



MAY

“Work was cheap, but bread was dear.”

Lev Tolstoy

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May 1: Labor and Solidarity Day (International Workers' Day)

May 12: Mother's Day

May 12- 18: Nurses Week

May 18: Museums Week

May 15: International Family Day


May 19: Commemoration of Atatürk, Youth and Sports Day

May 20: Happy Child Development Specialists' Day

May 31: World No Tobacco Day

**THE HIGHEST VALUE IS LABOR;
THE STRONGEST BOND IS SOLIDARITY.**
HAPPY MAY 1ST



A vibrant rainbow with red, orange, yellow, and pink bands arches over two white, fluffy clouds. Blue streamers or confetti are scattered around the scene. The text 'May 20' is written in a dark blue, cursive font across the clouds.

May 20

Happy Child Development Specialists' Day!

**Happy Child Development Specialists'
Day to all the professionals whose
efforts help every child reach a healthy,
safe, and happy future!**



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Faculty of
Health Sciences

Leadership, Management, Quality

AT IGU FACULTY OF HEALTH SCIENCES CAREER DAY AND ALUMNI MEETING EVENT HELD

İSTANBUL GELİŞİM ÜNİVERSİTESİ

CAREER GROWTH

SBF KARIYER PLANLAMA VE MEZUN İLETİŞİM KOMİSYONU

**SBF KARIYER GÜNÜ
VE MEZUN
BULUŞMASI**

SEKTÖRDEN 24 KURUM VE KURULUS
KATILIM SAĞLAYACAKTIR.

29 NİSAN, 2025
SALI

10.00-16.30

J BLOK
MEHMET AKİF ERSOY
KONFERANS SALONU

PROGRAM AKTİFİNA
KATILIMCI KURUM VE
KURULUS İÇİMLERİNE
AŞAĞIDAKİ QR KODU
OKUTARAK
ERİŞİLEBİLİRSİNİZ.

The Career Day and Alumni Meeting, organized by the Career Planning and Alumni Communication Committee of the Faculty of Health Sciences at Istanbul Gelişim University (IGU), was held on Tuesday, April 29, 2025, at the Mehmet Akif Ersoy Conference Hall in J Block with strong participation.

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

Running from 10:00 AM to 4:30 PM, the event served as an important career platform, bringing together **students and alumni of the Faculty of Health Sciences with leading representatives from the healthcare sector. A total of 18 institutions and organizations** participated. With its notable sectoral diversity, the event allowed students to engage in one-on-one meetings and obtain detailed information about job and internship opportunities.



Throughout the event, organizations introduced their operational fields and human resources policies at their promotional stands, directly informing students about employment and internship opportunities. In addition to presentations, they provided personalized guidance on CV writing and interview techniques. Some institutions even accepted applications on-site, allowing students to complete the first step of their job application process. **This gave students the opportunity to gain direct industry insights and experience critical for their transition into professional life.**



A QR code system at the event venue allowed participants to digitally access the full event schedule, company information, and other relevant details. This digital feature enhanced the event's functionality and helped participants manage their time more effectively.

The event provided a platform for students to integrate their academic knowledge with real-world insights and to develop concrete career plans before graduation. It also offered valuable opportunities for students to better understand the expectations and operations of various healthcare institutions.

Highly appreciated by sector representatives as well, the event was a concrete example of university-industry collaboration. It once again demonstrated the importance of such events in supporting students' career development.

The institutions and organizations that participated in the event were as follows:

Avcılar District Health Directorate
Tartı Medikal Foreign Trade and Marketing Co. Ltd.
Student Nurses Association (OHDER)
Ana Special Education and Rehabilitation Center
Maltepe Bahadır Erdoğan Special Education and Rehabilitation Center
Küçükçekmece Social Service Center Directorate
Istanbul Metropolitan Municipality Social Services Department Presidency Women and Family Services Branch Directorate
Istanbul Metropolitan Municipality Social Services Department Presidency Children Services Branch Directorate
Avcılar Municipality Social Service Directorate



STUDENTS MEET THE FUTURE AT IGU

CAREER FAIR IN HEALTH

The Health Career Fair, organized in collaboration with the Faculty of Health Sciences (SBF), Vocational School of Health Services (SHMYO), Faculty of Dentistry (DHF), and the Career Guidance Application and Research Center (KARYON) at Istanbul Gelisim University, was held with high attendance on May 6–7, 2025, in the J Block Hangar area. The fair, which brought together 60 leading institutions from the health sector with students, offered a rich content to students eager to explore career opportunities over the course of two days.

On the first day, after booth preparations were completed in the morning, seminars began in classroom 317 and continued between 11:00 and 16:50. During the May 6 program, key representatives from the health sector such as Memorial, Acibadem, Özel Abat Surgical Medical Center, Privite Avcılar Anadolu Hospital, and MNT introduced their institutions to students and shared guiding information for their career journeys. On the second day, between 11:00 and 15:50, organizations and individuals including Özel Şeker Portakalı Yeni Hayat Special Education and Rehabilitation Center, TADA, Zeynep Arslan, and Aksu Vital delivered presentations. Ramazan EMIRALIOGLU, Board Member of the Turkish Nurses Association Istanbul Branch, also visited the booth established by the Student Nurses Association (OHDER). He engaged closely with nursing students, providing valuable advice on the future of nursing and professional development.

Due to high interest in the seminars, classrooms were sometimes completely full, while faculty members followed the sessions from outside to prioritize student attendance. After the presentations, students moved to the booth area to interact directly with institution representatives, submit their CVs, and obtain information about internship and job opportunities. All presenting institutions received a plaque of appreciation from Istanbul Gelisim University (IGU).

Throughout the fair, students from all departments of the university actively participated. Seminar content extended beyond institution introductions to cover many topics including CV preparation techniques, current industry needs, human resource expectations, and interview processes. Students had the opportunity to stay updated on innovations in the health sector and steer their career goals.

Various activities and surprise raffles were held throughout the day at the booth area. Sponsors offered refreshments to participants, while students enriched their fair experience with fun and interactive activities.

On the first day of the event, IGU Rector Prof. Dr. Bahri SAHIN and Vice Rector Prof. Dr. S. Arda OZTURKCAN visited the booths individually, met with company representatives, and chatted with students. Additionally, SBF Dean Prof. Dr. Rifat MUTUS, Vice Dean Assoc. Dr. Nese KISKAC, and members of the SBF Career Planning and Alumni Relations Committee were present on-site, guiding students and strengthening institutional collaborations. On the second day, SBF Vice Dean Assist. Prof. Dr. Abdullah Yüksel BARUT joined students and institutions at the fair area.

One of the notable visitors was Dr. Hayati ARKAZ, founder of Anadolu Health Group and 27th Term Istanbul Parliament Member. Following the presentation on behalf of Anadolu Hospital, he was presented with a plaque by Vice Rector Prof. Dr. Arda OZTURKCAN. During his visit, he was accompanied by Vice Rector Prof. Dr. Arda OZTURKCAN, SBF Dean Prof. Dr. Rifat MUTUS, and the faculty's academic staff. He shared his experiences, offering valuable insights and suggestions to the students.

The IGU Health Career Fair, held on May 6–7, successfully concluded as a distinguished meeting point where students met directly with professionals from the health sector, enhanced their career vision, and gained sectoral awareness.



Students Meet the Future at IGU Career Fair in Health -
Faculty of Health Sciences

Students Meet the Future at IGU Career Fair in Health

19 MAYIS COMMEMORATION OF ATATURK, YOUTH AND SPORTS DAY, AND AUDIOLOGY DEPARTMENT WHITE COAT CEREMONY

On May 16, 2025, Istanbul Gelişim University (IGU) Faculty of Health Sciences, Audiology, Health Management, Prosthetics and Orthotics, and Nutrition and Dietetics Departments organized an event titled "19 Mayıs Commemoration of Atatürk, Youth and Sports Day and Audiology Department White Coat Ceremony." The event, where Assist. Prof. A. Yüksel BARUT was the speaker, attracted the attention of students, families, faculty members, and participants.

The event held as part of the 19 Mayıs Atatürk Commemoration, Youth and Sports Day celebrated the meaningful day when Mustafa Kemal Atatürk set foot in Samsun and started the National Struggle. The day was honored with pride and enthusiasm.

In line with the significance of the day, the ceremony began with a moment of silence and the singing of the National Anthem, followed by the opening speech of Prof. Dr. Rifat MUTUS, Dean of the Faculty of Health Sciences.

After the opening speech, Assist. Prof. A. Yüksel BARUT gave his presentation, accompanied by slides. In his speech, he stated: "Today, we gather to commemorate one of the most important turning points in the history of the Turkish nation, May 19, 1919. This meaningful day not only marks the beginning of a liberation movement but also the day when Mustafa Kemal lit the torch of independence alongside our nation. The hands that carry the torch may have changed, but the torch itself has always maintained its immortality. I thank you for joining us in carrying and passing this eternal torch on to future generations. When Mustafa Kemal said, 'Do not attribute any supernatural birth to me. The only extraordinary thing in my birth was that I was born as a Turk,' he defined a leader who negates his own miraculous qualities and integrates his positive attributes with the nation. When Mustafa Kemal set foot in Samsun on the morning of May 19, 1919, he carried the burden of an exhausted empire, yet in his heart, he held a great belief that the Turkish nation would never be enslaved, that they would tear through the darkness and reach the light."

In the first part of his speech in his work Nutuk (The Speech), Mustafa Kemal wrote about the thoughts behind his acceptance of duty: "In truth, at the time we find ourselves in, the foundations of the Ottoman Empire had collapsed, its life was over. The Ottoman lands were completely fragmented. What remained was a homeland with a handful of Turks. The only issue was to divide this as well. The Ottoman Empire, its independence, the sultan, the caliph, and the government, were all nothing more than meaningless words. For whose and what inviolability would we ask for help? What could the serious and true decision be? Gentlemen, in the face of this situation, there was only one decision: to establish a new Turkish state based on national sovereignty, without any reservations or conditions! This is the decision we had thought of before leaving Istanbul and began implementing as soon as we set foot on the lands of Anatolia in Samsun."

When Mustafa Kemal landed in Samsun on May 19, 1919, he was not only addressing a piece of geography but a nation: "Wake up! Stand up! Take charge of your destiny!" Mustafa Kemal did not just take his first step in Anatolia but in the heart of the Turkish nation!

