in improving individuals' quality of life and provided detailed information on its impact on the healthcare sector.



Participants had the opportunity to gain in-depth knowledge about the application areas of value-based healthcare and its potential future effects.

The event concluded with the presentation of plaques to the guest speaker by Asst. Prof. Aslı KAYA, Vice Chair of the Healthcare Management Department, and Asst. Prof. Mahruk RASHIDI, Chair of the Nursing Department.

[Click here to access the news](#)

# "HEALTH TOURISM AND THE IMPACT OF HEALTH TOURISM ON TURKEY'S ECONOMY"

## Event Held

The "**Impact of Health Tourism on Turkey's Economy**" event, organized by the Departments of Health Management, Social Work, and Orthotics-Prosthetics of Istanbul Gelişim University Faculty of Health Sciences, was held on December 26, 2024, at the IGU K Blok Firnas Auditorium with the esteemed participation of Asst. Prof. Abdülbeşir CEYLAN, a faculty member from the Faculty of Communication at Maltepe University.

The distinguished speaker, CEYLAN, highlighted in his speech that Turkey has become a globally recognized destination in health tourism due to its high-quality and affordable healthcare services, advanced medical infrastructure, and experienced healthcare professionals. He emphasized that patients coming to Turkey for healthcare services benefit from a wide range of treatments, including aesthetic surgery, organ transplantation, dental treatments, and thermal tourism. Furthermore, he pointed out that health tourism not only contributes to the health sector but also significantly impacts other sectors such as tourism, accommodation, and transportation.

The event provided students and participants with valuable insights into both the health management and health tourism sectors. ***This meaningful event aimed to inspire young health managers who will shape the future of the healthcare industry.***

The event concluded with the presentation of a plaque to the guest speaker by the Vice Head of the Department of Health Management, Asst. Prof. Aslı KAYA.



# ACADEMIC STUDIES



## ARTICLE



Department of Nutrition and Dietetics academic staff Prof. Dr. S. Arda ÖZTÜRKCAN and head of the department Asst. Prof. H. Merve BAYRAM's article titled 'What can GoogleTrends and Wikipedia- Pageview analysis tell us about sustainability and sustainable diets?' was published in ACTA Pharmaceutica Scientia journal indexed in ESCI indexed Q3. [Click here to access to article.](#)

## ARTICLE



*Journal of Organizational Behavior Review*  
(JOB Review)  
Cilt/Vol.: 5, Sayı/Is: 1  
Yıl/Year: 2025, Sayfa/Pages: 76-92  
Baskı Tarihi: 10.12.2024  
Kabul Tarihi: 12.01.2025  
Araştırma Makalesi/Research Article

### Etik Liderlik Çalışmaları Üzerine Bir İnceleme<sup>1</sup>

Aslı ERCAN ÖNBIÇAK<sup>2</sup>

Aslı KAYA<sup>3</sup>

Öz:

Etik liderlik kavramı son yıllarda liderlik türleri arasında önemli bir yer tutmaktadır. Genç olarak alan yazında örgütsel davranış çalışmalarını incelendiğinde etik liderlik türünün işleme alanında yeterli düzeyde ele alınmadığı fark edilmektedir. Bu doğrultuda çalışmamız amacı, örgütsel davranış bağlamında etik liderlikle ilgili algıların araştırılmasıdır. Çalışma, etik liderlik kavramının Türkiye alan yazında nasıl ele alındığını ve hangi kavramlarla ilişkilendirildiğini incelemektedir. Bu kapsamda, literatür taranması ile veriler toplanarak içerik analizi yöntemiyle incelenmiştir. Araştırmanın örnekleme, "etik liderlik" kavramının geçeceği 10-12222 veri tabanı ve örgütsel davranış konuları kitaplarındayla alan makale ve bildirilerden oluşmaktadır. Verilerin analizi ve görselleştirme için nite analiz programı (Maxqda Analytics Pro.2024) kullanılmıştır. Analiz sonucunda, etik liderlik kavramı kapsamında, çalışan boyutu, örgüt boyutu ve etik liderlik algısına yönelik ana temalar elde edilmiştir. İleriki araştırmalarda etik liderlikle ilgili daha fazla çalışma gerçekleştirilmesi önerilmektedir.

