





Faculty of  
Health Sciences



# MARCH

Everything we see in the world is the creative  
work of women

*Mustafa Kemal Atatürk*

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March 3: World Hearing Day

March 8: International Women's Day

March 12: İstiklal Marşının Kabulü

March 14: Acceptance of the National Anthem

March 18: Gallipoli Campaign

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MARCH

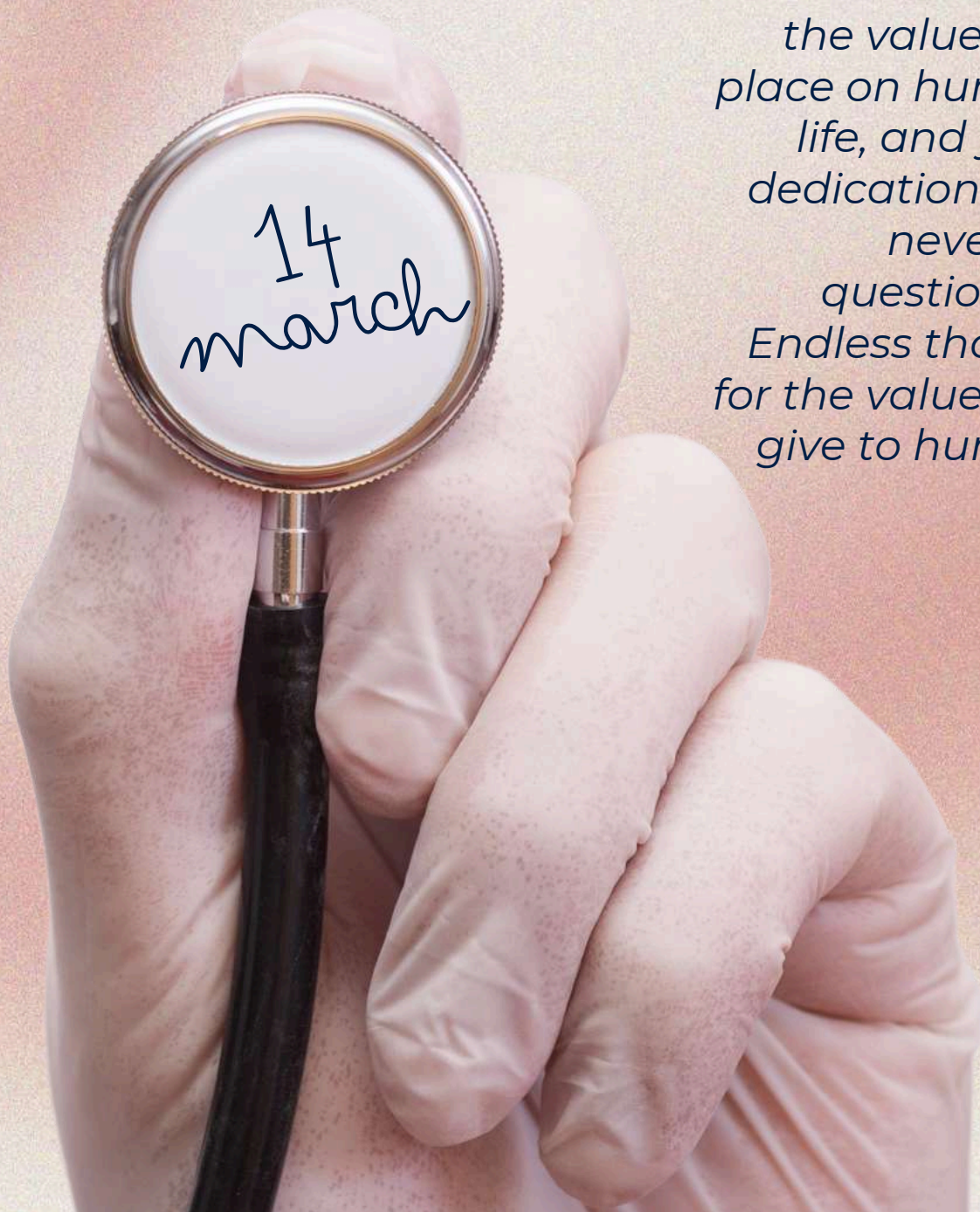
***"Every woman, by nature, is always  
stunning and a source of inspiration."***

HAPPY  
INTERNATIONAL  
WOMEN'S DAY!





HAPPY MARCH 14TH  
**HAPPY MARCH 14TH MEDICINE DAY TO ALL  
OUR HEALTHCARE WORKERS!**



*Your sacrifice,  
the value you  
place on human  
life, and your  
dedication can  
never be  
questioned.  
Endless thanks  
for the value you  
give to human  
life.*





# *Shouldering the Fate of a Nation*

History is not only filled with victories won by great armies but also by brave hearts. March 18, 1915, is one of the days when the Turkish nation wrote an epic with determination and sacrifice. One of the unforgettable heroes of this great victory is Corporal Seyit, who became legendary for his bravery and left an indelible mark.

The Gallipoli Campaign was one of the fiercest battles in history, fought between the Ottoman Empire and the Allied Powers between 1915 and 1916. The British and French navies aimed to pass through the strait, capture Istanbul, and force the Ottoman Empire out of the war. However, faced with the determination, patriotism, and unparalleled resistance of the Turkish soldiers, the enemy forces suffered heavy losses and were forced to retreat. **The Gallipoli Victory was not only a military success but also an epic that showcased the Turkish nation's spirit of independence to the entire world.**

During the most challenging moments of the Gallipoli Campaign, as the enemy fleet launched a full-force attack to break through the strait, Turkish artillerymen fought relentlessly to defend their homeland. However, at a crucial turning point in the battle, the crane of the artillery gun at the Rumeli Mecidiye Fort malfunctioned, rendering the heavy shells immobile. It is in such moments that heroes emerge. Corporal Seyit was one of them—stepping forward with incredible determination, he would change the course of the war.

Born in the Havran district of Balıkesir, Seyit Ali Çabuk demonstrated incredible strength at a critical moment in the war by lifting a 276-kilogram artillery shell onto his back. With superhuman effort, he loaded the shell into the cannon, striking the British battleship HMS Ocean. The heavily damaged ship eventually sank, altering the course of the Gallipoli Campaign. This event became a symbol of the Turkish nation's determination and resilience.

After the war, Corporal Seyit returned to his humble life. He never sought fame or rank; instead, he continued his life as a woodcutter. His heroism was not only in his physical strength but also in his deep love for his homeland and his humility.

Today, as we celebrate the victory of March 18, we remember Corporal Seyit and all the heroes—both known and unknown—with gratitude. Thanks to their sacrifices, our land was defended, and the fate of a nation was rewritten. **Gallipoli was not conquered then, and it never will be!**

**May you rest in peace, Corporal Seyit. May you rest in peace, brave heroes of Gallipoli!**



## SCImago 2025 results announced:

IGU is at the top among  
foundation universities!

The results of "SCImago University Rankings 2025", in which the scientific research, innovation and social impacts of the world's universities are ranked according to SCOPUS and SciVal publication and citation data, were announced. Istanbul Gelisim University (IGU), which stands out with its studies, ranked 6th among foundation universities in the general ranking and 4th in the field of research, and ranked at the top in the categories of Economics, Planning and Civil Engineering.







SCImago University Ranking, which aims to give a general idea about universities by measuring the performance of universities in terms of research, innovation and social impact, helps students learn about the quality, effectiveness and prestige of a university's education. Advancing with the vision of "World University", IGU attracted attention with its studies and opportunities for its students, and proved its success once again with the degrees it received in different fields in SCImago University Rankings 2025 results. IGU ranked 6th among foundation universities in the general ranking and 25th in Turkey; ranked 4th among foundation universities in the field of research and 8th in Türkiye.

### **IGU is at the top in Economics, Planning and Civil Engineering!**

According to SCImago's evaluation based on Scopus and SciVal data, Istanbul Gelisim University ranked at the top among foundation universities in many areas.

Drawing attention with its research studies in different fields, IGU ranked 1st among foundation universities in the fields of Economics, Econometrics and Finance and ranked 5th in Türkiye.

In the field of Planning and Development, it ranked 1st among foundation universities and 4th in Türkiye. While ranking 1st among foundation universities in the field of Civil and Structural Engineering, it ranked 11th in Türkiye.

### **Top 2 in Business, Engineering & Social Sciences!**

Istanbul Gelisim University continues to rise in the rankings every year with its investments in scientific research and innovation. While it ranks 2nd among foundation universities in the field of Business Administration, Management and Accounting, it rose to 5th place in Türkiye's overall ranking, where it ranked 7th last year. Standing out with its research activities, IGU ranked 2nd among foundation universities in the field of Engineering and ranked 5th by climbing 9 steps among Turkish universities. While ranking in the top 2 among foundation universities in the field of Social Sciences, it ranked 11th in Türkiye.

IGU, which has demonstrated its success in different fields, ranked 4th among foundation universities in the Energy category and 9th in Türkiye.

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





# ISTANBUL GELISIM UNIVERSITY RECEIVED YOKAK CORPORATE ACCREDITATION FOR 5 YEARS!



Istanbul Gelisim University (IGU) was fully accredited for 5 years as a result of the institutional accreditation evaluation carried out by the Higher Education Quality Board (THEQC). After the detailed audit process in December, IGU was entitled to receive accreditation at the highest level with the high standards it has shown in the fields of education, research and development, management system and community service.

Institutional accreditation is an important process that evaluates whether universities meet the quality standards set in the fields of education, research, management and community service. This rigorous evaluation process carried out by THEQC aims to increase the competitiveness of higher education institutions on a national and international scale and to ensure that they establish a transparent and sustainable quality assurance system. Universities that are entitled to receive institutional accreditation prove that they successfully manage quality processes, adopt sustainable development in education and effectively fulfill their mission of adding value to society. Istanbul Gelisim University successfully completed this important process and made its name among the few universities in Türkiye that received full accreditation.