Was it easy to bring hope to the people of Anatolia under occupation, to a people oppressed by the shadow of enemy boots? No! But Mustafa Kemal Pasa believed: "The Turkish nation is hardworking; the Turkish nation is intelligent."

Then came the Sivas Congress on September 4, 1919... At the Sivas Congress, Mustafa Kemal had already outlined his journey, from the motto "Either Independence or Death" to the command "Armies, your first target is the Mediterranean."

Assist. Prof. A. Yüksel BARUT continued, saying, "On October 20, 1927, Atatürk addressed you, us, and the youth at the Grand National Assembly of Türkiye," and at this point, the students of the Audiology Department collectively recited Atatürk's Speech to the Youth.

The speech ended with the words, "It is our duty to elevate our Republic and bring it to a level beyond modern civilizations! Let us not forget that our material existence is temporary. What remains is only our works. Mustafa Kemal Atatürk, in his short life, left behind many works for us. Our task is to protect and preserve those works, and to act in accordance with his principles. We remember all our heroes, especially Mustafa Kemal Atatürk, with mercy, gratitude, and respect, and we promise to always safeguard our Republic, our independence, and our bright future..."

After Assist. Prof. A. Yüksel BARUT's presentation and speech, one of the most exciting moments of the event followed: a Zeybek dance performance by two students. The students received great appreciation for their performance, and the powerful stance and honorable figures in the Zeybek dance provided emotional and pride-filled moments for the audience.

Following the Zeybek performance, five couples performed the tango, one of Atatürk's favorite dances, enchanting the audience. The tango show, with its elegance and harmony, was highly appreciated. After the tango performance, the IGU Youth Choir took the stage, presenting a musical feast filled with national anthems and songs and folk tunes that Atatürk loved. The students, with their powerful voices and harmonious performance, created emotionally charged moments for the audience.

At the end of the ceremony, participants were thanked, and plaques and certificates of appreciation were awarded to those who contributed. The 19 Mayıs Atatürk Commemoration, Youth and Sports Day portion of the event concluded.



After the 19 Mayıs Atatürk Commemoration, Youth and Sports Day event, the Audiology Department White Coat Ceremony took place. With the White Coat Ceremony organized by the Audiology Department, an important milestone in the academic journey of the students was celebrated.

The event began with an opening speech by Assist. Prof. Aydın NART, Head of the Audiology Department. After the opening speech, Assist. Prof. A. Yüksel BARUT gave a speech emphasizing the significance of the white coat. In his speech, he stated:

"My dear friends, today you will wear the white coat of your profession, a symbol of honor that will later give meaning to your life and teach you about life. The white coat reminds us that we must constantly strive for humanity. It shows that we value not only knowledge but also manual labor.

In our university, the goal is to learn the meaning of humanity and life, and through enlightenment and teaching, to first and foremost, instill the understanding of what truth and honesty mean. You must never belittle your patients, any individual, or your colleagues. Be considerate, for everyone you meet is, believe me, facing a challenge at least as great as yours.

Dear young people, remember that you must evaluate and improve yourself in every stage of your life to be happy. Know that you are responsible for keeping the white coat you were given clean throughout your life and passing it on in the same cleanliness to the colleagues who come after you. You are the future of your family and country. If you wish to do good and beautiful things, first you must correct your own mistakes."



"Today, the white coat you are wearing is like a shirt made of fire. You must wear it with your buttons closed in front of your patient. The closed buttons symbolize that your patient's secrets will remain with you. This coat represents the dignity of your profession and the trust of your patient. The master who dresses you, the apprentice, is a gesture of respect for your teacher, your upperclassman, your professional elder, and your patient.

God uses good people to enforce His will on Earth, and among these good people, health workers come first. A healthcare worker who wears the white coat is obliged to love all creations, as Yunus Emre said, due to the Creator. Never forget that you must keep the white coat you wear today spiritually pure and pass it on to your colleagues after you in the same purity." He concluded his speech by thanking the families who raised these young individuals and wishing them health and success, kissing their eyes.

Audiology is a vital field that improves people's quality of life, diagnosing and treating hearing and balance disorders. The White Coat Ceremony reminded students of the ethical responsibilities this profession carries and their duty to contribute to public health.

The event was meaningful not only for students but also for their families and friends. As they received their white coats, the students took one step closer to shouldering the responsibility of being part of the health sciences.

This special moment was reinforced by speeches and social activities, motivating students. Wearing the white coat marks an important step in the journey of each professional working in this field to contribute to public health.

The Audiology Department White Coat Ceremony not only allowed students to experience the pride of stepping into their profession but also motivated them for their future successes. The event contributed to both the students' and participants' academic journeys and became an important symbol of education and contributions in the field of health sciences.

The Audiology Department White Coat Ceremony concluded with students participating in traditional folk dances, enjoying quality time with their friends and families.



19 Mayıs Atatürk'ü Anma Gençlik ve Spor Bayramı ve
Odyoloji Bölümü Beyaz Önlük Giyme Töreni - Sağlık...
19 Mayıs Atatürk'ü Anma Gençlik ve Spor Bayramı ve Odyoloji Bölümü
Beyaz Önlük Giyme Töreni

19 Mayıs Atatürk'ü Anma Gençlik ve Spor Bayramı ve
Odyoloji Bölümü Beyaz Önlük Giyme Töreni - Sağlık...
Sağlık Bilimleri Fakültesi - Odyoloji Haberler



Physiotherapy students at Istanbul Gelisim University took the first step in their professional journey by wearing their white coats.

The Department of Physiotherapy and Rehabilitation at the Faculty of Health Sciences, Istanbul Gelisim University, honored its students with a symbolic ceremony marking their preparation for professional life. Held on May 12, 2025, at the J Block Mehmet Akif Ersoy Conference Hall, the White Coat Ceremony took place in a vibrant atmosphere with enthusiastic participation from the academic community and students.



Academic Staff Came Together with Students

The ceremony was attended by Vice Rector Prof. Dr. Nuri KURUOĞLU, Dean of the Faculty of Health Sciences Prof. Dr. Rifat MUTUŞ, Vice Dean Assoc. Prof. Dr. Neşe KISKAÇ, Head of the Department of Physiotherapy and Rehabilitation Asst. Prof. Dr. Gülşah KONAĞOĞLU, and the department's academic staff. During the event, 2nd, 3rd, and 4th-year students from both the Turkish and English programs donned their white coats, officially stepping into their professional responsibilities in the field of physiotherapy.



The White Coat Represents a Commitment to Ethical Values and Social Responsibility

In their speeches at the ceremony, Department Head Dr. Gülşah Konakoğlu and Dean Prof. Dr. Rifat Mutuş emphasized the scientific foundations of the physiotherapy profession, its mission to contribute to human health, and the symbolic meanings carried by the white coat. The speeches highlighted adherence to ethical principles, professional ethics, reliability, and dedication to healthcare service.





A Meaningful Presentation from Academics to Students

Following the speeches, students were invited to the stage by class level to receive their white coats from their professors. These meaningful moments were filled with emotion and pride, creating memorable scenes during the ceremony. The event was immortalized with group photos and video recordings.



A Joyful Finale with Music

Following the official ceremony, the celebration continued with a musical event, creating unforgettable moments for both students and academic staff. With this meaningful ceremony, the students of the Department of Physiotherapy and Rehabilitation strengthened their professional identity and took a new step forward, guided by academic achievement and professional values.



TEKNOFEST 2025 TOOK PLACE IN TRNC: ISTANBUL GELISIM UNIVERSITY TOOK ITS PLACE IN THE FESTIVAL!

TEKNOFEST, Türkiye's largest aviation, space and technology festival, brought together technology enthusiasts in the Turkish Republic of Northern Cyprus this year. Istanbul Gelisim University (IGU) also took an active role in the festival with its academic staff and students. On behalf of Istanbul Gelisim University, Vice Rector Prof. Arda OZTURKCAN, Technology Transfer Office Director Yahya Kemal KIRAN and TTO assistant student Yusuf Enes GÜLTEKİN attended. The delegation examined the projects developed in 6 main and 13 subcategories ranging from primary school to university level and observed that the festival, which was held for the first time in the TRNC, was very productive and successful in terms of the interest of the participants.



During the booth visit of TEKNOFEST Chairman Selcuk BAYRAKTAR, a meeting was also held with the Istanbul Gelisim University delegation. During the meeting, a project booklet containing the projects carried out by the Technology Transfer Office was presented and information was also given about the university's work in the field of technology and innovation.



Istanbul Gelisim University aims to transform student projects into not only academic success but also social benefit with its approach that supports science and technology-based production. The Technology Transfer Office within the university supports entrepreneurship and innovation-oriented studies and provides the necessary infrastructure for students to turn their ideas into value-added projects. In this regard, the university continues to take an active role in technology events organized at national and international level.



At the festival, a special meeting was held with the "Kızılkaya" team, which won the first place by representing Azerbaijan in the field of Tourism Technologies. The team gave information about their projects; after mutual interaction, they were invited to Istanbul Gelisim University at the TEKNOFEST event in Istanbul.

The stands of other higher education institutions were also visited during the event. In this context, Hasan Kalyoncu University Rector Prof. Türkay DERELİ and Vice Rector Prof. Mehmet Lütfi YOLA and Aydın University Vice Rector Prof. Ali SINAG and accompanying delegation, ideas were discussed.

Within the scope of the festival, TUBITAK President Prof. Orhan AYDIN and Vice President Prof. Mesut GUNER was also met. During the meeting, the contribution of TEKNOFEST competitions to the production of new projects in Türkiye and the development of human infrastructure in this regard was mentioned.



The Development Readings Event Brought Together Future Health Managers Through the Book "İki Dirhem Bir Çekirdek".



Faculty of
Health Sciences

Education, Instruction

Organized by the Department of Health Management within the Faculty of Health Sciences at Istanbul Gelisim University, students gathered for the second time in the "Development Readings-II" event. Held on May 28, 2025, at 3:30 PM in Conference Hall No. 026, the event commenced with an opening speech by Assist.Prof.Aslı KAYA, focusing on the significance and richness of idioms.