<sup>1</sup>Anahtar Kelimeler: Liderlik, Etik Liderlik, İçerik Analizi

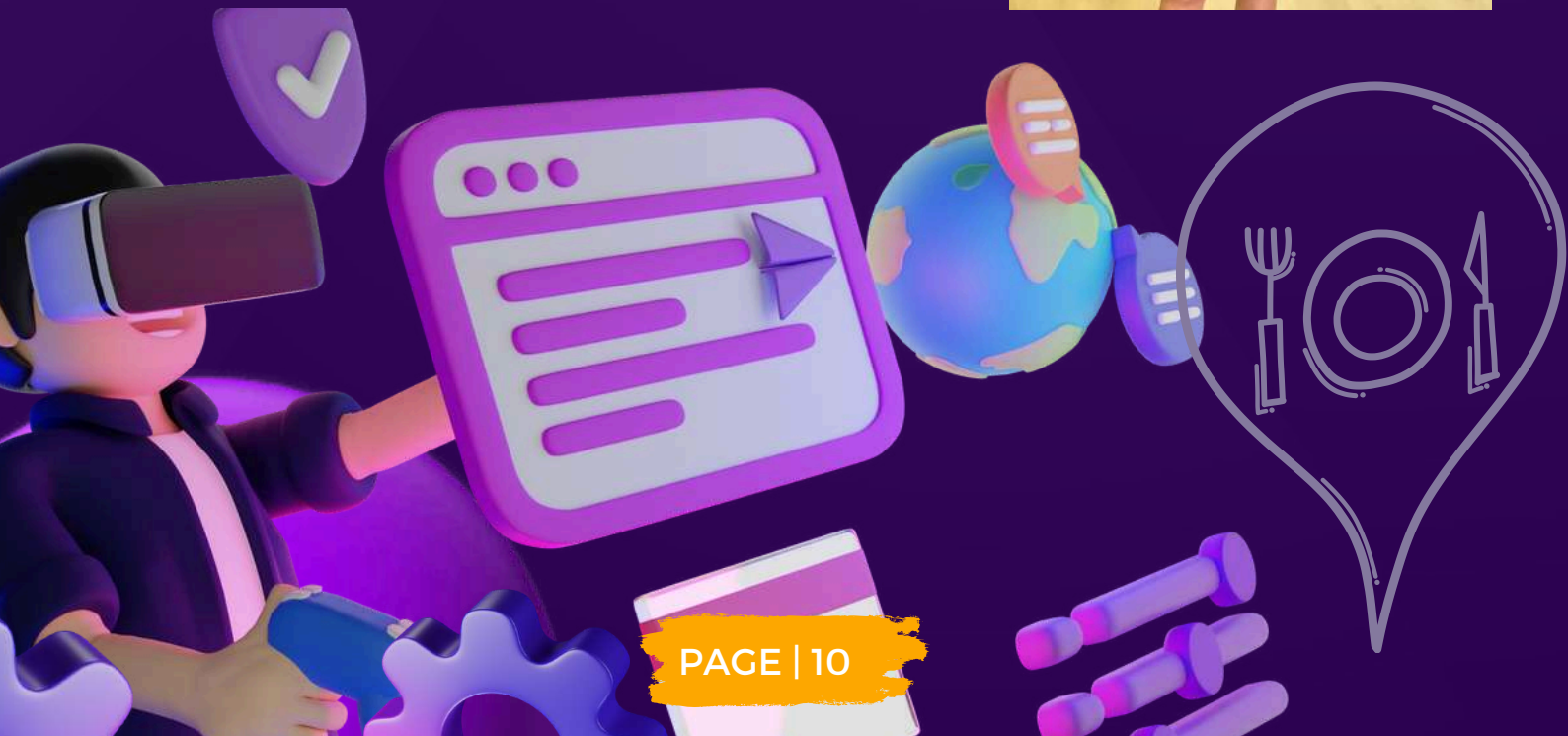
"Our faculty member from the Department of Health Management, Asst. Prof. Aslı KAYA, along with Dr. Aslı Ercan ÖNBIÇAK, has published an article titled 'A Review on Ethical Leadership Studies' in Journal of Organizational Behavior Review. [Click here to access the article.](#)

# Q1 ARTICLE

Asst. Prof. H. Merve BAYRAM, head of the Department of Nutrition and Dietetics, published an article with the name “The Bidirectional Association between Internet Use, Sleep Quality and Eating Behaviour: A Cross-Sectional Study in Northwestern Thrace Region in Turkey” in Journal of the American Nutrition Association, which is indexed in SCI, and scanned in Q1.  
[Click here to access the article.](#)



This study aimed to examine the complex relationships between internet addiction, sleep disturbances and disordered eating behaviours. 644 high school students completed the study. The prevalence of internet addiction among students was 16.3%, with a similar prevalence among male and female students. Poor sleep quality was present in 6.4% of students and this trend was more pronounced in male students with 13.0%. A relationship was also found between disordered eating behaviour, internet addiction and poor sleep quality. Gender, mother’s educational level, internet addiction and poor sleep quality were found to be important determinants of eating disorders in adolescents.



# “FREQUENTLY ASKED QUESTIONS ON ADDICTIONS” WORKSHOP WAS ORGANIZED BY IGU COORDINATORSHIP FOR COMBATING ADDICTION



Faculty of  
Health Sciences

Social Contribution

A workshop titled “Frequently Asked Questions in Addictions” was held on December 26, 2024 by IGU Addiction Fighting Coordination .

IGU Addiction Fighting Coordination and Head of Child Development Department of Faculty of Health Sciences Asst. Prof. Nurten ELKİN held a workshop titled “Frequently Asked Questions in Addictions” in cooperation with the Dean of Students.

[Click for the new.](#)



# INTERCULTURAL INTERACTION EVENTS BETWEEN TURKEY AND SOUTH KOREA

On 14 January 2025 and 16 January 2025, Turkish and South Korean students came together and had an unforgettable experience. These two-day events allowed different cultures to meet and strengthen the bonds of friendship between cultures.



## **DAY I: TURKISH AND KOREAN STUDENTS ON THE SAME STAGE**

On 14 January 2025, Istanbul Gelisim University (IGU) J Block Mehmet Akif Ersoy Conference Hall hosted a colourful event where Turkish and Korean students came together. The aim of the event was to allow students to discover the similarities and differences between different cultures, while allowing them to find morale amid the stress of finals week.