A limited number of universities in Türkiye are fully accredited!

This year, 35 universities were subjected to a detailed evaluation by THEQC. According to the results, only 4 universities received full accreditation, 27 universities continued the process with conditional accreditation, and 4 universities could not obtain accreditation. Istanbul Gelisim University, as one of the 4 fully accredited universities, has once again proven that it carries the quality standards in higher education to the highest level.



## Istanbul Gelisim University has received full accreditation from **THEQC** for a period of five years!

Our university has been granted a 5-year institutional accreditation by the Turkish Higher Education Quality Council (YÖKAK/THEQC) in recognition of its commitment to quality standards in education, research, governance, and community service.



IGU continues to be at the top in accreditation!

Institutional accreditation is a significant indicator that proves that a university's educational quality, academic and administrative management processes, research activities and community service studies are of international standards. For students, institutional accreditation is considered as the assurance that the university they prefer has a sustainable quality understanding in education. With 65 international accreditations and 45 Turkish Qualifications Framework (TQF) logos, Istanbul Gelisim University has achieved global recognition in many programs. The granting of institutional accreditation for 5 years shows that IGU's long-term strategic plans, quality management systems and understanding of excellence in education are guaranteed by THEQC.

"This success is not only the result of an evaluation, but also the registration of IGU's quality-oriented vision" İstanbul Gelisim University's Vice Rector for Quality, Accreditation and Internationalization Prof. Arda Öztürkcan stated that there is a long-term and meticulous work behind this great success and added the following:

"Quality assurance is the responsibility to build the university of the future, not just today. Our full accreditation by THEQC for 5 years is a proof that we are based on sustainable development in every field from the management system to service to the society. In line with our 2024-2028 Strategic Plan, we are determined to make our university a prestigious 'World University'. This success is not only the result of an evaluation, but also the registration of the quality-oriented vision of Istanbul Gelisim University."



# IGU NUTRITION AND DIETETICS DEPARTMENT REACCREDITED BY AHPGS!

***Istanbul Gelisim University's Nutrition and Dietetics Department has been reaccredited by the German Accreditation Agency (AHPGS) until September 30, 2030, reaffirming its international success!***

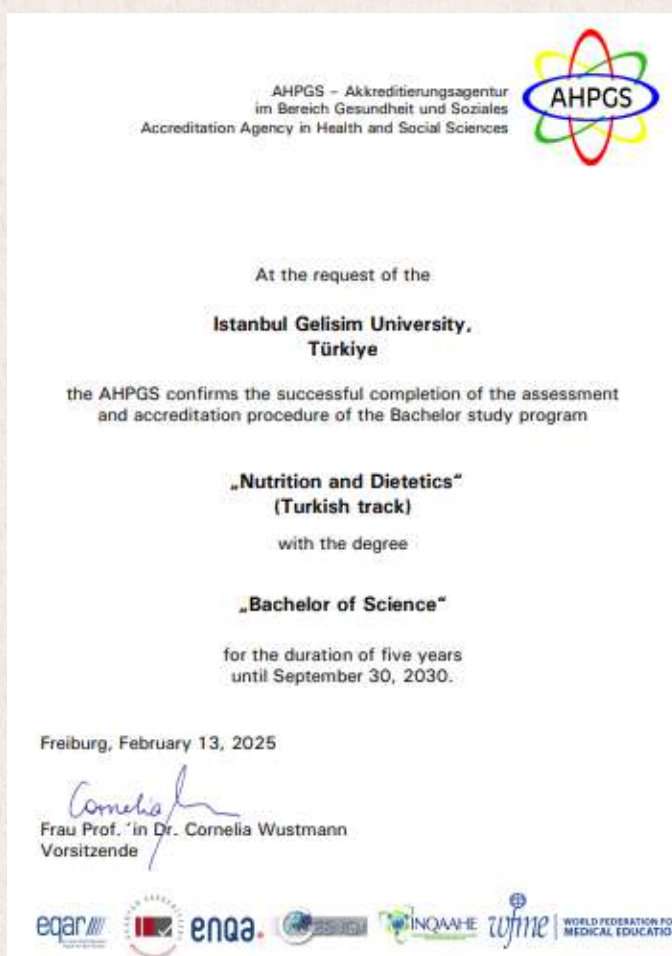


The Accreditation Agency in Health and Social Sciences (AHPGS), a renowned organization in its field, visited our faculty between November 10-12, 2024, to conduct the accreditation evaluation process. During this assessment, various criteria were meticulously examined, including the department's curriculum, educational activities, research and development efforts, laboratory facilities, community service contributions, faculty members, physical environment, institutional structure, and quality assurance. As a result of the evaluation, the accreditation of our **Nutrition and Dietetics programs, both in Turkish and English, has been extended until September 30, 2030.**

This international recognition once again certifies our department's commitment to educational excellence and compliance with global standards. We continue to uphold our academic quality at an international level, ensuring that our students receive a strong and comprehensive academic experience.

***We sincerely thank all our academic and administrative staff, students, and alumni who contributed to this significant achievement. This success would not have been possible without your support and dedication! Together, we will keep striving for excellence in education!***

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





## AHPGS ACCREDITATIONS OF 6 DEPARTMENTS AT IGU FACULTY OF HEALTH SCIENCES HAVE BEEN RENEWED!

Istanbul Gelisim University (IGU) Faculty of Health Sciences (SBF) has successfully completed the international accreditation process. As a result of the evaluations carried out by the Accreditation Agency in Health and Social Sciences (AHPGS), which makes independent evaluations to improve the quality of education, the accreditations of the faculty's Nutrition and Dietetics (Turkish-English), Physiotherapy and Rehabilitation (Turkish-English) and Nursing (Turkish-English) departments were renewed. With the renewed accreditations, IGU has maintained its position as the university with the most internationally accredited departments in Türkiye.

The AHPGS evaluation committee visited IGU between 10-12 November 2024 and subjected the academic programs of the Faculty of Health Sciences to a detailed examination. According to the evaluations carried out in line with criteria such as program curriculum, educational opportunities, academic qualifications of faculty members, institutional quality assurance and physical infrastructure, IGU Board of Trustees Chairman Abdülkadir GAYRETLİ, Rector Prof. Bahri ŞAHİN, Vice-Chancellor Responsible for Education Prof. Nuri KURUOĞLU, Vice Rector for Quality, Accreditation and Internationalization Prof. Arda OZTURKCAN and Quality Coordinator Prof. Hasan Hakan BOZKURT participated. Organization management of the program carried out by Assoc. Prof. Emel TOZLU OZTAY, Dean of the Faculty of Healthy Sciences Prof. Rıfat MUTUS, Head of Nutrition and Dietetics Department Asst. Prof. Merve BAYRAM, Head of Physiotherapy and Rehabilitation Department Asst. Prof. Gülşah KONAKOĞLU, Head of Nursing Department Asst. Prof. Mahruk RASHIDI and the faculty members of the department also took part.

Within the scope of the visit, the AHPGS delegation evaluated the laboratories, library and other educational facilities of the faculty and examined the compliance of the academic infrastructure with international standards. As a result of the comprehensive evaluations, it was decided to renew the accreditations of the departments of Physiotherapy and Rehabilitation (Turkish-English), Nursing (Turkish-English) and Nutrition and Dietetics (Turkish-English) by 2030.

As a higher education institution with the most internationally accredited departments in Türkiye, Istanbul Gelisim University continues to raise quality standards in education and increase its competitiveness on a global scale.



*Istanbul Gelisim  
University  
Faculty of Health Sciences  
Vice Dean  
Has Been Awarded the  
Title of Associate  
Professor!*

Neşe KISKAÇ, Vice Dean of the Faculty of Health Sciences at Istanbul Gelişim University, has taken an important step in her academic career by earning the title of "Associate Professor."



Assoc. Prof. Dr. Nese KISKAC, who stands out with her academic achievements and scientific studies, holds a significant place in the field of nursing through her contributions to the discipline and the guidance she provides to her students. With her research and academic work in her area of expertise, she continues to contribute to the scientific community. Within our university, she remains dedicated to education, research, and community engagement activities. As the Faculty of Health Sciences at Istanbul Gelişim University, we congratulate our esteemed professor on this remarkable achievement and wish her continued success in her academic career.



## FACULTY OF HEALTH SCIENCES CAREER PLANNING AND ALUMNI COMMUNICATION COMMISSION HELD A SEMINAR

The "Graduate Career: The First Step to Master's and Ph.D." seminar, organized by the Faculty of Health Sciences Career Planning and Alumni Communication Commission of Istanbul Gelisim University (IGU), was held on Tuesday, March 4, 2025, at 14:00 in the K Block Firnas Auditorium, with the participation of the Dean of the Faculty of Health Sciences, the Vice Dean, faculty members, and students.

The seminar commenced with an opening speech by the Dean of the Faculty of Health Sciences, Prof. Dr. Rifat MUTUS. Emphasizing the importance of continuing education after undergraduate studies, MUTUS stated that graduate education is a critical step in students' academic career journeys, enabling specialization and scientific contribution. Highlighting the impact of graduate education on career differentiation and in-depth knowledge acquisition, MUTUS discussed the advantages of pursuing a master's or doctoral degree in both academia and professional life.





Following MUTUS's speech, the seminar continued with a presentation by the Director of IGU's Graduate Education Institute, Prof. Dr. İzzet GÜMÜŞ. GÜMÜŞ provided comprehensive information about graduate education processes, emphasizing the role of master's and doctoral programs in academic careers and professional development. He shared essential points for a successful academic journey and offered guidance on how students should navigate this process.