Throughout the event, students engaged in an interactive and insightful discussion based on the book "İki Dirhem Bir Çekirdek", which they had been assigned to read in advance. Reading, as a fundamental cognitive activity, enhances linguistic competence, supports intellectual development, and fosters cultural awareness. With this perspective, the reading activity centered around "İki Dirhem Bir Çekirdek" was designed with a comprehensive approach aimed at enriching participants' literary appreciation and deepening their understanding of the idiomatic richness of the Turkish language.

At the core of the event was the book authored by Prof. Dr. İskender PALA, which explores the origins and historical backgrounds of Turkish idioms. Through this work, students had the opportunity to reflect on the use of idiomatic expressions in everyday language and to evaluate the aesthetic, expressive, and cultural dimensions of language in a multifaceted way.

Following each section of the book, brief evaluation sessions were held to promote critical thinking, analytical engagement, and the exchange of ideas among participants. This approach not only enhanced individual reading experiences but also contributed to a shared cultural learning process.

In conclusion, the event yielded significant outcomes in terms of promoting reading culture, raising linguistic awareness, and strengthening social interaction. We extend our gratitude to all participants and hope to reconvene in future academic activities of this nature. At the end of the event, students emphasized the value of similar reading and discussion sessions for their professional development and expressed their desire for such initiatives to continue. In response to this positive feedback, the Department of Health Management successfully completed the second installment of the "Development Readings" event series, with the goal of fostering a love for reading among students.



Seminar by IGU Addiction Prevention Coordination

"Cases of Online Gambling and Screen Addiction"

A seminar titled "Cases of Online Gambling and Screen Addiction" was held in collaboration with Istanbul Gelisim University (IGU) Addiction Prevention Coordination Unit and the Department of Child Development. The event featured speakers from the Istanbul Metropolitan Municipality (IMM) Directorate of Addiction Prevention and Rehabilitation, Social Cohesion and Support Center (SUDEM).

The seminar opened with a speech by Assist. Prof. Nurten ELKIN, faculty member of the Department of Child Development and Coordinator of Addiction Prevention. The educational session was conducted by Clinical Psychologist Bilal Kalender, Social Worker Ece Nur Hitay, and Occupational Therapist Sedanur Yilmaz from IMM's Directorate of Addiction Prevention and Rehabilitation. The seminar addressed the adverse effects of online gambling and screen addiction on individuals and society, supported by real-life case studies presented by the experts. A holistic approach to addiction—including psychological, social, and physical aspects—was emphasized, with critical warnings particularly directed toward youth and families.

At the beginning of the seminar, it was highlighted that screen addiction has become an increasingly prevalent issue in recent years. Today, excessive time spent on digital games, social media, and internet use may lead to severe behavioral disorders that manifest as addiction. Clinical Psychologist Bilal Kalender stated that screen addiction negatively impacts individuals' social lives, academic performance, and mental health. Online gambling, which involves participating in and betting on gambling games via the internet, has become increasingly widespread with the digitalization of traditional casino games. Online gambling platforms offer users access to poker, roulette, slot machines, and other games that may lead to severe addictive behaviors driven by the desire to win and seek excitement.



Online gambling is rapidly spreading, especially among youth and those with easy access to digital platforms. Gambling addiction can severely affect individuals' psychological health, family dynamics, and financial stability. Furthermore, individuals engaged in online gambling are often prone to chasing their losses, creating a vicious cycle that, if left untreated, can lead to significant social and economic problems. It was also emphasized that online gambling is occupying an increasingly significant place among behavioral addictions, with a noted rise in interest among young individuals.

Social Worker Ece Nur HİTAY pointed out that online gambling addiction can severely disrupt family structures and result in substantial psychological, economic, and social harm to individuals. She emphasized the importance of raising awareness among families and underlined the role of intra-family communication and supervision mechanisms in preventing such addictions.



Occupational Therapist Sedanur YILMAZ focused on the physiological effects of screen addiction, noting that such dependencies can lead to developmental issues, especially in children and adolescents. Yilmaz stressed the importance of play therapy and physical activities in combating addiction. Participants were advised to adopt healthy lifestyle habits and develop strategies to reduce screen time. Screen addiction is characterized by prolonged exposure to screens, adversely affecting individuals' social, psychological, and physical well-being. This condition is typically associated with digital devices such as smartphones, computers, tablets, and televisions and often stems from excessive use of social media, video streaming, online gaming, and continuous internet consumption.

The seminar concluded with an interactive Q&A session, where participants had the opportunity to deepen their understanding of online gambling and screen addiction and were informed about actionable steps in combating these issues. In closing, the importance of establishing collaborative support networks to strengthen community resilience in the fight against addiction was emphasized. At the end of the seminar, Assist. Prof. Nurten Elkin, Head of the Department of Child Development and Coordinator of the Addiction Prevention, presented plaques to the speakers in appreciation of their contributions.



Career Conversations

with Alumni Continue at the Department of Nutrition and Dietetics

On May 5, 2025, the Department of Nutrition and Dietetics at Istanbul Gelisim University, Faculty of Health Sciences, held the second session of its “Career Conversations with Alumni” event. Hosted online, the session brought together current students and department graduates in a shared virtual space.



Alumni Dietitians Merve Dilara KAYA and Gülcan SEFA joined the event as guest speakers and shared their insights, drawing from both their student years and professional experiences. The session was moderated by Asst. Prof. Hande Nur ONUR ÖZTÜRK, Vice Head of the Department. **The graduates spoke about their journeys from university life to professional practice, reflecting on their development across clinical dietetics and the private sector.** They also touched on the connection between nutrition and psychology, underlining the value of holistic approaches in the field.

Later in the event, Asst. Prof. Abdullah Yüksel BARUT, Vice Dean of the Faculty of Health Sciences, **addressed the students, emphasizing the importance of making the most of the university's academic opportunities as part of their career development.**

At the close of the session, Head of the Department of Nutrition and Dietetics, Assoc. Prof. Hatice Merve BAYRAM, expressed her appreciation to the speakers and attendees. The event provided students with an inspiring opportunity to hear firsthand experiences and gain practical insight into their future professional paths.

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

A GRADUATE'S JOURNEY TO BECOME A DIETITIAN ABROAD

The event titled **“Beyond the Boundaries II: A Graduate’s Journey as a Dietitian Abroad,”** organized by the Department of Nutrition and Dietetics, Faculty of Health Sciences, Istanbul Gelisim University, was held online on Tuesday, May 6, 2025.

One of the department’s alumni, Dietitian **Barçın ERDOĞAN**, joined the event as a guest speaker and shared in-depth insights into her professional career, which she is currently pursuing in the United Kingdom.

The session was moderated by **Asst. Prof. Dr. Aylar Kargar MOHAMMADINAZHAD**, Vice Chair of the Department of Nutrition and Dietetics. During the discussion, Dietitian Barçın Erdoğan informed students about a wide range of topics—from the challenges of working abroad to the new opportunities it offers.

She shared her experiences on adapting to a different healthcare system, the cultural differences in professional practice, and how her education in Turkey translated into her international career.

At the end of the event, **Assoc. Prof. Hatice Merve BAYRAM**, Chair of the Department of Nutrition and Dietetics, extended her sincere thanks to Dietitian Barçın Erdoğan for her valuable contributions and participation.

The event proved to be both **informative and inspiring** for students who are considering a career in dietetics abroad.



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

MANAGEMENT PRACTICES SIMULATION II Event Held

The Faculty of Health Sciences, Department of Health Management at Istanbul Gelisim University (IGU) successfully held the "Management Practices Simulation II" event on May 12, 2025, at the Mehmet Akif Ersoy Conference Hall in Block J. The event was organized by the Head of the Health Management Department, Asst. Prof. Bumin Çağatay AKSU, and the Health Management Student Club.

As part of the event, students were presented with a case study titled "Emergency Department Crisis and Corporate Image Risk" and engaged in group discussions to analyze the case. Faculty members of the department, who served as jury members, observed the students individually during the discussions to assess their competencies in management skills such as planning, organizing, leading, coordinating, and controlling.

After the group work sessions, each team selected a spokesperson to present their proposed solutions to the faculty. The evaluation process took into account several criteria, including participation, collaboration, leadership (based on observational scoring), as well as presentation quality, depth of analysis, and feasibility of the proposed solutions. As a result of the scoring, Group 4 was awarded first place.

At the end of the event, the Head of the Department, Asst. Prof. Bumin Çağatay AKSU, stated:

"Our aim in the Management Practices Simulation I event was to enhance our students' analytical thinking and teamwork skills. In the Management Practices Simulation II event, our students reflected the competencies we targeted in the first event through effective case analysis. It is gratifying to see that our events contribute to both the personal and professional development of our students. In the 2025-2026 academic year, we plan to continue with similar practice-based activities to better prepare our students for the needs of the sector."

Through the Management Practices Simulation II event, students of the Health Management Department had the opportunity to develop both personal and professional skills, while also gaining insights into future job interviews. The event allowed students to test their theoretical knowledge in real-world scenarios and experience fundamental managerial skills such as teamwork, problem-solving, and leadership.

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

Health Management
Students



On the
Management
Stage

THE CITY REIMAGINED AT THE INTERDISCIPLINARY SYMPOSIUM

The 2nd Interdisciplinary Symposium on Independent Living, Urban Space, and Health, organized by the Faculty of Health Sciences at Istanbul Gelişim University, was held on May 15, 2025, with the participation of academics and students from various disciplines. Reflecting the multi-departmental structure of the Faculty, this comprehensive event created a remarkable space for thought and production through its thematic depth and strong student participation.

What started last year as a course-related event initiated by the Social Work Department quickly garnered significant attention. Thanks to students' creativity, their approach to social issues, and the supportive stance of instructors, this modest step evolved into an interdisciplinary symposium encompassing the entire Faculty of Health Sciences. This transformation offered a strong example of how student-centered and participatory learning can be institutionalized in higher education.



A PARTICIPATORY AND PRODUCTIVE ACADEMIA EMPHASIZED IN THE OPENING SPEECH

The symposium began with an opening speech by the Dean of the Faculty of Health Sciences, Prof. Dr. Rifat MUTUŞ. In his speech, Mutuş emphasized that a "city" is not merely made of structures but is a way of life built on social bonds, equality, the right to health, and participation. Stressing that this symposium is much more than an academic event, he described the students' effort in collective thinking, discussion, and production as "a learning practice that shapes the future."