The programme started with an opening speech and continued with a presentation by a Korean student. In this presentation, detailed information about university education and student life in Korea was shared. The participants enjoyed the stage performances and singing of Korean students.

In the continuation of the event, various games were organised to bring the participants together. Both fun and friendship were developed with the 'Number Game'. Then, the contestants had exciting moments by guessing the Turkish songs sung by Koreans. In the section where samples of Korean cuisine were presented, the tasting of Yaggwa dessert left an unforgettable taste on the palates of the participants. In addition, there was a fierce struggle among the contestants with the tug of war competition.



The event, which attracted great interest from both sides, ended with a friendly and fun atmosphere. The participants immortalised this meaningful day with the photographs they took.

## **DAY 2: KOREAN WIND WITH SPECIAL EDUCATION STUDENTS**

On 16 January 2025, the second event, which took place at Silivri Abdullah Bilgingüllüoğlu Special Education Vocational School, focused on special education students. This event aimed to strengthen the social bonds of students with special needs and support them to communicate with individuals from different cultures.





The programme started with the singing performances of the Korean guests and introductory games. Students had fun and had the opportunity to improve their communication skills with activities such as the 'Rapprochement Game' and the 'Card Spinning Game'. Flavours from Korean cuisine gave students the opportunity to discover different tastes. The event ended with the presentation of special gifts inspired by Turkish culture to the Korean guests.



### **INTERCULTURAL DIALOGUE AND FRIENDSHIP**

Both events enhanced the intercultural dialogue between Turkish and Korean participants and created fun and unforgettable memories. The Korean team and the Turkish organisers expressed their satisfaction at the end of the event and expressed their hope to come together in similar projects in the future.



The historical ties of friendship between Turkey and South Korea are further strengthened with such events. The bond between these two nations, which fought side by side in the Korean War, remains not only as a historical memory but also continues to live on through cultural interactions. These events reminded the emotional bond between the two countries and made the bridge of friendship even stronger.



# VEGANUARY MOVEMENT: EMBRACING PLANT-BASED NUTRITION FOR A HEALTHY AND SUSTAINABLE FUTURE

Res. Asst. Güldane YILDIRIM from Istanbul Gelişim University's Faculty of Health Sciences, Department of Nutrition and Dietetics, shared scientific insights about the Veganuary movement and the importance of plant-based nutrition.

Veganuary is a global initiative encouraging individuals to embrace plant-based eating throughout January. Gaining widespread attention worldwide, this movement aims to raise awareness of both individual health benefits and environmental sustainability.

## **Health Benefits of Plant-Based Nutrition**

Plant-based diets offer numerous health benefits supported by scientific evidence:

### **Promotes Heart Health:**

Diets rich in fiber and antioxidants but low in saturated fats, such as plant-based diets, have been shown to reduce the risk of coronary heart disease.

### **Protects Against Chronic Diseases:**

Vegan diets can lower the risk of type 2 diabetes, obesity, and certain cancers (e.g., colorectal and prostate cancer). Low glycemic index and anti-inflammatory properties contribute to improved metabolic health.

### **Supports Digestive Health:**

Fiber-rich plant-based diets help maintain a healthy gut microbiota, support regular digestion, and reduce inflammation associated with gut health. Higher fiber intake also reduces the risk of colon cancer.

### **Boosts Microbiota Diversity:**

Diets abundant in vegetables, fruits, grains, legumes, and nuts enhance gut microbiota diversity, improving overall health. Phytochemicals in these foods combat oxidative stress at the cellular level.

## **Environmental Benefits: A Path to Sustainability**

Plant-based nutrition positively impacts not just personal health but also the environment:

### **Reduces Carbon Emissions:**

A vegan diet can significantly decrease greenhouse gas emissions caused by the livestock industry. Studies indicate that plant-based diets can lower carbon footprints by up to 50%.

### **Conserves Water:**

Producing plant-based foods requires far less water compared to animal products. For instance, producing 1 kg of beef requires approximately 15,400 liters of water, while the same amount of legumes requires only 1,250 liters.



# VEGANUARY MOVEMENT: EMBRACING PLANT-BASED NUTRITION FOR A HEALTHY AND SUSTAINABLE FUTURE

## **Optimizes Land Use:**

Plant-based food production demands significantly less land than animal agriculture, helping to reduce deforestation rates and protect ecosystems.

## **Preserves Biodiversity:**

Reducing land use for livestock minimizes habitat destruction, contributing to the preservation of biodiversity.

## **Key Nutrients in a Balanced Plant-Based Diet**

To fully benefit from plant-based nutrition, it's essential to include the following nutrients:

**Protein:** Legumes, soy products, quinoa, and nuts.

**Iron:** Leafy greens, legumes, and fortified grains (consume with vitamin C-rich foods for better absorption).

**Vitamin B12:** Fortified foods or supplements.

**Calcium:** Almonds, sesame seeds, fortified plant milks, and leafy greens.

**Omega-3 Fatty Acids:** Flaxseeds, chia seeds, and walnuts.

## **Veganuary and Its Global Impact**

Veganuary is a growing movement, inspiring millions of participants worldwide:

In the UK, major supermarkets introduce special vegan products.