In his speech, GÜMÜŞ elaborated on the physical facilities of IGU's Graduate Education Institute, scholarship opportunities available to students, and the variety of master's and doctoral programs offered. He underlined the scientific and academic support provided by the institute and shared information about newly planned master's programs. Additionally, GÜMÜŞ explained in detail the key points to consider when applying for graduate education.

The seminar continued with a questions and answers session, where students had the opportunity to ask questions about graduate education. At the end of the seminar, the Dean of the Faculty of Health Sciences, Prof. Dr. Rifat MUTUS, and the Director of the Graduate Education Institute, Prof. Dr. İzzet GÜMÜŞ, wished the students success in their academic careers and emphasized that graduate education is crucial not only for academic development but also for personal and professional growth. The event concluded with a group photo session and closing remarks.

[Click here to view the news.](#)

# "FAMILY COMMUNICATION" SEMINAR

ORGANIZED BY IGU ADDICTION PREVENTION COORDINATION AT  
THE PUBLIC EDUCATION CENTER



A seminar titled "Family Communication" was conducted by Asst.Prof. Nurten ELKİN, Head of the Department of Child Development, and Lec. Bedriye ÇELİK KANCA as part of the Esenyurt District Governorship and Ministry of National Education Esenyurt Public Education Center training programs.

IGU Addiction Prevention Coordinator and Head of the Department of Child Development, Asst.Prof. Nurten ELKİN, began her speech by introducing herself. She spoke about the studies, projects, and training programs carried out by the university's Addiction Prevention Coordination both within and outside the university. She emphasized the importance of staying away from addictions in developing a healthy lifestyle and healthy lifestyle behaviors. She explained the fundamental aspects of healthy lifestyle behaviors, including adequate and balanced nutrition, sufficient physical activity, quality sleep, stress management, and personal hygiene, one by one.



She then stated that addictions, which can lead to significant consequences affecting individuals, families, and society within the scope of community mental health issues, are a biopsychosocial health problem. She emphasized that prevention and taking protective measures are more crucial and prioritized than treatment and rehabilitation in addressing this issue.

At the end of her speech, she shared the healthy lifestyle brochures she created with the valuable participants. She then handed the floor to Lec. Bedriye ÇELİK KANCA to deliver her speech.



# "FAMILY COMMUNICATION" SEMINAR



Lec. Bedriye ÇELİK KANCA began her presentation on "Family Communication" by first explaining the characteristics of a healthy family. This topic was then discussed in more detail with the participants.

She stated that for healthy communication to take place within the family, elements such as problem-solving, emotional involvement and responsiveness, role distribution, behavior control, and overall family communication are essential. These elements were discussed one by one with the participants.

Emphasizing that balance is a crucial factor in family communication, Çelik Kanca pointed out that just as exaggerated emotions can be harmful, a lack of emotional expression can also negatively affect communication within the family.

Additionally, Çelik Kanca stated that children's ability to express their emotions and understand the emotions of others begins at a very young age. She emphasized the importance of not dismissing children's emotional understanding by saying, "They are just children; they wouldn't understand," and instead encouraged sharing emotions with them.

She highlighted that the key to being a healthy family lies in effective communication within the household. Furthermore, she emphasized that a healthy family is a prerequisite for building a healthy society.

# Diaries: A Half-Century Journey of Thought and Writing

Prof. Dr. İsmet Galip YOLCUOĞLU, Head of the Social Work Department, is marking his seventh year at our university with three new publications. With these books, released in the first quarter of 2025, his total number of published works has reached 23. In this issue, we present an exclusive interview with him, where he shares insights into his latest books and the writing process



**Emrah Tuncer: Professor, as a social scientist, could you share your journey as a writer?**

**Prof. Dr. İsmet G. Yolcuoğlu:** Emrah, ever since I began my undergraduate studies, I have had a deep passion for literature and intellectual thought. I avidly read the works of Dostoevsky, Tolstoy, Milan Kundera, and Yalçın Küçük. However, in my 30s, I adopted a more disciplined approach to reading. I started reading several books per week systematically, noting the dates and taking brief notes on key insights.

This structured reading habit significantly contributed to my writing process. My first book, "Letters from My Daughters", was published in the 2000s while I was serving as the Director of a Foster Care Institution at the Ministry of Family and Social Services. My passion for writing continued to grow, leading to the publication of numerous books in the 2010s through different publishing houses.

- Published by Nobel Publishing: The Child Issue in Turkey, The Process of Transition to the Welfare State in Turkey

Published by Ankara SABEV Publishing: Introduction to Social Work,

- Published by Nar Publishing: Social Dysfunction, I'll Tell That One Later
- 

By the mid-2010s, I published "Mastery in Stress Management", "Social Work with Individuals, Families, Groups, and Communities", "Understanding Humanity: Past, Present, and Future", and "Raising All Our Children Well in Turkey: Constructing a New Society."

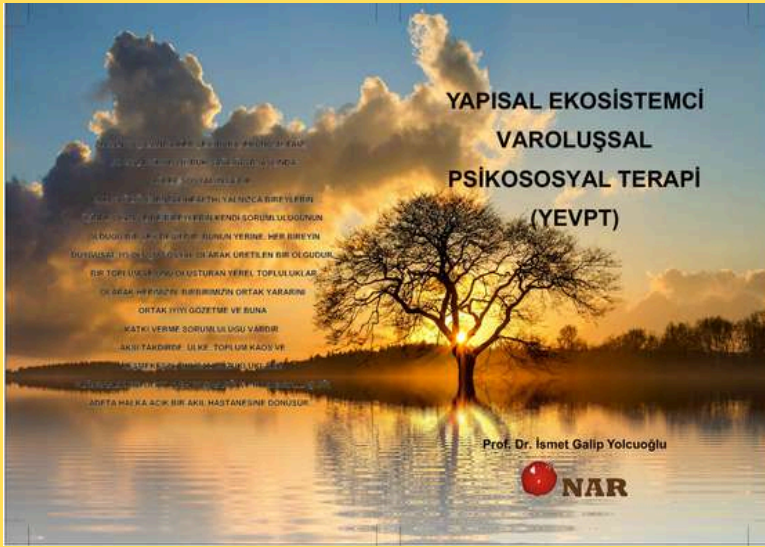
In 2016, I wrote "Turkish Enlightenment", followed by several books in 2020, including "What 1,000 Books Have Taught Me: How Should We Live?", "The Street Vendor Philosopher", "Protecting Children", "6,000 km from Ardahan to London", "The New World Order and Turkey – 2022", and "The Completion of Enlightenment and Modernization in Turkey." Each of my books reflects my journey of reading, observation, and exploration. For me, writing is not just an academic endeavor but also an attempt to understand humanity, society, and transformation





**E.T.: Professor, as an editor, I had the opportunity to contribute to your latest 350-page work, "Diaries: 1967-2025." Could you tell our readers about the themes of this book?**

**İ.G.Y.:** "Diaries: 1967-2025" is more than just a collection of journal entries; it is a poetic chronicle of an intellectual journey spanning over half a century. In this book, I share my experiences and observations as a social scientist, along with my reflections on social sciences, philosophy of science, political economy, social policies, and the dynamics of societal issues—along with my proposed solutions.



However, this work is not merely an academic analysis; it is also a literary exploration. It serves as a reading journal, delving into the works of Russian and French literary classics, as well as those of Ahmet Hamdi Tanpınar, Aziz Nesin, Cemil Meriç, Hasan Ali Toptaş, Necip Fazıl, and Enis Batur. Readers will not only embark on my intellectual journey but also engage in deep conversations with the great masters of literature and philosophy found within these pages...

**E.T.: Professor İsmet, thank you for sharing your valuable insights and for this engaging conversation.**

**İ.G.Y.:** I sincerely thank you as well for your contributions and support.

**And now, we conclude our interview and analysis with a thought-provoking epigraph from the introduction of the book.**

"Human beings are driven by curiosity; they seek to understand, interpret, and explain the world around them. They strive to grasp every aspect of life—how it takes shape, how it deteriorates, and how it can be restored. They question the meaning of death, the nature of birth, and the great mysteries of existence. They organize what they discover into causal relationships, while surrendering to or assigning meaning to what remains unknown. But have we overlooked a fundamental reference point, a guiding compass to anchor ourselves in? Amidst the socio-psychological deficiencies engineered by global forces, how can societies construct their own sociology? How can they escape the traps set before them? How can individuals achieve inner integrity? How can civic consciousness and social cohesion be realized? And ultimately, how can humanity break free from these dilemmas? The search for conceptual meaning and the intellectual process of making sense of the world cannot be reduced to simplistic, shortcut solutions without adequate knowledge and depth. If social sciences fail to help us understand life, navigate its challenges, establish our existence, and empower individuals to live meaningfully and freely—then what is their purpose? A dull blade—what use does it have?"

— Inspired by Dr. Uğur Özdemir's interpretation of "The Essence of Social Work" (2018)...





## **The Secret of Performance: The Intersection of Nutrition and Sports” Conference Held at IGU**

**On March 17, 2025, the Department of Nutrition and Dietetics at the Faculty of Health Sciences of Istanbul Gelisim University (IGU) organized a conference titled “The Secret of Performance: The Intersection of Nutrition and Sports”. The event, held at the K Block Firnas Auditorium, attracted great interest from students and featured Specialist Dietitian Buket Mamur and Dietitian Nursena Duman, who specialize in sports nutrition.**

During the conference, Specialist Dietitian Buket Mamur and Dietitian Nursena Duman shared their professional experiences and career journeys while discussing the impact of nutrition on athletic performance. Specialist Dietitian Buket Mamur emphasized the integration of nutrition with fundamental sciences such as anatomy, physiology, microbiology, and biochemistry, highlighting the importance of combining these disciplines. Dietitian Nursena Duman addressed key principles in sports nutrition and performance-oriented dietary strategies.