THE SOCIAL DIMENSIONS OF THE CITY DISCUSSED THROUGH MULTIPLE LENSES IN KEYNOTE SPEECHES

In the initial academic sessions of the symposium, urban-related issues were addressed from various perspectives. Prof. Dr. İsmet Galip YOLCUOĞLU, in his presentation on urban poverty, discussed the role of social work in this area and highlighted the structural inequalities that hinder the inclusion of disadvantaged groups in urban life. Dr. Hilay ATALAY, in her talk titled “City, Society, and Social Sustainability,” underlined the importance of prioritizing social sustainability alongside physical planning in urban design. Assoc. Prof. Dr. Leyla Bektaş ATA, in her presentation “Women’s Mobility as an Urban Utopia,” drew attention to gender-based accessibility to public spaces and opened a discussion on freedom, belonging, and equality through the lens of women’s urban mobility.



URBAN THOUGHTS DEEPENED THROUGH A PANEL SESSION

Chaired by Assoc. Prof. Dr. Anıl Al-REBHOLZ, the panel session explored different dimensions of urban life. Dr. Nurten ELKİN analyzed the interaction between the Health Transformation Program and urbanization policies, examining how health systems affect urban development. Dr. Deniz KAYA MERAL addressed the psychosocial impacts of urban life in the context of mental health, revealing the burdens of rapid urbanization on individuals. Lecturer Buse BULAT highlighted children's right to play, physical development, and problems of access to urban spaces, while Lecturer Bedriye ÇELİK KANCA discussed the impact of digital addiction and technological exposure on children at the urban level. One of the most striking presentations came from student Duygu TAPLAMACIOĞLU KORMAN. In her presentation titled “Motherhood in a Feminist Urban Utopia: Solidarity Instead of Guilt,” she proposed a woman-friendly urban model that liberates motherhood from patriarchal urban structures. Her approach strongly represented a critical feminist perspective on urban planning.

STUDENTS ASKED CRITICAL QUESTIONS FOR THE FUTURE THROUGH UTOPIAS

In the afternoon session, the spotlight was on the students. Coming from various departments, the students presented their utopian projects in seven groups. Each presentation was both a vision of a city and a form of critique. Addressing issues such as health, childhood, gender, digital divide, aging, disability, and environmental crises, the presentations showcased the students' capacity for interdisciplinary thinking and deep understanding of social issues.



AN INDEPENDENT, INTERDISCIPLINARY, AND TRANSPARENT JURY PROCESS

The utopia presentations were evaluated by an independent jury composed of academics from diverse fields such as architecture, communication, political science, urban planning, archaeology, sociology, and visual arts.

Presentations were scored based on the following multidimensional criteria:

- Visibility of the Problem and Development of Critical Alternatives
- Conceptual Depth and Theoretical Grounding
- Relevance to Urban Space and Health
- Interdisciplinary Approach
- Balance Between Creativity and Feasibility
- Social and Ethical Sensitivity
- Coherence and Communication Skills
- From Utopia to Policy: Actionability of the Idea



**İSTANBUL
GELİŞİM
ÜNİVERSİTESİ**



**Sağlık Bilimleri
Fakültesi**

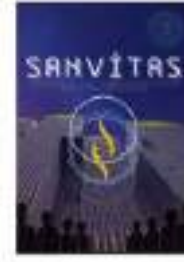
**Disiplinlerarası Bağımsız Yaşam,
Kent ve Sağlık Sempozyumu-II**

DEĞERLENDİRME JÜRİSİ

Doç. Dr. İke CİRCİÇİ
Dr. Öğr. Üyesi Ayşe AYDIN
Dr. Öğr. Üyesi Aytekin ALKAYA
Dr. Öğr. Üyesi Hilal ATALAY
Dr. Öğr. Üyesi İknur TÜRKÖĞLU
Dr. Öğr. Üyesi İpek GÜRKAN
Dr. Öğr. Üyesi Selda TUNÇ SUBAŞI
Dr. Öğr. Üyesi Tuğçe GÜR TÜRKDOĞAN
Arş. Gör. Hatalı TÜRKMEN YAZGİAÇ
Farma AY (BOĞÜ Mezunu)
Selin KOCA (İGÜ Mezunu)
Yağmur İMİYAT (İGÜ Mezunu)

"SANVITAS UTOPIA" SELECTED AS THE WINNER

The Sanvitas Utopia was awarded first place. Created by Elif Kaymaz, Esma Nur Yiğit, Melek Beyza Ballı, and Sude Sarışahin, this project presented a bleak yet critical outlook on the future centered on health inequality. Sanvitas demonstrated that the ideal of "health for all" still remains a utopia. The presentation not only proposed an ideal model for urban health but also drew attention to the inherently unequal structure of the current system, offering the audience a space for critical reflection. Sanvitas stood out not merely as a solution but as a social warning and a new imagination for health.



ELİF KAYMAZ
ESMA NUR YİĞİT
MELEK BEYZA BALLI
SUDE SARİSAHİN



STRONG PARTICIPATION AND HIGH INTEREST

The morning sessions drew great interest from Prof. Dr. Rifat MUTUŞ, Dean of the Faculty of Health Sciences; Assoc. Prof. Dr. Neşe KISKAÇ, Vice Dean; as well as academics and students from various faculties. The afternoon presentations were attended by Vice Dean Dr. A. Yüksel BARUT, who presented certificates of appreciation to all students and awarded the creators of Sanvitas Utopia. Dr. Barut stated: "Processes like this are not just achievements for students, but also opportunities to learn how to think, research, debate, and produce together."

"IF I WERE..." BOARD: A SPACE FOR PARTICIPATORY EXPRESSION

Throughout the event, the "If I Were..." Board in the foyer provided participants an opportunity to share their thoughts on urban life, the right to health, independent living, and social justice. This board showed that the symposium was not merely an academic narrative but also a participatory, thought-provoking, and pluralistic space.



INSTEAD OF A CONCLUSION: A SPACE WHERE KNOWLEDGE, IMAGINATION, AND RESPONSIBILITY INTERSECT

The 2nd Interdisciplinary Symposium on Independent Living, Urban Space, and Health once again demonstrated that students are not only producers of knowledge but also critical thinkers, solution generators, and collaborative learners. The utopias presented were not mere dreams but intellectual experiments that recognized current problems and proposed future solutions. Sanvitas Utopia, as the most striking example of this effort, made health inequalities visible and offered a compelling vision for a new way of living.

April 8th Physiotherapists Day Celebrated with Enthusiasm: Current Developments in Cardiopulmonary Rehabilitation Panel Attracted Great Attention.

A meaningful panel was organized within the scope of Turkey Physiotherapists Day, celebrated every year on April 8th, bringing together students and academicians from Istanbul Gelişim University, Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation, and academicians, students and graduate physiotherapists from other universities.



The “April 8th Türkiye Physiotherapists Day Celebration Event and Current Developments in Cardiopulmonary Rehabilitation Panel”, held at the J Block Mehmet Akif Ersoy Conference Hall on April 7-8, 2025, attracted attention with both its scientific content and its atmosphere emphasizing professional unity.

The two-day panel was held with the participation of approximately 500 people, including academicians, clinicians, students from different higher education institutions, IGU graduates and health professionals working in various fields of physiotherapy and rehabilitation. The panel aimed to make visible the vital role of physiotherapists in public health, to strengthen professional solidarity and to share up-to-date scientific information.

The focus of the panel was on current developments in the field of cardiopulmonary rehabilitation in particular. Technological innovations, evidence-based practices, modern treatment approaches and clinical reflections of multidisciplinary teamwork were discussed by experts in the field. Throughout the panel, not only the sharing of scientific information but also the strengthening of the professional identity of physiotherapists and the appreciation of their efforts were at the forefront.



The devoted work of physiotherapists, their contributions to the health system and their impact on improving the quality of patient life, as well as positive developments in legislation were frequently emphasized during the panel. In addition, a commemoration ceremony was held for Prof. Physiotherapist Yasemin BURAN ÇIRAK, one of the leading names in the field of cardiopulmonary rehabilitation who lost her life in a tragic accident in Bosnia and Herzegovina, at the beginning of the panel.

Prof. Physiotherapist Uğur CAVLAK, Prof. Physiotherapist Zuhale KUNDURACILAR, Assoc. Prof. Physiotherapist Buket AKINCI, Assoc. Prof. Physiotherapist Esra PEHLİVAN, Asst. Prof. Physiotherapist Gülşah KONAKOĞLU, Asst. Prof. Physiotherapist Çağrı ERTÜRK, Asst. Prof. Physiotherapist Güldeniz YILMAZ YELVAR, Asst. Prof. Physiotherapist H. Merve DEMİRER, Asst. Prof. Physiotherapist Pınar BAŞTÜRK MERÇ and Lect. Msc. Physiotherapist Muhammed YURTSEVEN shared their knowledge and experiences with the participants and presented the most up-to-date approaches to cardiopulmonary rehabilitation. After the speeches, IGU FTR students gained significant experience by presenting their cases in the fields of neurological, orthopedic, rheumatological, pediatric and cardiopulmonary rehabilitation. The participants gained a new perspective on clinical practices by being equipped with both theoretical and practical information. At the same time, a strong interaction environment was created between colleagues thanks to the panel organized on the occasion of this special day.

In the evaluations made at the end of the panel, it was stated that such academic and professional sharing increases the quality of physiotherapy and rehabilitation services, facilitates the integration of current information into the field and nourishes motivation within the profession. The panel was extremely productive for all participants who wanted to follow the developments in the field of physiotherapy and rehabilitation and exchange information with colleagues, and it was a memorable meeting with both its academic depth and enthusiastic atmosphere.



An Awareness-Focused Experience for Guidance and Psychological Counseling Teachers Through Creative Drama Education


Hosted by Istanbul Gelişim University in collaboration with the Sultangazi Guidance and Research Center (RAM), the “Creative Drama Workshop” brought together 55 professionals working in the field of Guidance and Psychological Counseling (PDR) to engage in applied drama practices.