In Germany, plant-based restaurants offer exclusive Veganuary menus.

In countries like the US and Australia, celebrities and activists actively support the movement, raising awareness.

## **Small Steps, Big Changes**

By joining Veganuary, you can experiment with plant-based recipes in your kitchen and contribute to a meaningful global effort for health and sustainability. Start with small changes, transform your habits, and adopt a healthier lifestyle while supporting a sustainable future.

[Click for the news.](#)



# Beauty standards trigger eating disorders!

Recently, the reasons for the increasing complaints of eating disorders have been wondered. While experts emphasize that beauty prints play a critical role in the spread of eating disorders, they draw attention to the negative effects of the media, the fashion world and social media on individuals. Stating that this situation has turned into a public health problem not only for the individual but also for the society, the experts pointed out the importance of awareness-raising activities for the solution. Nutrition and Dietetics Specialist Tuğba TÜRKCAN made remarkable statements on the subject.

## **Social media filters do not reflect reality**

Istanbul Gelisim University Faculty of Health Sciences Res. Asst. Tuğba TÜRKCAN said that disorders such as anorexia nervosa, bulimia nervosa and binge eating disorder are directly linked to social pressures on body image and weight control. She emphasized that the idealization of slim body by the media and fashion world accelerates the spread of these disorders, particularly among young women. Stating that unrealistic body images presented with filters and edited photos on social media create a feeling of inadequacy in individuals, Türkcan said that this situation leads to depression, anxiety and low self-esteem, and also causes the spread of harmful behaviors that encourage eating disorders

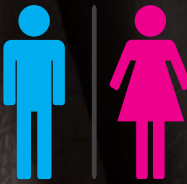
## **Women are more at risk!**

According to research, the global prevalence of eating disorders increased from 3.5% to 7.8% between 2000 and 2018. Res. Asst. Türkcan stated that these disorders are much more common in women; the lifetime incidence rate in men varies between 0.74% and 2.2%, while this rate is between 2.58% and 8.4% in women. Türkcan, who attributed the more common occurrence of eating disorders among women to social pressures on body perception, said that especially young women are more exposed to idealized beauty standards created by the media and popular culture. "Ideal body images, which are constantly encountered on social media, make women's expectations of themselves unattainable and this triggers eating disorders. The effect of these pressures on young women has reached alarming dimensions."

## **Beauty perceptions become a social problem now**

Res. Asst. Türkcan pointed out that eating disorders have now turned into a social public health issue, beyond being an individual health problem. It is necessary to be aware of the effects of media and social media in this process, individuals should be directed to approaches that support the perception of a healthy body. Experts, on the other hand, emphasize that education and awareness studies should be increased in order to prevent eating disorders.

[Click for the news.](#)





JANUARY 10

# *Bitter Chocolate Day*

A SWEET TOUCH FOR YOUR HEALTH

Istanbul Gelisim University Faculty of Health Sciences, Department of Nutrition and Dietetics, presented Research Assistant (PhD) Hasan Fatih AKGÖZ, who shared insights about bitter chocolate.

Every year, January 10th marks World Bitter Chocolate Day, offering a perfect opportunity to appreciate the benefits of this delicious and healthy treat. Known for its high cocoa content and low sugar levels, bitter chocolate pleases the palate while providing various health benefits.

## **Health Benefits of Bitter Chocolate**

- **A Powerful Source of Antioxidants:** Bitter chocolate is rich in antioxidants such as flavonoids, polyphenols, and catechins. These compounds help combat free radicals in the body, preventing cellular damage.
- **Supports Heart Health:** Bitter chocolate can positively influence blood circulation and help regulate blood pressure, thanks to the flavonoids it contains. It also contributes to lowering bad cholesterol (LDL) levels, supporting cardiovascular health.
- **Enhances Brain Functions:** Bitter chocolate boosts blood flow to the brain, supporting cognitive functions. This can help improve memory and enhance mental performance.
- **Regulates Mood:** Bitter chocolate promotes the release of serotonin and endorphins, often referred to as "happiness hormones," which can reduce stress and improve mood.

## **Nutrition and Bitter Chocolate**

As dietitians, we emphasize that bitter chocolate can be part of a balanced diet. However, portion control is crucial due to its high calorie and fat content. Consuming a small portion daily (e.g., 20-30 grams) is sufficient to reap its health benefits. Additionally, the health benefits of bitter chocolate increase with its cocoa content. Opting for varieties with 70% or higher cocoa content will help you gain more antioxidants.

**Balanced Consumption Is Important:** While bitter chocolate provides various health benefits, overconsumption may lead to undesirable effects such as weight gain and certain health issues. Additionally, as bitter chocolate naturally contains small amounts of caffeine, consuming it excessively could result in insomnia or mild palpitations, especially in individuals sensitive to caffeine. Therefore, it is essential to consume bitter chocolate in balanced amounts and consider individual health conditions.

In conclusion, January 10th Bitter Chocolate Day is a wonderful occasion to enjoy this delightful treat while remembering its health benefits. When consumed in moderation and as part of a balanced diet, bitter chocolate not only satisfies your taste buds but also contributes to your well-being. Remember, diversity and balance are essential for a healthy life.