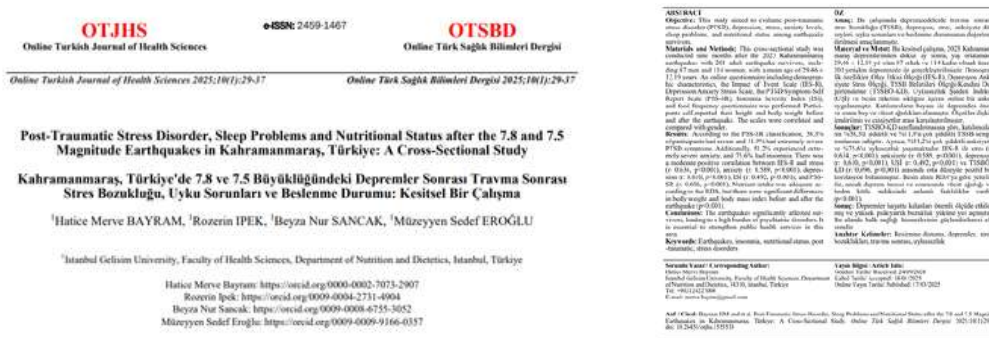
Asst. Prof. Turgay Dağtekin also spoke at the conference, explaining the connection between physiology and nutrition and stressing the importance of students approaching this subject with greater awareness. Following this, Asst. Prof. Abdullah Yüksel Barut, Vice Dean of the Faculty of Health Sciences, addressed the students, emphasizing that university years are a crucial period for professional development and encouraging them to take full advantage of the academic and career opportunities available.

In the interactive session, students had the opportunity to ask questions and gain deeper insights into sports nutrition. At the end of the event, Specialist Dietitian Buket Mamur and Dietitian Nursena Duman were presented with plaques of appreciation for their contributions. The plaques were awarded by Prof. Arda Öztürkcan, Vice Rector of IGU, Asst. Prof. Abdullah Yüksel Barut, Vice Dean of the Faculty of Health Sciences, and Assoc. Prof. Hatice Merve Bayram, Head of the Department of Nutrition and Dietetics.

The conference concluded after providing valuable insights into the relationship between nutrition and sports, contributing to the academic and professional development of students.



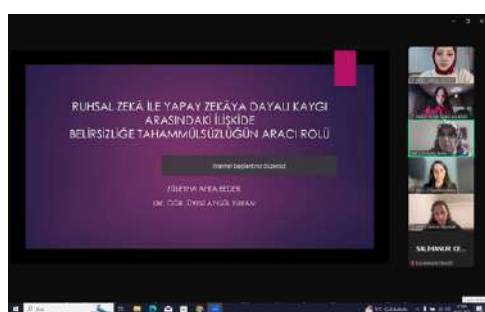
## ARTICLE



Our faculty member from the Department of Nutrition and Dietetics, Assoc. Prof. H. Merve BAYRAM, along with her students Rozerin İPEK, Beyza Nur SANCAK, and Müzeyyen Sedef EROĞLU, has published an article titled 'Post-Traumatic Stress Disorder, Sleep Problems, and Nutritional Status After the 7.8 and 7.5 Magnitude Earthquakes in Kahramanmaraş, Turkey: A Cross-Sectional Study' in the Online Turkish Journal of Health Sciences.

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

## PAPER/PRESENTATION



Asst.Prof. Aslı KAYA, a faculty member of the Department of Health Management, presented her paper titled 'THE EFFECTS OF ARTIFICIAL INTELLIGENCE USAGE IN HEALTHCARE ON NURSES: A LITERATURE REVIEW' at the IESBSC 9th INTERNATIONAL EDUCATION, SOCIAL AND BEHAVIORAL SCIENCES CONGRESS, where she also served as the session chair."

# PAPER/PRESENTATION



Asst.Prof.Aslı KAYA, Asst.Prof.Murat BAŞAL, Asst.Prof. Ömer Faruk ŞARKBAY, faculty members of the Department of Health Management, along with Lec.Dr. Cemile ŞEKER from Near East University, presented their paper titled 'THE ROLE OF ARTIFICIAL INTELLIGENCE-ASSISTED DECISION-MAKING PROCESSES IN ORGANIZATIONAL MANAGEMENT: EFFICIENCY AND ADAPTATION' at the 1st International Cyprus Congress of Scientific Research".

# PAPER/PRESENTATION



Our faculty member Res. Asst. Semanur OKTAY from the Department of Health Management, along with Salihanur CENGİZ and Kübra GÜNEŞ, graduates of Istanbul Gelişim University's Health Management Department, presented their paper titled "The Relationship Between Whistleblowing and Workplace Ostracism: A Study on Nurses," which was supported under TÜBİTAK 2209-A, at the IESBSC 9th International Education, Social and Behavioral Sciences Congress.



## BOOK SECTION



Asst. Prof. EMRAH TÜNCER and Asst. Prof. YONCA GÜNEŞ YÜCEL ATALAY from the Faculty of Health Sciences, Department of Social Work, have contributed a chapter titled "A Roadmap for Urban Justice: Radical Social Work from the Perspective of the Right to the City and Oeuvre" to the book "Social Work in the Shadow of Multiple Crises: Caring for the World and Society", recently published by Nika Publishing.

This chapter explores the significance of urban space in terms of social equality and justice, drawing on Henri Lefebvre's concepts of the right to the city and oeuvre. Tüncer and Yücel emphasize that cities are shaped by various crises and social dynamics, arguing that social work is not only about providing individual support but also has the potential to contribute to a fairer social structure.

By offering a broad perspective on social work, this chapter discusses how a more equitable and inclusive urban life can be achieved. Adopting an interdisciplinary approach to urban justice, it aims to shed light on the role of social work in fostering social transformation.

 To read a section from the book: [Click here](#).





## How the Women's Movement and Feminism Have Changed the Grammar of Our Daily Lives



Faculty of  
Health Sciences

**Assoc. Prof. Anıl Al REBHOLZ**

On the occasion of March 8, International Working Women's Day, when evaluating how the women's movement(s) and feminism in Turkey have transformed our lives, practices, and ways of thinking, the first noticeable aspect is that feminist struggle—whether as a movement, theory, or ideology—has accumulated nearly half a century of achievements. Although the visibility of the feminist movement in the public sphere coincided with the post-1980 coup period, a careful analysis traces the history of women's struggle back to the establishment of the Progressive Women's Association (İKD) in 1975. In this context, it should be noted that the first celebration of March 8 in Turkey in 1976 was initiated by this association. Furthermore, İKD's demands under the slogan "Equality, Progress, and Peace"—such as extending maternity leave, increasing women's pensions, providing milk support for young children, and improving urban infrastructure—were dismissed by their male comrades as "municipal communism" at the time. However, these demands align with today's struggles, making İKD's "foresight" a reason for a nostalgic smile today.

A second key achievement of the feminist struggle was its emergence as the first political opposition movement in the public sphere after the 1980 coup, a period when all political parties and leaders were banned, protests and demonstrations were prohibited, and a large segment of socialist, nationalist, Kurdish, and conservative opposition figures were imprisoned. In this sense, despite the restrictive environment of the coup, the feminist movement not only created space for other social movements but also served as a guiding force. In other words, the Second Wave movement was an important democratic actor of that period.

However, the feminist movement's contribution to Turkey's political landscape cannot be assessed merely as a contribution to political life in the conventional sense. Feminist struggle, as a foundational component of social life, has profoundly critiqued the gender order, incorporating everyday life and its normalized practices into the realm of politics, thereby expanding the political sphere. Additionally, by redefining the notion of the political and introducing a non-hierarchical and decentralized organizational culture, it has transformed Turkey's political culture.



## **The Intertwinement of Power and Emotional Relations in the Family**

When discussing everyday life practices, we must address the family, the gender regime within it, and the gendered division of roles. Feminist theorist Raewyn Connell highlights how power, economy, emotions, and resistance are deeply interwoven within the family, which consists of multilayered and intense relationships. The patriarchal family assigns gender roles through its sexist and age-based hierarchy, where men hold superiority over women and the elderly over the young. In this context, our sexuality, desires, and identities—though perceived as unique and individually shaped—cannot be considered separate from the family's gender regime, the broader gender order of society, and power relations. By emphasizing the intersection of power dynamics and emotional relationships within the family, the feminist movement has enabled us to develop an awareness of gender roles and sexual practices. It has revealed how our feelings of femininity, love, passion, attraction, and the sacrifices we make in relationships are not independent of social power structures but rather function as instruments of power.

### **Willing Consent to Domination**

If we find ourselves drawn to "dominant men" and sometimes find macho masculinity particularly attractive, then domination cannot always be understood solely as repression, subjugation, or coercion. Instead, relations of domination often incorporate consent.

As the French anthropologist and sociologist Pierre Bourdieu has demonstrated, these power dynamics are ingrained in the body and operate almost unconsciously. Many of our everyday bodily postures and behaviors reflect these internalized relations of domination—our efforts to appear modest, well-mannered, and virtuous. In other words, we enact submission by embracing gendered social norms, taking pleasure in being recognized as a virtuous wife or a well-behaved daughter. Who has made us aware of these norms, helping us critically reassess what we have internalized? Feminists.