Despite the majority of participants being unfamiliar with one another, the creative drama method facilitated the rapid establishment of a warm and secure communication environment. This dynamic, interactive, and experiential process offered participants a rich learning experience, contributing significantly to both their personal awareness and professional development. Through creative drama, participants enhanced not only their professional competencies but also their self-awareness in a process rooted in direct experience.

The workshop commenced at 10:00 AM with the first session, which aimed to foster familiarity among group members, strengthen group cohesion, and lay the groundwork for the development of communication skills. Creative ice-breaker activities such as "meeting with a paper ball," "silent portrait," "occupation matching," "human bingo," "human knot," and the "five-finger rule" enabled participants to learn not only each other's names but also personal interests, character traits, and individual differences. These activities promoted rapid interaction among participants, encouraged active participation, facilitated empathy, and cultivated a shared sense of belonging within the group.



The second session, held from 1:00 PM to 3:00 PM following a lunch break, focused more intensively on the theoretical foundations of creative drama. This segment addressed the historical development of creative drama, its educational and therapeutic applications, its core principles, and practical examples from the field. Particular emphasis was placed on the relevance of creative drama in PDR, especially in supporting essential skills such as emotional expression, empathy development, and building healthy interpersonal relationships within group settings. The session concluded with a "station activity" through which participants reinforced the knowledge gained by rotating through various tasks, each associated with a different theme and application. This structure allowed participants to actively engage, collaborate in teams, develop creative solutions, and share their experiences.



Reflecting on the process, Lecturer Buse BULAT, who facilitated the workshop, stated: "Participants were not merely observers, but active agents in the process. Through drama, individuals developed skills in self-expression, group integration, and empathy. Such practices offer valuable contributions to the professional competence of those working in the field of psychological counseling."



Feedback collected through both oral and written evaluations at the conclusion of the workshop revealed that participants found their introduction to creative drama to be deeply inspiring and awareness-enhancing. Some expressed a desire to incorporate this method into their own professional practice, while others noted the positive impact of group work and active participation on their psychological resilience. This comprehensive training once again underscored the transformative power of creative drama in enhancing both the personal and professional development of PDR professionals.



VISIT FROM THE TURKISH NURSES ASSOCIATION TO NURSING STUDENTS

On May 6, 2025, Istanbul Gelişim University's J Block Hangar Area hosted the "Career Fair in Healthcare," which brought together major institutions from the healthcare sector and students. During the event, representatives from 60 organizations operating in the health sector met with students, providing both an introduction to the industry and guidance on the job application process.

Many students, particularly those from the nursing department, had the opportunity to attend seminars, meet companies face-to-face, learn CV preparation techniques, and gain insights into interview processes. The fair aimed to shed light on students' career planning while also offering a platform for discussing current developments in the healthcare field.

As part of the event, Ramazan Emirlioğlu, a Board Member of the Istanbul Branch of the Turkish Nurses Association, visited the booth organized by the Student Nurses Association. Showing genuine interest in the students, Emirlioğlu shared valuable advice on the future of nursing and professional development.

Ramazan Emirlioğlu emphasized that strengthening the professional power of nurses is not only possible through individual efforts but also through a collective consciousness of acting together. He stressed that nurses must be part of organized structures to play an active role in decision-making processes, defend their rights, and enhance their professional dignity. He pointed out that organization allows nurses to raise their voices more strongly and is a determining force in improving working conditions. Highlighting the importance of increasing participation in professional associations, Emirlioğlu stated that organized, united nurses can become pioneers of change in the healthcare system.

In his speech, Ramazan Emiralioglu underlined that organization in nursing is essential for the profession's future and prestige. He stated that although nurses are the backbone of the healthcare system, they are often not valued as they deserve. He identified lack of organization as one of the main reasons behind this issue and explained that organizing is vital for both claiming rights and improving professional conditions. According to Emiralioglu, problems such as low salaries, harsh working conditions, and exclusion from decision-making processes stem largely from the absence of a strong collective voice. He stated that maybe the voice of one nurse won't be heard, but if thousands raise the same voice, even the system can be shaken. Therefore, he asserted that organization is not just a right, but also a struggle to protect the honor and future of the profession.

Ramazan Emiralioglu also emphasized that nursing management is not merely an administrative task; it is a key component in enhancing the quality of healthcare services and ensuring the sustainability of the system. He highlighted the importance of nurses being equipped not only with clinical skills but also with leadership and managerial competencies. An effective nurse manager, he noted, not only ensures quality care for patients but also creates a work environment where nurses can perform efficiently and stay highly motivated.

Stressing that nursing management requires a multidisciplinary approach, Emiralioglu stated that nurses who take on leadership roles must particularly develop their leadership and decision-making abilities. He explained that management skills are not limited to task distribution or planning; they also encompass essential areas such as team coordination, crisis management, and effective communication. Emiralioglu also pointed out that human resources management is a fundamental part of this process, adding that nursing education should not be confined to technical knowledge alone. Managerial competencies, he argued, must also be integrated into nursing education. In doing so, both the efficiency of nursing services and the quality of patient care would significantly improve.

The career fair not only provided students with opportunities to establish job connections but also served as an important step in helping them develop their professional identities and better understand the dynamics of the healthcare sector.



Beyond Utopia: The Journey of Creativity, Critique, and Confrontation



Interview

We had an engaging conversation with the Health Management students who achieved first place at the Interdisciplinary Independent Living, Urbanism, and Health Symposium II, organized by the Faculty of Health Sciences at Istanbul Gelişim University.

- **How did your preparation process begin, and what did it evolve into? Did it start as just an assignment, or did it transform into an idea journey from the beginning?**

Initially, we saw the process as an academic task, but as we delved deeper into the topic, it turned into an exciting journey that opened new windows in our intellectual world. The more we explored, the more it became not just a competition, but an inner discovery process.

- **What questions challenged or excited you the most while creating your utopia?**

The question, "What does a healthy and productive society really look like?" was both the most challenging and the most exciting for us. The overly positive perception of these concepts and questioning how they could turn into a threat within a dystopian framework was a thought-provoking exercise.

- **Was there a moment when you thought, "We are going to win"? If so, what convinced you? If not, how did this success make you feel?**

From the very beginning, we believed we would win. We had full confidence in our idea and approach. Because we didn't just create a unique utopia or dystopia; we developed a narrative that contained strong critiques of today's society, one that provoked thought and discomfort. This belief reflected in our work, and in the end, we were proven right.

- **What did this process contribute to you? Beyond knowledge, how did this competition change you?**

This competition pushed us to stretch our intellectual boundaries. It made us rethink the relationship between society, health, and the individual. It enhanced our skills in empathy, critical thinking, and conceptualizing alternative futures.

- **Do you think utopias, especially "urban utopias," still offer potential solutions to real urban problems?**

Utopias always have the potential to offer alternative solutions to today's problems. However, not only ideal visions, but also dystopias show the dark side of problems, raising awareness in the process.

- **As students of Health Management, how do you view the relationship between cities and health?**

Urban structures directly affect health. Many factors, from the design of living spaces to transportation systems, play a decisive role in individuals' physical and mental health. In this context, we believe health policies should be integrated with urban planning.

- **If you were to start over today, how would you differentiate your utopia?**

Perhaps we would deepen the individual's freedom and make their conflicts with the system more tangible. Additionally, we would want to address the impact of technology in a more striking way.

- **Did your experiences give you a new perspective?**

Definitely. We realized that being healthy and productive is not an absolute good; it can become oppressive depending on the context. This awareness helped us develop a more questioning approach on both individual and societal levels.

- **Lastly, what advice would you give to students participating in this competition next year?**

Stay away from clichés and present your unique perspectives. Push the boundaries of your ideas, and don't just tell a story—make others feel it. Be bold.





‘The Power of Nurses to Change the World’ Event Was Organised with Enthusiasm

Within the scope of the Nursing Week, the event titled ‘The Power of Nurses to Change the World’, which was organised in cooperation with the Department of Nursing Turkish and English Programs and the Nursing Club, was held with the participation of Asst. Prof. Yüksel Barut, M.Sc. Hülya Dalkılıç Bingöl and PhD Demet Yurtsever with great enthusiasm and interest. The event attracted attention with a comprehensive content that emphasises the value of the nursing profession, inspires students and reveals the indispensable role of nurses in health services.

The programme started with a moment of silence and the reading of the National Anthem. The opening speeches were delivered by Vice Rector Prof. Dr. S. Arda Öztürkcan, Faculty of Health Sciences Vice Asst. Prof. Yüksel Barut and Head of Nursing Department Asst. Prof. Mahruk Rashidi made the opening speeches. In their speeches, the place of the nursing profession in human life, its importance in the health system and its changing roles in the developing world were emphasised. The speakers addressed the nursing students and stated that the love and commitment to their profession will make them valuable for both the individual and the society.



In the continuation of the event, Istanbul University Oncology Institute Nursing Services Manager M.Sc. Hülya Dalkılıç took the floor. Ms. Hülya shared her experiences in her professional life in a sincere way and emphasised that being a nurse is not only about technical knowledge and skills; it requires empathy, patience, dedication and responsibility. In her speech addressed to the students, she emphasised the sacred aspects of the nursing profession by conveying the realities in the field and the difficulties encountered. Students had the opportunity to deepen their awareness of the profession thanks to this valuable sharing.





Then PhD Demet Yurtsever, Director of Health Care Services at Kanuni Sultan Süleyman Training and Research Hospital, was invited to the lectern. In her speech, Yurtsever emphasised the importance of empowerment and professional autonomy in nursing and stated that the more active participation of nurses in decision-making processes positively affects both the quality of patient care and the reputation of the profession. Explaining the contributions of education, authorisation and support mechanisms to the nursing profession with examples, Yurtsever emphasised how decisive the strong nurse figure is in the health system of the future.

In the session, which was followed with great interest of the participants, the current position of nursing, its future orientations and its critical role in health systems were discussed in many ways. The speeches were both guiding for nursing students and created an inspiring atmosphere for professionals working in the field. At the end of the panel, Ms. Hülya and Ms. Demet, who sincerely shared their valuable knowledge and experiences, were honoured for their contributions by presenting a plaque of appreciation.