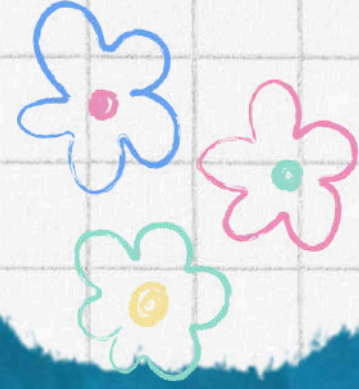
[Click for the news.](#)

# SOCIAL WORK STUDENTS VISIT SEMİHA ŞAKİR CHILDREN'S HOME COMPLEX

Students from the Social Work Department, under the guidance of Prof. Dr. İsmet Galip YOLCUOĞLU, visited the Semiha Şakir Children's Home Complex located in Kadıköy, Istanbul.

As part of the visit, representatives from the children's home complex provided a general introduction of the institution to the students. During the introduction, detailed information was shared about the institution's operations, admission criteria, and the services offered to children. Following the institution's presentation, the event continued with an interactive Q&A session involving the students.

The visit enabled the students to gain a closer understanding of practices in the field of child services and experience the real-world functioning of the social work profession.





# "CERVICAL CANCER PREVENTION WEEK"

*"Take an Early Step for Your Health!"*

The last week of January each year is observed as Cervical Cancer Prevention Week to raise awareness and draw attention to cervical cancer and its prevention. This week serves as an important opportunity to promote women's health.

Asst. Prof. Hande Nur Onur Öztürk, a faculty member from the Department of Nutrition and Dietetics at Istanbul Gelisim University's Faculty of Health Sciences, shared information about cervical cancer and prevention methods.

## What is Cervical Cancer?

Cervical cancer is a disease caused by the uncontrolled growth of cells in the cervix. It is one of the most common types of cancer among women and is largely preventable and treatable when diagnosed early.

The primary cause of cervical cancer is Human Papillomavirus (HPV) infection. HPV is a sexually transmitted virus, and most women encounter it at some point in their lives. However, regular health check-ups and preventive vaccinations can significantly reduce the risks associated with HPV.

## Ways to Prevent Cervical Cancer

One of the most effective ways to prevent cervical cancer is to regularly undergo a Pap smear test or an HPV test. These tests help detect precancerous cell changes at an early stage, allowing necessary measures to be taken. Women can easily access these tests through free screening programs offered by the Ministry of Health.

## Recommendations for Prevention

- Get the HPV vaccine: This vaccine significantly reduces your risk of infection.
- Have regular gynecological check-ups: Early detection saves lives.
- Do not smoke: It strengthens your immune system.
- Follow safe sex practices: It reduces the risk of infection.

## The Role of Nutrition

Nutrition alone cannot directly prevent cervical cancer; however, a healthy diet can support the immune system, reducing the effects of HPV infection. A healthy lifestyle, along with regular screenings and vaccination, can significantly reduce the risk of cervical cancer.

### Recommended Foods for Cervical Health

- **Fruits and Vegetables:** Foods like broccoli, carrots, dark leafy greens, and oranges, which are high in antioxidants and fiber, help prevent cell damage.
- **Folate-Rich Foods:** Spinach, asparagus, avocado, lentils, and whole grains support cell health.
- **Omega-3 Fatty Acids:** Foods such as salmon, walnuts, and flaxseeds reduce inflammation.
- **Probiotics:** Yogurt, kefir, and fermented foods support gut health, strengthening the immune system.

### Things to Avoid

- **Sugar and Processed Foods:** They can weaken the immune system and increase inflammation.