### **Feminist Consciousness-Raising Groups**

Feminist consciousness-raising groups may seem like a phenomenon limited to the early days of Turkey's second-wave feminism and small, private circles, but their impact on public discourse has been significant. Through these groups, we learned that experiences we assumed to be isolated—such as personal violence, humiliation, oppression, falling in love, and being belittled—were, in fact, widely shared. We realized that many of the banal everyday practices we took for granted were actually harming us and suppressing our subjectivities. Feminism showed us that many of our automatic responses, our ingrained sense of duty, and our unquestioned responsibilities were manifestations of our willing consent to domination—because we believed them to be "the right thing to do."



## **Patriarchal Bargain**

Taking this a step further, feminist theory and activism have demonstrated that consenting to gendered power structures often grants women certain privileges and spaces. Feminist theorist Deniz Kandiyoti's concept of the patriarchal bargain illustrates how women are invited to participate in these structures through compromises, silences, cover-ups, and power-sharing arrangements, in exchange for certain advantages. For instance, if we uphold notions of chastity, we may be promised warm, secure, and peaceful homes—but at the cost of policing, judging, and ostracizing our “unchaste” fellow women. Feminism has made us aware that we must be vigilant against falling for small tokens of appreciation—such as flowers, gold jewelry, a wedding dress, a celebration—offered in exchange for our complicity in maintaining patriarchal norms. At the very least, we should question whether these minor privileges and social statuses are worth the price we pay.

## **Women's Invisible Labor**

Feminist theory and activism have also revealed that all the household labor we voluntarily undertake—on top of our paid jobs—including cleaning, childcare, laundry, dishwashing, and transforming groceries into meals, constitutes real labor with economic value. Women's invisible labor is one of the key pillars that sustain both patriarchy and capitalism.

## **Sisterhood**

Feminist sisterhood has helped us recognize how distinctions such as whore/virgin/mother are patriarchal constructs meant to divide us. Feminism has shown that we can unite and stand in solidarity across differences—whether we are Kurdish or Turkish, veiled or unveiled, migrant or native—without ignoring or erasing our unique experiences. Significant progress has been made in feminist sisterhood, but there is still more ground to cover.

## **Honor and Tradition, or Femicide?**

Finally, feminism has demonstrated that the categorization of honor killings and tradition-based killings—which vary by geography and customs—is merely a discursive tool used to divide and confuse us. Regardless of ethnicity or location, these are all femicides. Feminism has exposed that in this country, young women and girls can be murdered simply for going to the cinema or the supermarket without permission.

## **Our Bodies Belong to Us!**

Whether we are encouraged to bear children for nationalist population policies, for the Israeli occupation, for the Palestinian resistance, or for national economic growth, feminism has taught us that our bodies belong to us. Our bodies cannot be used as tools for states, ideologies, political struggles, or ethnic reproduction.



## The Personal is Political!

Thanks to feminist theory, activism, and ideology, we have learned that politics is not limited to governance, the state, the economy, education, healthcare, urbanization, or migration. Topics such as bodily autonomy, gender-based violence, domestic violence, sexualities, family and kinship relations, gender roles, and emotional labor are all political matters.

The feminist movements of the Second and Third Waves in Turkey have demonstrated unconventional forms of resistance and struggle, reclaiming streets, squares, assemblies, and other spaces of life as our own. They have rewritten the grammar of our daily lives through the lens of gender justice and equality. Let us continue writing and passing down this feminist grammar to future generations.

May our awareness, consciousness, and struggles pave the way for many more feminist practices and stances. May we see the day when March 8 is celebrated free from violence against women and children!

# Long live International Working Women's Day!

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# HEALTHY EATING DURING RAMADAN EID: TIPS FOR A GOOD START

Istanbul Gelisim University Faculty of Health Sciences, Head of the Department of Nutrition and Dietetics Assoc. Prof. H. Merve BAYRAM shared her recommendations for maintaining a balanced and mindful diet during the Ramadan Feast.

The Eid period after Ramadan can cause fluctuations in metabolism due to changes in eating patterns following fasting. Frequent and irregular meals during this time can lead to weight gain and health issues. However, Eid offers an excellent opportunity to adopt healthy eating habits.

**Pay Attention to Eid Breakfasts!** While lavish Eid breakfast tables can be enjoyable, they may inadvertently lead to excessive calorie intake. Include protein-rich foods such as cheese, eggs, and olives, along with fiber-rich items like tomatoes, cucumbers, and green vegetables in your breakfast. For sweet cravings, choose fresh fruits or low-calorie jams instead of syrupy desserts. Opt for whole wheat or rye bread instead of white bread and pastries to maintain balanced blood sugar levels.



**Opt for Light Meals:** Heavy and fatty foods consumed during Eid can cause digestive issues such as stomach discomfort, reflux, nausea, and constipation. Cook meals by baking or using an air fryer instead of frying, to aid digestion. Limit consumption of spicy foods and dishes heavily prepared with tomato paste.



**Choose Healthy Dessert Alternatives:** The desire for sweets typically increases during Eid. Satisfy this craving with dried fruits, fresh fruits, or spices like cinnamon instead of sugary, high-calorie desserts. If you can't avoid sweets, milk-based or light fruit desserts are better choices.



**Prioritize Fluid Intake:** Ensure you increase your fluid intake during Eid. Drinking 2.5-3 liters of water daily boosts metabolism and maintains fluid balance.



**Increase Salad and Vegetable Consumption:** During Ramadan Eid, consistently include fiber-rich salads and vegetables in your meals. These foods promote a sense of fullness and support digestive health.



**Mind Your Meal Times:** Eat your evening meal at least 4-5 hours before bedtime to improve sleep quality.



**Don't Neglect Physical Activity:** Engaging in regular physical activity during or after Eid can rejuvenate your metabolism. At least three 30-minute walks per week will boost your energy and mood.

**Aim for Long-term Health, Not Quick Fixes:** Weight gain is common during Eid, often leading individuals to quick weight-loss methods. However, such methods rarely provide lasting results. Instead, adopting healthy dietary habits and regular exercise can yield long-term, sustainable outcomes.

Use the Eid period as an opportunity to develop healthy lifestyle habits and pay attention to balanced nutrition to maintain your health!



# MARCH 4 – WORLD OBESITY DAY: LET'S TAKE ACTION AGAINST OBESITY!

Assoc. Prof. H. Merve BAYRAM, Head of the Department of Nutrition and Dietetics at Istanbul Gelişim University Faculty of Health Sciences, shared important insights on the global impact of obesity and strategies for prevention on the occasion of March 4 - World Obesity Day.



The World Health Organization (WHO) defines obesity as excessive fat accumulation that negatively affects health. However, obesity is not just an individual health problem; it is also a global public health crisis with significant social and economic consequences.

Each year, millions of people worldwide struggle with chronic diseases triggered by obesity, such as diabetes, heart disease, and cancer, placing a significant burden on healthcare systems. The most important fact is that obesity is preventable!

## Why Should We Take Action Against Obesity?

-Turkey Has the Highest Obesity Rate in Europe!

According to WHO 2016 data, Turkey has the highest obesity prevalence in Europe, with a rate of 32.1%.

-1 in 3 adults and 1 in 5 children face obesity!

According to the Turkey Health Survey, the obesity rate among individuals aged 15 and over increased from 21.1% in 2019 to 20.2% in 2022. The rate is higher among women, increasing the risk of metabolic diseases.

-Obesity is more than just excess weight!

It is a multifaceted health problem with psychological, social, and economic effects. Conditions such as depression, anxiety, sleep disorders, and social isolation are frequently observed in individuals struggling with obesity.

-Diet and lifestyle choices play a crucial role!

Consuming highly processed and calorie-dense foods, poor eating habits, lack of physical activity, and stress are among the primary triggers of obesity.

## How Can We Combat Obesity?

- **Adopt a Balanced and Nutritious Diet:** A diet tailored to age and gender should be followed. Natural, unprocessed foods should be prioritized, and fast food consumption should be minimized. Daily meals should include vegetables, fruits, whole grains, and healthy protein sources.
- **Increase Physical Activity:** Enhancing daily physical activity helps preserve muscle mass and boost metabolism. Even a 30-minute brisk walk each day can make a significant difference!
- **Be Mindful of Digital Traps:** Excessive screen time can lead to mindless snacking and reduced physical activity. Practicing mindful eating techniques can help individuals listen to their hunger signals.
- **Avoid Stigmatization, Raise Awareness!**

Obesity is not a personal weakness but a complex health issue. Instead of blaming individuals, scientific knowledge and appropriate approaches should be used to find solutions.

## A Shared Responsibility!

Viewing obesity as solely an individual issue is a major mistake. Education systems, health policies, the food industry, and society as a whole must be involved in the fight against obesity. If we don't take action today, tomorrow may be too late!

On March 4 - World Obesity Day, let's come together for a healthier future! Every small change is the beginning of a major transformation!



# March 8 - International Women's Day: A Global Call for Equality and Women's Rights

Assoc. Prof. H. Merve BAYRAM, Head of the Department of Nutrition and Dietetics at Istanbul Gelişim University Faculty of Health Sciences, shared insights on the significance and history of International Women's Day, observed annually on March 8.

Happy Women's Day

Recognized by the United Nations (UN), International Women's Day aims to raise awareness about women's rights, promote gender equality, and celebrate the social, economic, and political achievements of women worldwide. This significant day also serves as a key milestone in the global women's rights movement.

## Origins of International Women's Day

The history of March 8 dates back to 1908, when 15,000 female textile workers in New York marched for better working conditions, fair wages, and the right to vote.

In 1910, Danish socialist leader Clara Zetkin proposed that March 8 be recognized as International Women's Day, emphasizing the need for gender equality and women's rights. Following this proposal, the first international celebrations took place in Austria, Denmark, Germany, and Switzerland in 1911.