In the second part of the program, the theatre show titled 'An Internship Day' staged by the theatre group consisting of nursing students was highly appreciated. The show impressively brought the difficulties, emotional moments and professional development processes of nursing students during the internship period to the stage. The show, which witnessed both entertaining and thought-provoking moments, received long applause from the audience and revealed the commitment of nursing students to the profession.





AGÂH Music Group took the stage after the theatre performance and added enthusiasm to the event with their performance. The music concert was a meaningful finale where the participants were uplifted and emotionally connected. The group created a fun and motivating atmosphere with its colourful stage performance and gave the audience pleasant moments.



This special event once again reminded the social value of the nursing profession and contributed to the visibility of the sacrifices and efforts of healthcare professionals. The participants expressed that they will continue to keep the meaning and importance of Nurses' Day alive with similar events in the coming years and left the organisation with satisfaction.



Nutrition Education Enhances Food Label Literacy

A collaborative study by Research Assistant Güldane Yıldırım from Istanbul Gelişim University and Asst. Prof. Muhammet Ali Çakır from the Department of Nutrition and Dietetics at Kırklareli University explored how well individuals are able to interpret information presented on food labels.

Published in the Istanbul Gelisim University Journal of Health Sciences, the study evaluated the food label literacy of 403 adults aged 18–64. The findings revealed that only one in four participants had received prior nutrition education. Those with such a background demonstrated significantly greater accuracy in interpreting label content.



DESIGNER NUTRITION FACTS

SERVING SIZE: 1 COOL DESIGNER

% DAILY VALUE**

CREATIVITY 1200%

AUTHENTICITY 200%

PASSION 200%

CAFFEINE OVERDOSED

HARDWORKING 1000%

SLEEP 0%

*DAILY VALUES MAY BE HIGHER
OR LOWER DEPENDING ON THE
MOTIVATION AND MOOD

The results also highlighted that factors such as age, education level, and marital status were associated with label comprehension. Participants under the age of 35, with higher education, and who were single achieved higher scores. Moreover, those who reviewed labels both during and after purchasing scored better in overall literacy.

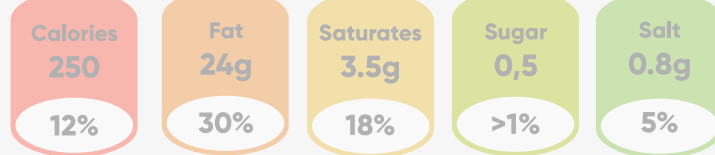
The most frequently examined label claims were “trans-fat-free,” “source of fiber,” and “vitamin-mineral content.” However, participants showed difficulty with understanding portion sizes, ranking ingredients, and calculating caloric content.

The study underlines that access to label information alone is not sufficient; being able to interpret it correctly requires an educational foundation. Targeted programs to improve label literacy, particularly for populations with lower educational attainment, are considered essential for promoting public health.

We congratulate the researchers for this valuable contribution.

Access the article:

<https://doi.org/10.38079/igusabder.1645418>



Food Label Literacy and Self-Efficacy Influence Eating Behaviors!

Academic members from the Department of Nutrition and Dietetics at Istanbul Gelişim University, Faculty of Health Sciences, presented a scientific paper at the 8th International Congress of Health Sciences and Life, held between April 18–20, 2025.

The oral presentation was delivered by Research Assistant Güldane YILDIRIM, with the paper co-authored by Assoc. Prof. H. Merve BAYRAM, Prof. Dr. S. Arda ÖZTÜRKCAN, and our department's undergraduate student Duygu AYDIN.

The study, titled “The Relationship of Food Label Literacy and Diet Self-Efficacy with Orthorexic Tendencies and Diet Quality,” presented notable findings regarding healthy eating behaviors.

The presentation addressed the impact of individuals’ food label literacy and diet self-efficacy levels on their dietary habits. According to the results, food label literacy was found to be significantly associated with positive tendencies toward healthy eating (healthy orthorexia). Individuals with stronger label-reading habits were more likely to manage their diets consciously, which in turn enhanced their overall diet quality.

Diet self-efficacy was also associated with individuals’ ability to maintain both healthy and sometimes restrictive eating patterns. In particular, those with greater emotional regulation and better coping skills against tempting foods tended to make healthier dietary choices. These findings emphasize once again the importance of individual competencies in promoting healthy eating at the community level.

The study suggests that individuals who are able to interpret food labels correctly and feel confident in managing their diets may play a significant role in improving public health outcomes. From a public health perspective, fostering skills such as label literacy and diet self-efficacy from an early age may help prevent many nutrition-related diseases, especially obesity.

In this context, it is recommended that nutrition education programs focus not only on knowledge acquisition but also on the development of practical behavioral skills.

We congratulate our faculty members and student for their valuable contributions and successful presentation.

Nutrition Facts	
Serving Size oz.	
Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	



THE RELATIONSHIP BETWEEN TOBACCO AND E-CIGARETTE USE AND WEIGHT MANAGEMENT DISCUSSED IN CONGRESS PRESENTATION



On May 9–10, 2025, students from the Department of Nutrition and Dietetics made a meaningful academic contribution as part of the 2nd Congress on Current Approaches in Nutrition and Dietetics. This year's congress was held under the theme “The Power of Nutrition in an Integrative Approach to Cancer,” and students participated with oral presentations.

The presentation was prepared by Nutrition and Dietetics (English Program) students Merve Almohamad and Sinem Yılmaz, under the supervision of Lecturer Münevver Başak ONAT.

Titled “Tobacco and E-Cigarette Use and Weight Management Expectations in Young Adults,” the study examined how tobacco and e-cigarette use among young individuals aligns with perceptions and attitudes related to weight control, based on findings in the scientific literature.

The presentation emphasized that the belief that smoking contributes to weight control begins to form during adolescence and can influence individuals' tendency to smoke. It was also highlighted that some individuals may turn to e-cigarettes as a way to suppress appetite or support weight loss.

The study pointed out that during nutritional assessments, dietitians should inquire about tobacco and e-cigarette use, and incorporate this information into tailored interventions. Such an approach could make a valuable contribution to improving public health.

The presentation was developed based on the students' senior thesis projects titled “Individuals' Perceptions Regarding the Relationship Between Weight Management and The Use of E-cigarettes” and “Perceptions Regarding The Relationship Between Weight Management And The Use Of Tobacco.”

We sincerely congratulate our students Merve Almohamad and Sinem Yılmaz, as well as their advisor Lecturer Münevver Başak Onat, for their valuable contribution and successful presentation, and we wish them continued success in their academic journey.



Mediterranean Diet-Based Study Presented at International Congress

Esraa ABDULRAHMAN, a student at the Department of Nutrition and Dietetics at Istanbul Gelişim University, Faculty of Health Sciences, presented her study, which she conducted under the supervision of Dr. Lecturer Aylar KARGAR MOHAMMADINAZHAD, orally in English at the 2nd International Mavişehir Mersin Scientific Research Congress held on 3-6 May 2025.

The study titled “Impact of Adherence to Mediterranean Diet on Rheumatoid Arthritis (The Gut-Joint Axis)” addresses how nutrition can be integrated into the treatment process in the treatment of rheumatoid arthritis. The presentation conveyed the regulatory effects of the natural components of the Mediterranean diet, especially fiber, omega-3, antioxidants and vitamins, on the immune system. The study also emphasized the mediating role of intestinal flora in these effects. The effects of short-chain fatty acids in reducing inflammation and regulating immune responses were highlighted. According to research findings, the Mediterranean diet increases quality of life, supports physical functionality and reduces cardiovascular risks.

The anti-inflammatory properties of olive oil and its positive effects at the genetic level were also among the striking points of the presentation. This study shows that nutrition can provide an effective scientific approach in disease management, rather than supporting treatment.

We congratulate our student Esraa ABDULRAHMAN and her advisor Dr. Lecturer Aylar KARGAR MOHAMMADINAZHAD for their academic contributions and success during the presentation process.



MAY 17 – WORLD HYPERTENSION DAY

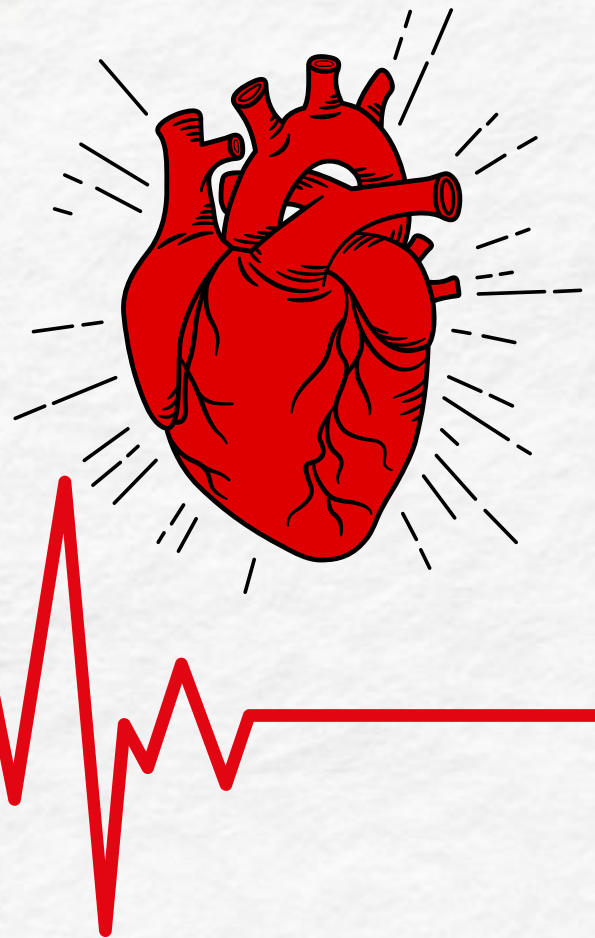


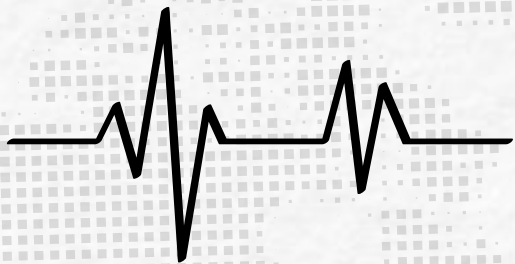
Assoc. Prof. H. Merve BAYRAM, Head of the Department of Nutrition and Dietetics at IGU Faculty of Health Sciences, made important statements on the occasion of World Hypertension Day. She emphasized that dietary and lifestyle changes play a critical role in controlling hypertension.