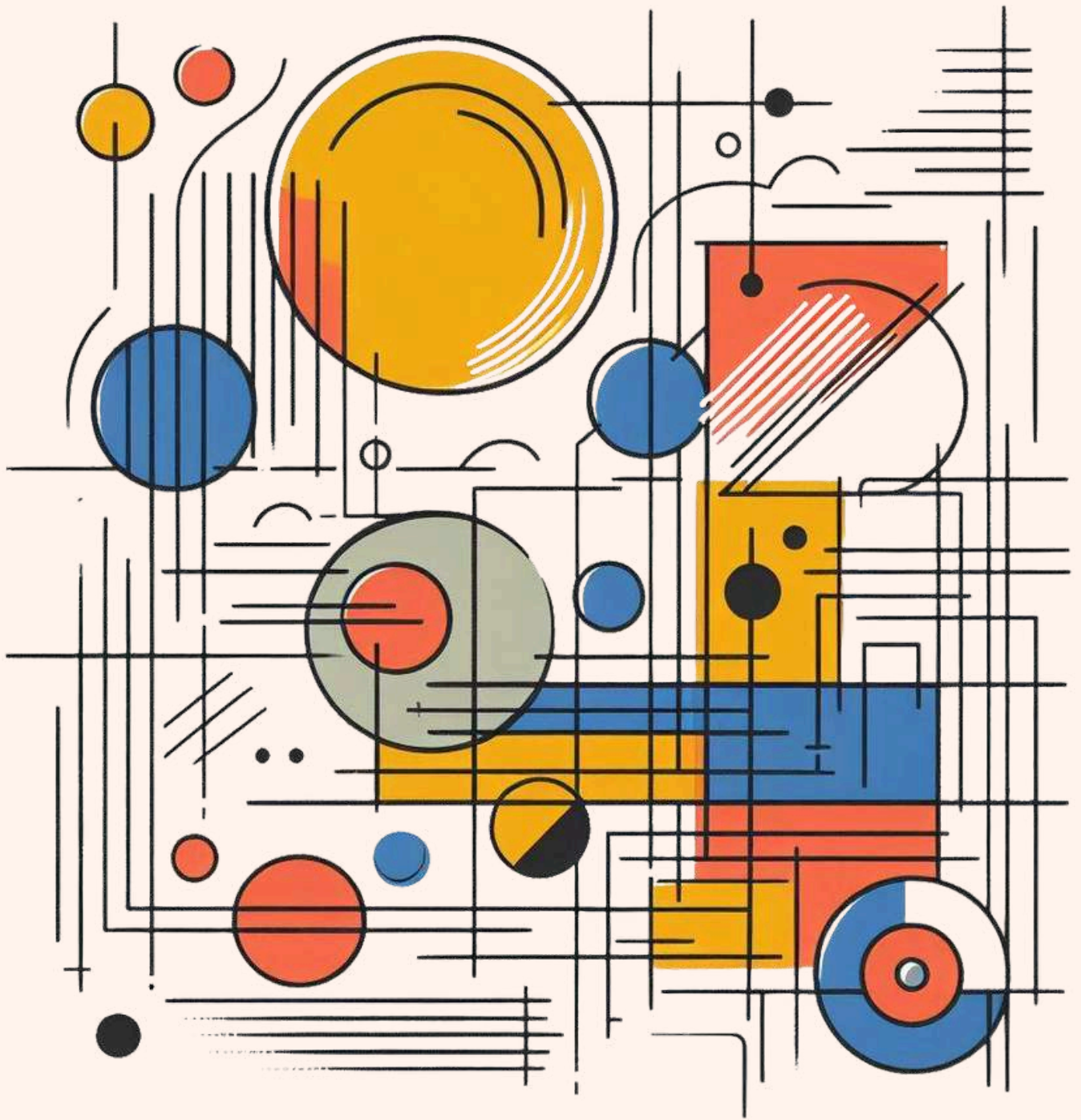
### Join the Awareness Week!

During Cervical Cancer Prevention Week, healthcare institutions, women's health centers, and non-governmental organizations organize various events. Through informational seminars, free screening programs, and HPV vaccination campaigns, you can take steps toward protecting your health.

#### Don't Delay Your Health!

Cervical cancer is a preventable disease. Don't neglect to have regular check-ups for yourself and your loved ones.

**Remember, early detection saves lives!**



**CULTURE ART**  
**LITERATURE**



# Meskûn Mahal University Bulletin Interview

## 1.How Did You Decide to Publish a Fanzine? What Motivated You During This Process? Why Meskûn Mahal?

Meskûn Mahal, in Turkish, means "settlement, residential area" or "a place where people live." However, for us, these two words carry a much deeper meaning beyond their surface definition. To us, Meskûn Mahal represents every place where human life leaves its mark— a space where memories, emotions, and thoughts take root, a potential source of art that bears the traces of existence.

Meskûn Mahal is an invitation: a call to put into words what we keep hidden within, to share with others, to interpret these traces together, and to build a living space. It exists not just for writing but for being—for touching others' souls through our existence. Every reader, every writer, finds a piece of themselves here, and in this neighborhood, everyone leaves a trace.

Meskûn Mahal fanzine emerged from the desire to create a space that holds the marks, emotions, and thoughts of human life. For us, this fanzine is more than just an ordinary street; it is a neighborhood where we exist through writing, where we freely express our emotions and thoughts. The idea of the fanzine was born out of the need to share our unspoken words, forgotten feelings, and the things we keep buried within us.

What motivated us most during this process was our belief that writing is a form of existence and our desire to share this space with others. The initial idea came from a dream of creating a platform where we could express ourselves while also inviting others to be part of this creative journey.

One of our biggest supporters on this journey was the writer/poet Hüseyin Karaca. He not only guided us but also believed in us more than we did ourselves, allowing us to see the potential within us. His genuine belief and encouragement illuminated our path in moments when we doubted ourselves. He reminded us that our words and feelings are valuable and gave us the courage to bring this neighborhood to life. Hüseyin Karaca's presence was one of the greatest sources of inspiration and motivation that turned this fanzine from a mere dream into reality.



## 2. Can You Tell Us About the Meskûn Mahal Team? How Did You Start Working Together?

We are students of the Sultangazi Writing Academy, a joint project of the Anatolian Writers' Union and Sultangazi Municipality. As students of the writer/poet Hüseyin Karaca, who teaches creative writing, we embarked on this literary journey as a team of five friends whose ideas and aspirations aligned. Each of us has different interests outside of literature, but it was literature that brought us together.

## 3. What Themes or Topics Do You Focus on When Creating Content for Your Fanzine? How Do You Shape the Diversity of Works? Which Writers, Artists, or Works Inspire You?

As the Meskûn Mahal team, we usually focus on current topics that reflect the spirit and agenda of the month, aiming to create a sensational impact. At the same time, ensuring diversity in literary genres—such as poetry, essays, and short stories—is essential for us, as we want to highlight the multifaceted power of literature.