In 1977, the United Nations officially recognized March 8 as International Women's Day, and since then, it has been observed annually with different themes.

## Why March 8?

There are several theories regarding why March 8 was chosen as International Women's Day:

- 1917 February Revolution in Russia: Women workers' strikes and protests on March 8 played a crucial role in triggering the end of the Tsarist regime.
- New York Women's Labor Movement (1908): Socialist women workers held a major demonstration advocating for union rights and suffrage.
- Triangle Shirtwaist Factory Fire (1911): This tragic event in New York shed light on the harsh working conditions of women and became a symbol of labor rights activism.

According to the United Nations, the 1917 women's strikes in Russia were a decisive factor in designating March 8 as International Women's Day.

## International Women's Day in Türkiye

In Türkiye, International Women's Day was first observed in 1921 through the efforts of Rahime Selimova and Cemile Nuşirvanova. However, official celebrations were not widely permitted for many years.

In 1975, with the UN's "Decade for Women" initiative, awareness of women's rights increased, and the Women's Year Congress was organized in Türkiye. From that point onward, March 8 has been recognized and widely celebrated throughout the country.

## International Women's Day 2025 Theme

For 2025, the United Nations has announced the official theme for International Women's Day as:

"For ALL Women and Girls: Rights. Equality. Empowerment."

"Accelerate Action"

The UN encourages people worldwide to raise awareness and share messages of solidarity using the hashtags #IWD2025 and #AccelerateAction.

## A More Equal Future for Women's Rights

International Women's Day is not only a celebration of women's accomplishments but also a reminder that the fight for gender equality and women's empowerment must continue.

Let's support women's rights and work together for a more just, equal, and empowered world!





# *World Salt Awareness Week*

**Reduce Salt for Better Health!**

Res.Asst. Gizem Uzlu DOLANBAY

Maintaining a balanced salt intake is one of the key principles of healthy eating habits. Excessive salt consumption is recognized as a major contributor to chronic diseases, yet scientific data show that most individuals exceed the recommended daily salt intake. World Salt Awareness Week serves as an important reminder to raise awareness and encourage people to regulate their salt consumption.

## **What Does Science Say?**

Sodium, the primary component of salt, is essential for fluid balance, nerve transmission, and muscle function in the body. However, the World Health Organization (WHO) recommends that daily salt intake should not exceed 5 grams (approximately 1 teaspoon). Despite this guideline, many people around the world consume 9-12 grams of salt daily, leading to increased risks of hypertension, cardiovascular diseases, kidney disorders, and osteoporosis.





Reduce salt, maintain flavor, and protect your health starting today!

### **Salt Consumption in Turkey**

Studies on dietary habits in Turkey indicate that individuals consume an average of 15 grams of salt per day, nearly three times the recommended limit. Excessive salt intake is mainly linked to homemade meals with added salt, processed foods, and restaurant dishes.

### **A Healthier and More Sustainable Future with Less Salt!**

To prevent excessive salt consumption and promote healthier eating habits, consider these recommendations:

- Reduce processed and packaged foods. These products often contain high amounts of hidden salt.
- Enhance flavor with herbs and spices. Use natural seasonings like lemon, garlic, cumin, and mint instead of adding extra salt.
- Gradually adjust your taste preferences. Instead of cutting out salt suddenly, reduce intake step by step.
- Read food labels carefully. Check the sodium content in packaged foods before purchasing.
- Choose low-salt options when dining out. Request meals without extra added salt at restaurants.

As the Department of Nutrition and Dietetics at Istanbul Gelisim University, we continue to raise awareness about healthy eating by educating the public on sustainable and balanced nutrition.



# WORLD

*Sleep  
Day*



Lecturer Münevver Gaye AYBEY, at Istanbul Gelisim University Faculty of Health Sciences Nutrition and Dietetics Department, provided information on World Sleep Day, its history, the importance of quality sleep, insomnia, and the negative effects of sleep deprivation.

World Sleep Day is an annual event designed to highlight the importance of sleep in maintaining overall health and quality of life. It serves as a global awareness campaign focusing on sleep-related issues, their medical aspects, education, and social impact. Organized by the World Sleep Society, this special day aims to reduce the burden of sleep disorders on society by promoting better prevention and management strategies. Each year, different themes are introduced to emphasize various aspects and benefits of sleep health.

# Sleep Day

World Sleep Day was first celebrated in 2008. Its main goal is to underline the significance of sleep and draw attention to sleep-related problems. During this day, various sleep disorders and treatment methods are discussed. World Sleep Day is observed annually on the Friday before the Spring Equinox, which generally falls in mid-March. The connection to the equinox symbolizes the importance of maintaining a balanced day-night cycle, mirroring the need for a regular and stable sleep pattern.

In 2024, World Sleep Day was celebrated on Friday, March 15. The theme for this year was "Sleep Equity for Global Health." This theme highlights the critical role of healthy sleep in overall well-being while also addressing disparities in sleep health worldwide. World Sleep Day provides a platform for sleep specialists and advocates to promote better sleep habits and raise awareness of global sleep health issues. This day serves as a valuable opportunity to improve sleep hygiene and educate the public on the significance of quality sleep.

Sleep deprivation is known to contribute to serious health problems, including heart disease and reduced blood oxygen levels. While sleep may seem like a simple daily routine, it is actually a complex process that plays a crucial role in maintaining overall health. World Sleep Day is observed to remind people of the importance of getting adequate and high-quality sleep. Experts emphasize that "sufficient and good-quality sleep is essential," stating that no medication or caffeine can substitute for proper rest.

Some key points regarding the importance of sleep include:

- Lack of sleep affects the body's sleep reserves. Even a single night of insufficient sleep can put strain on the body. Nighttime sleep cannot be replaced by daytime naps. Sleep deprivation can lead to irritability, fatigue, and excessive daytime sleepiness.
- Quality sleep contributes to overall health. On days when people experience sleep deprivation, feeling exhausted and drained is common. However, getting sufficient and high-quality sleep at night helps individuals feel refreshed and energized throughout the day.
- Sleep deprivation may lead to weight gain. When the body does not get enough sleep, it compensates for the energy deficit by consuming more food. This often results in cravings for unhealthy snacks, leading to potential weight gain.
- Lack of sleep can contribute to sleep disorders and stress. Insufficient sleep negatively impacts both mental and physical health. Chronic sleep deprivation can increase stress, anxiety, and depression. Additionally, it may lead to hypertension, irregular heart rhythms, a weakened immune system, and hormonal imbalances.

On the occasion of World Sleep Day, why not take a moment to reassess your sleep routine and adopt healthier sleep habits? Remember, a good night's sleep = a healthier life!





# WORLD HAPPINESS DAY

## Boost Your Happiness Through Nutrition!

Istanbul Gelisim University Faculty of Health Sciences, Department of Nutrition and Dietetics, Res. Asst. Dr. Başak CAN made statements about the International Day of Happiness, the connection between happiness and nutrition.

Celebrated every year on March 20th, World Happiness Day emphasizes the importance of happiness and well-being. Happiness is not just about our mood; it is directly linked to our physical health. Have you ever considered the impact of nutrition on happiness? Eating the right foods can support our mental and emotional health, helping us lead a happier life.

### The Connection Between Nutrition and Happiness

Food plays a crucial role in shaping our brain chemistry. The production of serotonin and dopamine, commonly known as happiness hormones, is significantly influenced by what we eat. Here are some foods that can enhance your happiness:

- **Tryptophan-Rich Foods:** Tryptophan is an essential amino acid that supports serotonin production, one of the key factors in happiness. Foods such as turkey, eggs, dairy products, nuts, and bananas can help boost serotonin levels.
- **Omega-3 Fatty Acids:** Essential for brain health, omega-3 fatty acids can help combat depression and stress. Including salmon, walnuts, flaxseeds, and chia seeds in your diet can contribute to a more balanced mood.
- **Vitamin B Sources:** B vitamins, especially B6 and B12, enhance energy levels and positively impact mood. Whole grains, leafy greens, legumes, and eggs are excellent sources of these vitamins.
- **Probiotics:** There is a strong connection between gut health and happiness. Consuming probiotic-rich foods like yogurt, kefir, pickles, and kombucha can support gut health and improve mood.
- **Chocolate:** Cocoa contains phenylethylamine, a compound that promotes happiness. Dark chocolate can help reduce stress hormones and make you feel better—but remember to consume it in moderation!

### Eat Healthy for a Happier Life

Happiness is not solely dependent on external factors; our diet is also an essential part of the process. By following a balanced nutrition plan, you can nourish both your body and mind, leading to a happier, more energetic, and healthier life. Celebrate World Happiness Day on March 20th by taking care of yourself and being mindful of your eating habits!

# March 21 World Down Syndrome Day

*awareness, equality, and the role of nutrition*

*Istanbul Gelisim University Faculty of Health Sciences, Department of Nutrition and Dietetics, Asst. Prof. Dr. Aylar KARGAR MOHAMMADINAZHAD shared insights on World Down Syndrome Day, emphasizing the importance of raising public awareness, ensuring equal opportunities and the role of nutrition in overall health and development.*



World Down Syndrome Day, observed annually on March 21, aims to promote the rights of individuals with Down syndrome, support their full participation in social life, and raise awareness about inclusion. **The date symbolizes the genetic condition associated with the trisomy of the 21st chromosome.**

Individuals with Down syndrome possess unique abilities and potential. With access to appropriate education, social support, and inclusive policies, they can lead independent and productive lives. Providing equal opportunities in education, employment, healthcare, and social participation plays a critical role in enhancing their integration into society. Removing barriers, raising awareness, and creating supportive environments enable these individuals to reach their full potential.