Hypertension, commonly known as high blood pressure, is a chronic condition characterized by persistently elevated blood pressure levels above the normal range. This condition has serious effects on the heart, brain, kidneys, and other organ systems, making it a major risk factor in the development of numerous health problems such as heart attacks, heart failure, strokes, and chronic kidney disease. Controlling hypertension is of great importance in preventing lifelong complications and acute cardiovascular events. In fact, hypertension is widely recognized as the most common and significant cause of premature deaths related to cardiovascular diseases worldwide.

Clinically, hypertension is defined as having a systolic blood pressure of ≥ 140 mmHg or a diastolic blood pressure of ≥ 90 mmHg. In addition to genetic predisposition, several lifestyle-related behavioral risk factors play a key role in the increase of blood pressure with age. These include unhealthy eating habits (particularly diets high in sodium and low in potassium), increased body weight and obesity, alcohol consumption, smoking, and insufficient physical activity.

World Hypertension Day, celebrated every year on May 17, aims to raise awareness about hypertension, encourage individuals to regularly monitor their blood pressure, and contribute to the reduction of preventable complications. Organized under the leadership of the World Hypertension League, the theme for World Hypertension Day 2025 has been designated as “Measure Your Blood Pressure Accurately, Control It, Live Longer.”





According to data from the World Health Organization, one in three adults worldwide has hypertension, and about half of these individuals are unaware of their condition. Similarly, in Turkey, one in four adults has been diagnosed with hypertension; however, a significant portion of those diagnosed either do not follow their treatment regularly or fail to achieve adequate blood pressure control.



Long-term complications of hypertension include serious health problems such as stroke, myocardial infarction, heart failure, chronic kidney disease, and vascular dementia. However, the vast majority of these risks can be prevented through effective management of hypertension. In this context, adopting lifestyle changes—such as maintaining a balanced diet, engaging in regular physical activity, reducing salt intake, quitting smoking, and maintaining a healthy body weight—is extremely important. Scientific dietary approaches, particularly the DASH diet (Dietary Approaches to Stop Hypertension), have been shown in numerous studies to effectively lower blood pressure.

The DASH diet is rich in vegetables, fruits, whole grains, low-fat dairy products, legumes, nuts, and lean protein sources, while being low in saturated fat, total fat, cholesterol, red and processed meats, sugary beverages, and added sugars. Balanced in potassium, magnesium, calcium, fiber, and protein, this diet aims to reduce sodium intake to below 2,300 mg per day, and ideally to 1,500 mg. When combined with portion control and physical activity, the DASH diet not only helps manage hypertension but also contributes to lowering overall cardiovascular risk. Developed by the U.S. National Heart, Lung, and Blood Institute, this dietary model is also recommended by global health authorities.

On the occasion of World Hypertension Day, it is highly important for individuals to measure their blood pressure at least once a year, recognize their personal risk factors, and consult a healthcare professional when necessary. Additionally, increasing health literacy at the community level, expanding hypertension screening programs, and strengthening public health policies in this direction are essential for sustainable success in the fight against hypertension.

“Meeting the Hand with Therapy” Conference Held at Istanbul Gelisim University

Istanbul, May 8, 2025 — The conference titled “Meeting the Hand with Therapy and the Occupational Therapist’s Perspective in Clinical Practice”, which addressed current approaches and clinical practices in the field of hand rehabilitation, was held at Istanbul Gelisim University’s E Block TUSI Conference Hall with high attendance. Organized by the Occupational Therapy and Community Rehabilitation Club, the event attracted significant interest from occupational therapy students and faculty members alike. The opening speech was delivered by Asisst Prof. Beyza Aslı BİLSEL, Vice Head of the Occupational Therapy Department at Gelişim University. The event’s moderator and keynote speaker, Occupational Therapist Sümeyra ATEŞ, shared both her professional experiences and clinical case examples with the participants.



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The opening speech was delivered by Dr. Beyza Aslı BİLSEL, Vice Head of the Occupational Therapy Department at Gelişim University. The event’s moderator and keynote speaker, Occupational Therapist Sümeyra ATEŞ, shared both her professional experiences and clinical case examples with the participants.

At the end of the program, a plaque of appreciation was presented to Sümeyra Ateş by Dr. Beyza Aslı BİLSEL and the President of the Occupational Therapy and Community Rehabilitation Club, in recognition of her valuable contributions and insights. The gesture was warmly applauded by the audience.



Sümevra ATEŞ, an alumna of Istanbul Gelişim University's Occupational Therapy Department, currently works as an occupational therapist at Çam and Sakura City Hospital. Her expertise in hand rehabilitation and real-world clinical experience offered inspiring insights to students. While emphasizing the role of hand rehabilitation within occupational therapy, Ateş also highlighted the importance of building sincere and empathetic communication with patients. One of the most moving moments of the conference came when she recounted a patient who, prior to therapy, described her hand as something she “carried like a bag.” After completing therapy, the patient regained full hand function and was able to use it independently – a testament to the transformative power of occupational therapy.

During the Q&A session at the end of the conference, Ateş sincerely answered all questions from the audience, enriching her responses with personal clinical experiences. Her presentation, filled with real-life case examples, maintained high engagement throughout.

One attendee asked, “Occupational therapy is such a broad field. What led you to specialize in hand rehabilitation?” Ateş responded:

“One of the main reasons I chose hand rehabilitation was because I realized I gained the highest sense of professional satisfaction in this field. That sense of fulfillment is very important to me, and I knew I wanted to pursue and deepen my expertise here.”

Another question focused on patient continuity in the therapy process: “How do you guide your patients to maintain continuity in their daily lives during therapy?” Ateş replied:

“Before each session, I always ask my patients how they’ve been feeling and what they’ve done since the last session. I use this feedback to assess their progress and tailor the current session accordingly. This approach allows me to create a personalized and effective roadmap that supports their daily functioning and well-being.”

The primary aim of the conference was to promote awareness of hand rehabilitation, emphasize its importance within occupational therapy, and inspire students to explore the field further. By the end of the event, students had the opportunity to consolidate their theoretical knowledge and broaden their professional vision.

Field Visits by Social Work Students

Students from the Department of Social Work at Istanbul Gelisim University, Faculty of Health Sciences, participated in field visits under the guidance of Prof. Dr. İsmet Galip YOLCUOĞLU to enhance their professional knowledge and experience.

With the participation of students from different academic years, visits were carried out to the Esenyurt Social Service Center and Mucize Hayatlar Special Education and Rehabilitation Center. During these visits, students received information from institution representatives about the services provided and how the institutions operate.

These visits contributed to the students' understanding of social work practices in the field and supported their educational development.



ACADEMIC STUDIES



Faculty of Health Sciences

Research, Development

PRESENTATION

The paper titled 'The Role of Subjective Well-Being and Self-Efficacy Perception in the Effect of Job Crafting on Job Satisfaction', co-authored by Asst.Prof. Bumin Çağatay AKSU and Asst.Prof. Turgay KARALINÇ, faculty members of our Department of Health Management, was presented as an oral presentation at the 33rd National Management and Organization Congress



PRESENTATION



Senior nursing students Zeynep ÇİÇEK, Özge POLAT, Sibel KAPAR, and Gülten DEMİRBİLEK, under the supervision of Asst.Prof. Mahruk RASHIDI, presented their study titled "Evaluation of Anemia Developing in Elderly Individuals in Terms of Nursing Care" at the 1st INTERNATIONAL PERSEPOLIS CONGRESS ON SCIENTIFIC RESEARCH AND INNOVATION, held on May 10–11, 2025.

PRESENTATION



Senior Nursing students Merve ÖZERDEM, Dilan ORHAN, and Refika KARAHAN presented their graduation thesis titled "Digital Anxiety and Bodily Threat: The Interaction Between Fear of Breast Cancer and Cyberchondria in Women", supervised by Assoc. Prof. Neşe KISKAC, at the 5th INTERNATIONAL PALESTRA SCIENTIFIC RESEARCH CONGRESS held on May 4-5, 2025.

PRESENTATION

International 4th Avicenna Congress on
Medical and Health Sciences
April 17-20, 2025
Fergana, Uzbekistan



International 4 th Avicenna Congress on Medical and Health Sciences			
April 17-20, 2025 Fergana, Uzbekistan			
ONLINE			
20.04.2025		SESSION -1/HALL-3	
FERGANA		Turkey Local Time: 19:00-21:00	
Zoom Meeting ID: 460 363 6838		Zoom Passcode: 121314	
CHAIR: Prof. Dr. Güler UFLUN CHAIR VICE: Assoc. Prof. Neşe KISKAC			
Author(s)	Affiliation	Title	
Prof. Dr. Güler UFLUN Assoc. Prof. Neşe KISKAC Yusuf Tamer AYDIN	Erkoc Basmaci University, Faculty of Health Sciences, Manisa University, Vocational School of Health Sciences, Fergana, Uzbekistan	INVESTIGATIONS ON POSTERIOR TEETH RAGS DENTAL SURGICAL	
Dr. Neşe KISKAC Prof. Dr. Güler UFLUN	Yildirim Basmaci University, Health Sciences Faculty, Department of Health Care Management	EVALUATION OF CURE MORTALITY RATES OF CHILD-COUNTRIES BY DECISION TREES METHOD	
Şeymanur DOĞAN Fatemeh RAJABNEZHAD Samet ARSLAN Yunus Emre ÖZTÜRK Assoc. Prof. Neşe KISKAC	İstanbul Gelisim University, Faculty of Health Sciences, Department of Nursing/ Istanbul Gelisim University, Faculty of Health Sciences, Department of Nursing/Occupational Health and Safety Application and Research Center	EVALUATION OF POSTGRADUATE THESES ON OCCUPATIONAL ACCIDENTS IN HEALTHY SERVICES	
Şeymanur DOĞAN Fatemeh RAJABNEZHAD Samet ARSLAN Yunus Emre ÖZTÜRK Assoc. Prof. Neşe KISKAC	İstanbul Gelisim University, Faculty of Health Sciences, Department of Nursing/ Istanbul Gelisim University, Faculty of Health Sciences, Department of Nursing/Life Sciences and Biomedical Engineering Application and Research Center	RESPIRATORY SYSTEM DISEASES AND NURSING CARE	

Senior Nursing students Şeymanur DOĞAN, Fatemeh RAJABNEZHAD, Samet ARSLAN, and Yunus Emre ÖZTÜRK presented their study titled "Evaluation of Postgraduate Theses on Occupational Accidents in Health Services", supervised by Assoc. Prof. Neşe KISKAC, at the International 4th Avicenna Congress on Medical and Health Sciences, held between April 17-20, 2025.