Our goal is not just to write but also to build a collective awareness, create a shared consciousness, and take a stance on contemporary issues. In our pages, we also include the works of writers and poets who have left a mark on history and have guided us. These references serve as both a tribute to their ideas and an inspiration to our readers.

Meskûn Mahal is a neighborhood that builds a bridge with the past while aiming to leave a mark on the future. In this space, we want every emotion and every thought to find a place freely.





#### 4. How Was the Experience of Publishing a Fanzine for You? What Were the Biggest Challenges?

The process of publishing a fanzine was both an educational and emotionally meaningful journey for us. Since we are all university students, time was our biggest challenge. Creating a common time frame, dividing tasks, and at the same time not neglecting our studies was quite exhausting. However, we see this process as an experience where we truly discovered the value of "creating together."

Financially, we didn't struggle much. Because, in our opinion, a fanzine is not a format that requires official procedures like a magazine. Based on its etymology, a fanzine is truly an "independent" and "free" publication. A literary fanzine is a platform free from professional concerns, where emotions, thoughts, and sincerity flow. It carries a soul beyond paper and ink. A fanzine, which does not prioritize commercial purposes, offers its readers not just a product but a feeling, a collective work through which they can establish a connection.

Despite its challenges, this process has once again shown us the value of solidarity and creating together. The fact that people who read our writings engage with our ideas and share in our emotions always encourages us to do better. A fanzine, for us, is not just a publication; it is an invitation to a neighborhood and the voice of a collective spirit.

#### 5. How Does the Process of Delivering the Fanzine to Your Readers Work? What Channels Do You Use?

We are still at the very beginning of our journey, so we initially started by reaching out to our own circle. The support of our writer/poet mentors at the Writing Academy has been invaluable in this process. With their guidance and contributions, we had the opportunity to distribute our fanzine at the opening event of the 2025 new term of the Writing Academy, at the ÜMİTVAR Magazine Exhibition, and in various libraries, including the academy's own library.

This has allowed us to reach a wider readership and has enabled our writings to come to life in a physical space. Of course, we have not yet reached the large audience we aspire to, but we are aware that this is a process. We believe in the soul of our fanzine; because Meskûn Mahal will find a place wherever there is life. We firmly believe that something that touches people's emotions and thoughts will find its response.



We Have Also Started Establishing a Presence on Social Media. Currently, we are sharing quotes and posts on Twitter. This platform serves as a bridge to reach more people with our fanzine. In the future, we aim to diversify our social media presence and expand our reach to a broader audience. However, above all, we are committed to preserving the authenticity and meaning in this process. Because for us, what truly matters is that Meskûn Mahal is not just a fanzine, but a bond, a neighborhood, a shared experience.

#### **6. What Are Your Future Plans for the Fanzine? Do You Have Bigger Projects in Mind?**

The journey of Meskûn Mahal is just the beginning for us. Our first fanzine allowed us to materialize our dreams, but we don't want to stop here. In the future, we aim to transition from a literary fanzine to a literary magazine. While taking this step, we plan to increase the number of contributing writers and expand our literary boundaries.

We want to reach readers with a greater variety of genres and more original works. Keeping our quality standards high and remaining innovative is essential to us. Because as our readership grows and we begin to cultivate awareness in society, we recognize that the responsibility we carry will also increase. We don't just want to write; we want to make a difference through writing, to leave a mark.

We dream of even bigger projects for the future—perhaps special themed issues, or events that bring literature and social consciousness together. But at the core of all these goals is the commitment to preserving the sincerity and spirit of Meskûn Mahal.

Because for us, this neighborhood is not just a publication; it is a living space where we come together, where we exist through writing, where we share our emotions and thoughts. We are deeply grateful to everyone who has been with us on this first step. We are still at the very beginning of our journey, but we are confident that we will carry Meskûn Mahal wherever there is life.

And we know this: Meskûn Mahal does not belong only to us; it exists through the contributions of everyone who reads, writes, and thinks.

We continue on this journey with excitement for many more issues that will leave a mark.



# OUR GUEST OF THIS MONTH

Asst. Prof. Ömer Faruk ŞARKBAY

**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?**

**No harm will be caused to people and, except where necessary, to animals and plants.**

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

**Penicillin (antibiotic)**

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

**The conquest of Mecca, The conquest of Istanbul**

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

**I've already written three books. If I were to write a new one, its title would be "New Generation Dentistry".**

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

**Tom Cruise**

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

**I asked my spouse and children, and they described me as hardworking, humorous, hyperactive, cheerful, and generous.**

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

**I would want to be invisible. I'd like to see people's genuine and fake sides. This way, I could better recognize my true friends.**

**8-Who is your hero?**

**My hero is my mother, the one who loves unconditionally and would even give her life for me.**

**9-Who is your favorite author?**

**Adil Ali Atalay**

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

**I always put myself last. My priority has always been others.**



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.



Esma Nur YİĞİT

4th Year Student, Department of Health Management

## BOOK REVIEW

### Man's Search for Meaning

Esma Nur YİĞİT

Istanbul Gelisim University, Faculty of Health Sciences, Department of Health Management

#### Man's Search for Meaning: A Deep Dive into Viktor E. Frankl's Work

Viktor E. Frankl's masterpiece *Man's Search for Meaning* holds a significant place in the fields of psychology and literature, addressing the resilience of the human spirit and the quest for meaning. Frankl shares his harrowing experiences in the Auschwitz concentration camp during World War II and the logotherapy method he developed during this time. This work conveys a powerful message, asserting that individuals have the potential to find meaning even in their darkest moments (Bilen, 2022).