In this context, providing support from an early age is crucial for guiding cognitive, physical, and social development. Nutrition is one of the essential elements in this process. A balanced diet can strengthen the immune system, improve overall health, and positively influence development. Additionally, educational and rehabilitation programs, support for developing motor skills, and approaches that nurture individual talents help facilitate the active participation of individuals with Down syndrome in daily life.

Increasing societal awareness and preventing discrimination are key components in empowering individuals with Down syndrome to engage more fully in social life. Respecting their rights, ensuring access to equal opportunities, and enabling meaningful participation are only possible through inclusive and conscious policies. Therefore, World Down Syndrome Day is an important opportunity to promote awareness both individually and institutionally. **Building a society where all individuals enjoy equal rights is achievable through collective sensitivity and solidarity.**





# World Water Day: How Much Water Do Our Foods Consume?

Celebrated every year on March 22, World Water Day highlights the vital importance of conserving water resources. The global water crisis extends beyond drinking water and industrial use, as it is closely linked to food production and consumption. Agriculture accounts for approximately 70% of the world's freshwater usage, making the connection between dietary choices and water consumption even more crucial.

## Water Footprint and Nutrition: Key Figures

The water footprint refers to the total volume of water consumed directly and indirectly during the production of a product or service. Food production is one of the largest contributors to global freshwater consumption, with dietary habits playing a significant role:

- Producing 1 kg of beef requires approximately 15,400 liters of water, while 1 kg of chicken consumes around 4,300 liters.
- The water footprint of 1 kg of cheese exceeds 5,000 liters, whereas plant-based protein sources require considerably less water. For example, producing 1 kg of lentils requires about 1,250 liters of water.
- Global food waste accounts for nearly 24% of freshwater consumption, leading to the unnecessary depletion of billions of cubic meters of water annually.

## Can Sustainable Nutrition Contribute to Water Conservation?

Even small modifications in dietary habits can support the more efficient use of water resources:

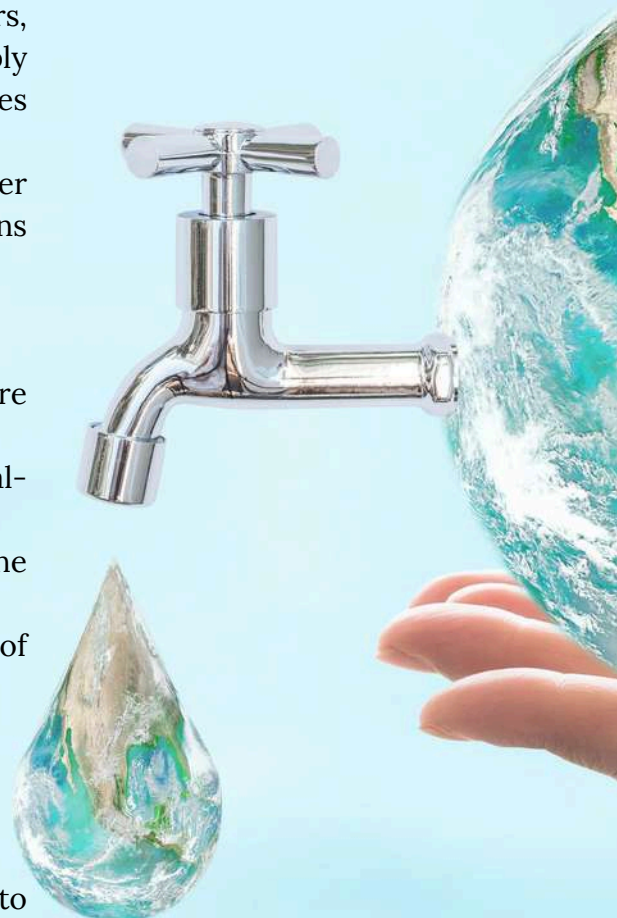
- Opting for plant-based protein sources instead of animal-based foods can significantly reduce water consumption.
- Choosing seasonal and locally sourced foods lowers the demand for intensive agricultural irrigation.
- Reducing food waste helps conserve vast amounts of freshwater that would otherwise be wasted.

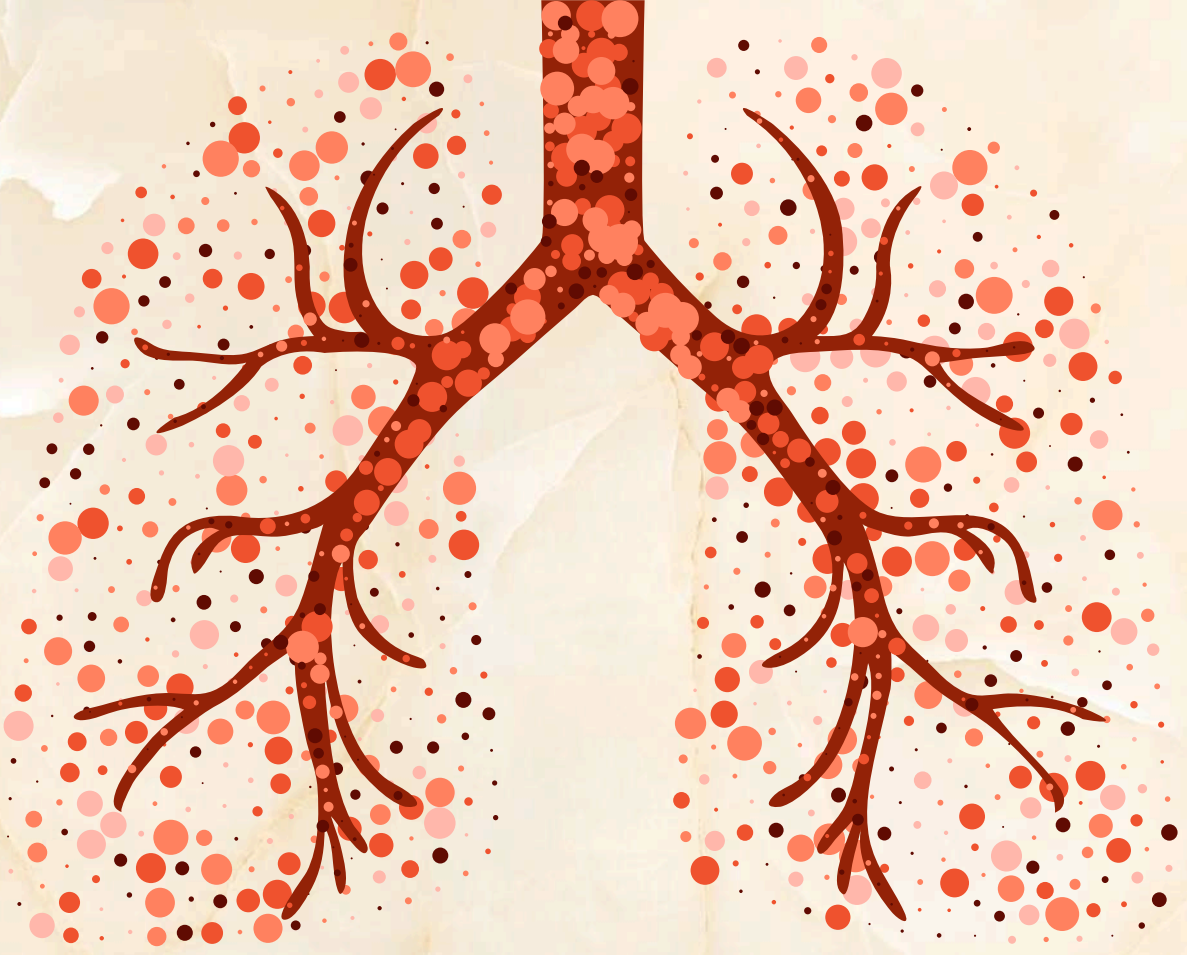
## Steps to Protect Water Resources

- Selecting foods with a lower water footprint,
- Supporting sustainable agricultural practices,
- Minimizing food waste at home and in the food industry.

World Water Day serves as a reminder of the necessity to reconsider water consumption, reassess dietary choices, and adopt more sustainable lifestyles. Protecting water resources is not just a responsibility for today but a fundamental requirement for the future of our planet.

*Istanbul Gelisim University  
Department of Nutrition and  
Dietetics Research Assistant  
Gizem UZLU DOLANBAY  
made significant statements on  
World Water Day,  
emphasizing the impact of  
dietary habits on water  
footprint.*





# WORLD TUBERCULOSIS DAY

**Asst.Prof.Hasan Fatih AKGÖZ, a faculty member of the Nutrition and Dietetics Department at the Faculty of Health Sciences of Istanbul Gelisim University, made statements on the occasion of World Tuberculosis Day. He provided an assessment regarding tuberculosis, its treatment process, and its relationship with nutrition.**

Tuberculosis (TB) is an infectious disease caused by the *Mycobacterium tuberculosis* bacterium. This disease, which primarily affects the lungs, can impact the respiratory system and is transmitted through the air. Tuberculosis may present with symptoms such as night sweats, fever, cough, sputum production, and shortness of breath. In individuals diagnosed with TB, weight loss, lack of appetite, and fatigue are commonly observed. Tuberculosis is a disease that can be controlled with the correct diagnosis and treatment.

According to data from the World Health Organization (WHO), approximately 10.8 million people worldwide were diagnosed with tuberculosis in 2023. Of these individuals, 6.0 million were men, 3.6 million were women, and 1.3 million were children. In the same year, 1.25 million people died due to tuberculosis. After three years of being overshadowed by COVID-19, tuberculosis has likely returned as the world's leading cause of death from a single infectious agent.

In Turkey, tuberculosis treatment is offered free of charge at Tuberculosis Control Dispensaries affiliated with the Ministry of Health of the Republic of Turkey (T.C.). Diagnostic, treatment, medication supply, and follow-up services are provided.