#### The Background and Subject of the Book

As an Austrian psychiatrist and neurologist, Frankl derived profound meanings from his experiences in Nazi concentration camps, leading him to create a life philosophy. The book is divided into two main parts: the first section discusses his experiences in the concentration camps, while the second introduces the principles of logotherapy, a meaning-centered psychotherapy method. The central theme of the book focuses on how Frankl, despite losing his family, loved ones, and professional achievements in the camps, managed to survive, and how his concept of the search for meaning developed during this process (İçsel, 2016).

Frankl's experiences in the concentration camps bring to light the confrontation with the essence of human existence. "Frankl, drawing from his experiences in the camps, developed a psychotherapy method called logotherapy" (Bilen, 2022). This method is based on the idea that individuals can make their lives more bearable by finding meaning in them (İçsel, 2016).

#### Lessons from the Experiences in the Concentration Camps

The first part of the book paints a portrait of the horrific conditions Frankl encountered in the concentration camps. It emphasizes how individuals, deprived of everything, turned to inner sources of meaning in order to survive. "Frankl, by sharing his experiences in Auschwitz and other concentration camps, highlights the effort of individuals to find meaning in their lives even under the most difficult circumstances" (Bilen, 2022).

In this section, Frankl explores why some people survived while others gave up. According to his observations, those who continued to live were individuals who carried hope for the future and had a meaningful goal in their lives. Nietzsche's famous quote, "He who has a why to live can bear almost any how," summarizes the central idea of the book. Frankl supports this idea, arguing that as long as a person finds meaning, they can endure any kind of suffering (İçsel, 2016).

Observing that, even under inhuman conditions, prisoners managed to sustain their existence by holding on to loving memories and finding a purpose in life, Frankl states: "Frankl mentions that even under the most difficult conditions in the concentration camps, people who imagined a future and remembered loving memories had a higher chance of survival" (Bilen, 2022).





# DEVELOPMENT READINGS

## Logotherapy: The Contribution of Meaning to the Human Being

In the second part of the book, Frankl introduces logotherapy and explains its effects on individuals' psychological health in their search for meaning in life. Logotherapy is a psychotherapy method based on the quest for meaning and the belief that individuals bear responsibility for their own lives. According to Frankl, life always carries meaning, and finding that meaning is one of the most fundamental tasks of the individual. "Logotherapy assumes that life holds meaning in all circumstances, even in the worst conditions" (İçsel, 2016).

Frankl argues that there are three primary ways for individuals to find meaning in their lives: through creative work, love, and suffering. Love enables a person to transcend themselves, while suffering, when inevitable, provides strength through enduring it and putting it into a meaningful context (Bilen, 2022).

Logotherapy also addresses the obstacles a person faces in their search for meaning in their own existence. According to Frankl, one of the greatest problems of modern humans is the "existential vacuum." This vacuum emerges when a person's effort to find meaning and direction in life is blocked. This condition is at the root of many of today's prevalent issues, such as depression and anxiety (İçsel, 2016).

## The Universal Message and Philosophical Depth of the Book

In Frankl's work, it is emphasized that even when confronted with inevitable realities such as suffering and death, a person can still maintain a positive attitude toward life. This means that an individual must take

responsibility for their own life and adopt the effort to make their life meaningful, regardless of the circumstances (Bilen, 2022).

"Frankl argues that the human being is in a search for meaning, and once this meaning is found, they can endure all difficulties" (İçsel, 2016). The book suggests that this message is universal and can be valid across different cultures. In this context, *Man's Search for Meaning* emerges as an important source for modern psychology and the strength of the human spirit (Bilen, 2022).

## Conclusion and Evaluation

*Man's Search for Meaning* is not only a narrative of life in a concentration camp but also a guide to human existential problems. Frankl's work invites the reader not only to reflect but also to embark on their own quest for meaning in life. "Frankl's work is not just a story of a concentration camp, but it presents a powerful argument for human resilience and a guide to finding meaning" (Bilen, 2022).

This book provides deep insights into human existence, encouraging readers to find meaning even in the most challenging life conditions. Regarded as one of the cornerstones of modern psychology, this work is a masterpiece that should be read for both academic and personal development (İçsel, 2016).

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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.

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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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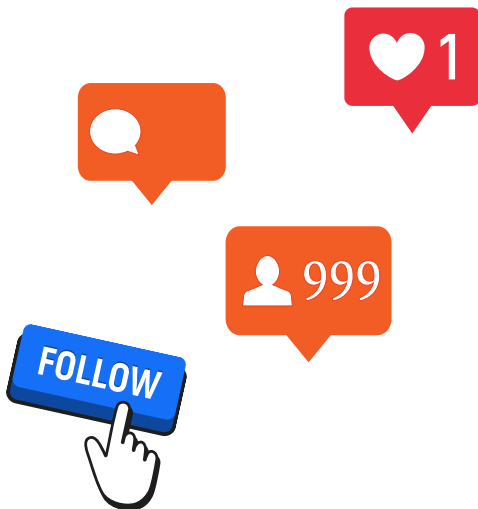
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