Maintaining a healthy lifestyle across all age groups is closely related to a balanced nutrition plan that includes essential nutrients. In this regard, malnutrition can weaken the immune system, making individuals more vulnerable to infectious diseases such as tuberculosis. However, malnutrition alone is not the direct cause of tuberculosis.

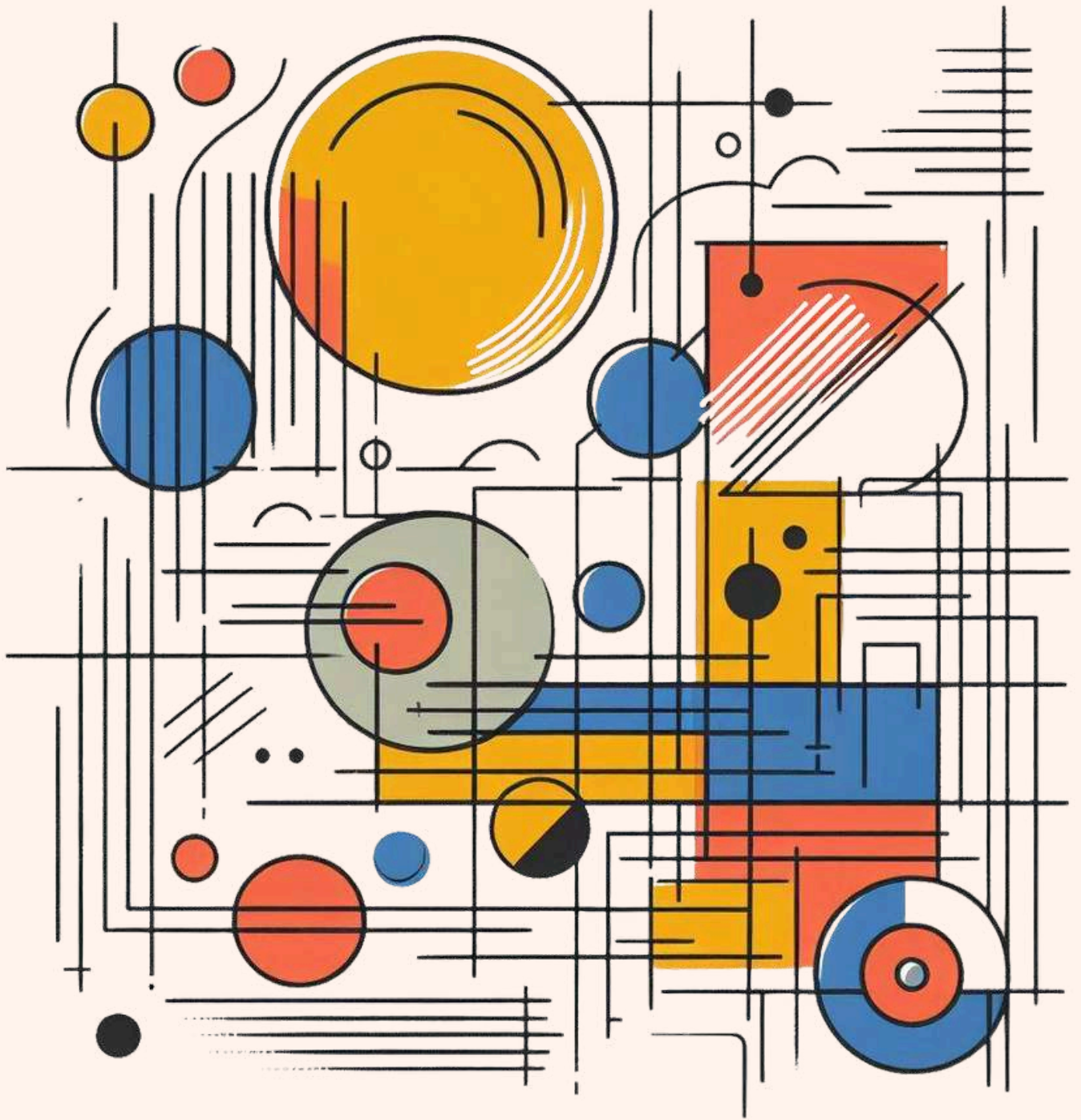
Reducing malnutrition in the community can indirectly affect the risk of developing tuberculosis. Nutritional deficiencies that weaken the immune system can increase the likelihood of infectious diseases like tuberculosis. Therefore, it is crucial to plan interventions with a multifaceted approach, considering the reciprocal relationship between nutrition and infection.

A significant portion of individuals diagnosed with tuberculosis are at risk of malnutrition at the time of diagnosis. Due to disease-related loss of appetite, increased energy requirements, and metabolic load, weight loss is frequently observed. Therefore, at the beginning of the treatment process, a comprehensive assessment of the individual's nutritional status should be conducted, including anthropometric measurements, biochemical indicators, clinical findings, and nutritional history. Nutritional status plays an important role in determining resistance to infections.

While malnutrition weakens the immune system, the presence of infection can increase metabolic requirements, leading to weight loss and micronutrient deficiencies. Micronutrients such as vitamins A, C, D, E, B6, as well as folic acid, zinc, selenium, copper, and iron play a crucial role in the functionality of the immune system. The supportive effects of these micronutrients on immune response against infections are highlighted in the Scientific Committee Report titled “Nutrition in Infectious Diseases, Nutritional Supplements, and Health Effects” prepared by the National Nutrition Council of the Ministry of Health of the Republic of Turkey.

Socioeconomic factors also play an important role in the development of tuberculosis. Particularly, poverty can lead to nutritional deficiencies, increasing the risk of the disease. Therefore, healthcare professionals should not only assess the clinical treatment process but also evaluate the individual's social and economic conditions, activating support mechanisms when necessary.

Tuberculosis often occurs alongside comorbid health conditions such as HIV infection, diabetes, tobacco use, alcohol or substance addiction. Since each of these coexisting conditions carries its own specific nutritional needs and risk profiles, it is important to consider these factors during nutritional assessments and counseling processes.



**CULTURE ART**  
**LITERATURE**



# DEVELOPING READINGS

## MODERN TIMES ENGİN GEÇTAN

Engin Geçtan  
Zamane



From the author,

After the military coup, reactions against authority figures and institutions were suppressed, but in the long run, this was replaced by different and multiple dynamics. Now, whenever there is political or social polarization, an opposing pole forms at a surprising speed. This is, in a way, an expression of intense dynamism, of course, along with a question. Do these dynamics push us forward, or do they lead us to become trapped in a vicious cycle? There seems to be another country, almost independent of the governed one, which moves itself forward. In psychotherapy, there is sometimes a process similar to a marching band, so it's quite familiar to me. However, we will never know the answer to the question of what we would have experienced had there been no military coup." Engin Geçtan looks at the processes experienced in Turkey over a wide time span from the perspective of his expertise in psychiatry, offering assessments and comments on the changes in society and individuals. While addressing topics such as authority, anger, repressed resentments, persona and shadow, autonomy, identity issues, and childhood loneliness, Geçtan also shares observations from his clinical experiences, providing a perspective on contemporary situations based on years of accumulated knowledge. [You can access it from the link below.](#)

# OUR GUEST OF THIS MONTH

Zülbiye DUYUM MUTLUKAN

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?

**Environmental Order and Rules**

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

**Phone**

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

**Atatürk's Landing in Samsun in 1919**

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

**Life: "Journey into the Unknown"**

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

**Fatma Girik**

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

**Competent, Dedicated, Thoughtful, Organized, and Programmed**

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

**Having a Strong and Determined Character**

8-Who is your hero?

**My Unique Mother**

9-Who is your favorite author?

**İlber ORTAYLI, Doğan CÜCELOĞLU**

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

**Spring wind**



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.





**Faculty of  
Health Sciences**

## ISTANBUL GELISIM UNIVERSITY ALUMNI TRACKING SYSTEM

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

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

### What Are the Steps to Join METSIS?

1. Use the web interface at [metsis.gelisim.edu.tr](https://metsis.gelisim.edu.tr) to log in
2. You can follow the postings in the open positions box.
3. To apply for the positions, you can establish an account from the "new candidate" box.
4. You can view job posts after making an account on the top page and apply for positions that interest you.



Instagram -  
[igu\\_mezunlarkoordinatorlugu](https://www.instagram.com/igu_mezunlarkoordinatorlugu)



LinkedIn -  
IGU ALUMNI AND  
MEMBERS COORDINATOR



GRADUATE CARD

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





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## OFFICIAL SOCIAL MEDIA ACCOUNTS



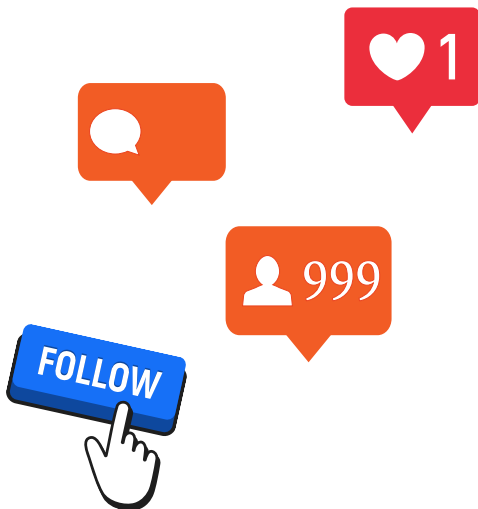
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## New Update!

Now, you can share your  
opinions, suggestions, news, or  
articles with us at:

[sbfulten@gelisim.edu.tr](mailto:sbfulten@gelisim.edu.tr)





*We wish you a sweet  
Eid like candy!*





# Faculty of Health Sciences

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