PRESENTATION

International 4th Avicenna Congress on Medical and Health Sciences April 17-20, 2025 Fergana, Uzbekistan



International 4 th Avicenna Congress on Medical and Health Sciences April 17-20, 2025 Fergana, Uzbekistan ONLINE		
20.04.2025	SESSION -1/HALL-3	
FERGANA	Turkey Local Time: 19:00-21:00	
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CHAIR: Prof. Dr. Gülay UZUN CHAIR VICE: Assoc. Prof. Neşe KISKAÇ		
Author(s)	Affiliation	Title
Prof. Dr. Gülay UZUN Assoc. Prof. Neşe KISKAÇ Yunus Emre ÖZTÜRK	Yıldırım Beyazıt University, Faculty of Health Sciences, Nursing University, Vocational School of Health Sciences, Faculty of Health Sciences	POST APPLICATIONS ON POSTERIOR TETHYRAUS, BONE SURGICAL
Dr. Asst. Neşe KISKAÇ Prof. Dr. Gülay UZUN	Yıldırım Beyazıt University, Health Sciences Faculty, Department of Health Care Management	EVALUATION OF CATER MORBIDITY RATES OF CRUISE COUNTRIES BY DECISION TREES METHOD
Şeymanur DOĞAN Fateme RAJABNEZHAD Samet ARSLAN Yunus Emre ÖZTÜRK Assoc. Prof. Neşe KISKAÇ	İstanbul Gelisim University, Faculty of Health Sciences, Department of Nursing İstanbul Gelisim University, Faculty of Health Sciences, Department of Nursing İstanbul Gelisim University, Faculty of Health Sciences, Department of Nursing İstanbul Gelisim University, Faculty of Health Sciences, Department of Nursing	EVALUATION OF POSTGRADUATE THESES ON OCCUPATIONAL ACCIDENTS IN HEALTH SERVICES
Şeymanur DOĞAN Fateme RAJABNEZHAD Samet ARSLAN Yunus Emre ÖZTÜRK Assoc. Prof. Neşe KISKAÇ	İstanbul Gelisim University, Faculty of Health Sciences, Department of Nursing İstanbul Gelisim University, Faculty of Health Sciences, Department of Nursing İstanbul Gelisim University, Faculty of Health Sciences, Department of Nursing İstanbul Gelisim University, Faculty of Health Sciences, Department of Nursing	RESPIRATORY SYSTEM DISEASES AND NURSING CARE

Senior Nursing students Şeymanur DOĞAN, Fateme RAJABNEZHAD, Samet ARSLAN, and Yunus Emre ÖZTÜRK presented their graduation thesis titled "Respiratory System Diseases and Nursing Care", supervised by Assoc. Prof. Neşe KISKAÇ, at the International 4th Avicenna Congress on Medical and Health Sciences held between April 17-20, 2025.

PRESENTATION



Asst.Prof.Aslı KAYA, Asst.Prof.Ömer Faruk ŞARKBAY, and Asst.Prof.Murat BAŞAL, faculty members from the Department of Health Management at our Faculty, presented their jointly prepared paper titled "Innovative Approaches in Health Tourism Management and the Impact of Marketing Innovation on Increasing Patient Satisfaction in Global Competition" at the 10th International Congress on Health Sciences and Management. Additionally, Asst.Prof. Aslı KAYA served as a session chair in the field of Health Policy and Economics during the congress.

PRESENTATION



Istanbul Gelisim University, Faculty of Health Sciences, Department of Health Management The following oral presentations were delivered under the Department of Health Management at the Faculty of Health Sciences, Istanbul Gelisim University; Asst.Prof. Aslı KAYA and senior (4th-year) student Aysu Hacıoğlu presented their paper titled "Pioneer Authors and Publications Guiding Cost-Effectiveness Research in Health Management: A Bibliometric Perspective." Together with Yaren Ermez, a paper titled "An Analysis of Studies on Health Tourism" was also presented orally. Asst.Prof. Bumin Çağatay AKSU, Head of the Department of Health Management, and senior student Salih Batuhan Topcu delivered an oral presentation titled "The Future of Health Management and the Use of Artificial Intelligence Applications in Healthcare." Alongside first-year student Nehir Karadağ, a presentation was given titled "A Bibliometric Study on the Examination of Digitalization in Healthcare in the Context of Human Resources."

PRESENTATION



At the 10th International Healthy Life Congress held on May 3, 2025, Şeyma ŞAHİN, an undergraduate student in the Department of Social Work at Istanbul Gelişim University (IGU), presented a paper titled **“AN ASSESSMENT OF THE IMPORTANCE AND NECESSITY OF SCHOOL SOCIAL WORK IN TÜRKİYE,”** based on her senior thesis prepared under the supervision of Assistant Professor Derya KAVGAOĞLU, Ph.D. with the contribution of Assistant Professor Aylin AKINLAR, Ph.D. from Bandırma Onyedi Eylül University.

PRESENTATION



Senior students of the Nursing Department at the Faculty of Health Sciences, Istanbul Gelisim University, participated in the 5th International Asklepios Congress on Medicine, Nursing, Midwifery, and Health Sciences held between May 18–20, 2025, under the supervision of Assoc. Prof. Dr. Neşe KISKAÇ and Research Assistant Dilara CENGİZLİ. Under the advisement of Assoc. Prof. Dr. Neşe KISKAÇ, final-year students of the Turkish Nursing Program—Kardelen GÜVENECİ, Emine DAĞ, Duygu BAYRAK, and Uğur ORAL—delivered an oral presentation titled "The Role of Nurses in Oral Care: A Review of Graduate Theses." Under the supervision of Research Assistant Dilara CENGİZLİ, Lamin DARBOE, a final-year student in the English Nursing Program, presented a paper titled "Duchenne Muscular Dystrophy (DMD) and Nursing Management." Also supervised by Research Assistant Dilara CENGİZLİ, Moses Osein SANNI, a senior student of the English Nursing Program, gave an oral presentation titled "Nursing Care in Newborns with Congenital Heart Disease: A Family-Centered Care Approach."



A Holiday Smile on Children's Faces: April 23 Cargo of Your Hope

As part of the event titled "April 23 Hope Cargo," students sent handmade toys, educational materials, and holiday gifts specially prepared for children in a village school.

The event aimed to encourage university students to approach children's developmental needs with sensitivity and to strengthen the awareness of social solidarity. The hope cargo, sent in colorful boxes, carried not only gifts but also feelings of love, effort, and unity. The project coordinator, Lecturer Buse BULAT, said, "Together with my students, we carried out a project that was both creative and compassionate. Through this event, we aimed not only to share in the children's holiday joy but also to reinforce the sense of social responsibility among future child development specialists."

Istanbul Gelisim University continues to support such socially beneficial initiatives, which contribute not only to students' academic growth but also to their personal and humanitarian development.



**We congratulate the students
of the "Child Development
Health Awareness Club" who
brought holiday smiles to
children's faces.**

Special awareness event for *World Hypertension Day* from Istanbul Gelisim University!

Istanbul Gelisim University (IGU) Faculty of Health Sciences Department of Nursing held a meaningful awareness event in Buyukada (Big Island) within the scope of 17 May World Hypertension Day. In this study, which prioritizes public health, the blood pressure of the island visitors was measured at the stand and information was given about hypertension and circulatory system diseases.

During the activity, while nursing students gave information about the causes, consequences and prevention methods of hypertension under the guidance of academicians, the importance of healthy living habits was emphasized once again. **It was reminded that hypertension is directly related to circulatory system diseases, one of the most common causes of death in the world.**

While the Director of the Municipality of Adalar and his team supported the event, a certificate of thanks was presented to them by Assoc. Prof. Neşe KISKACI.



After the event, *Büyükada* tour was organized



After blood pressure measurements and information studies, a trip to the island was organized. The symbolic cultural and historical places of Büyükada such as **Taş Mektep (Stone School)**, **Aya Yorgi Church** and **the house of Reşat Nuri Güntekin** were visited.

In addition to its academic studies, Istanbul Gelisim University continues to stand out with its support for public health projects. **While this activity enabled students to gain experience in the field, it also contributed to increasing health awareness in the society.**

Asst. Prof. Dr. Gülşah KONAKOĞLU, Head of the Physiotherapy and Rehabilitation Department at Istanbul Gelişim University, met with students from Edirne Lalapaşa Atatürk Primary School as part of the TÜBİTAK Science Talks program. During the event themed “Healthy Living and Yoga,” healthy lifestyle habits, the importance of physical activity, and the role of yoga in child development were shared with the students in an engaging and educational manner.

Science Reaches All Ages with TÜBİTAK Science Talks

The “Science Talks” program, conducted by TÜBİTAK’s Science and Society Presidency, aims to increase scientific awareness by bringing academics together with students across Turkey. Within this framework, Asst. Prof. Dr. Gülşah Konakoğlu from Istanbul Gelişim University participated as a speaker at the event held in Lalapaşa, Edirne on May 9, 2025.

Conscious Beginnings for a Healthy Lifestyle

Asst. Prof. Dr. Konakoğlu emphasized the importance of an active lifestyle during childhood and explained how yoga and physical activities contribute to the integration of body and mind. She guided the students through basic yoga exercises and highlighted the importance of adopting healthy habits from an early age.

Throughout the event, students practiced breathing exercises, balance activities, and stretching movements. At the end of the program, TÜBİTAK Science and Society President Ömer Kökçam presented Asst. Prof. Dr. Konakoğlu with a certificate of appreciation for her contributions.

Our University’s Contribution to Science, Health, and Society

Istanbul Gelişim University continues to lead efforts in spreading science to society and promoting healthy living awareness among children by collaborating with leading institutions such as TÜBİTAK, in line with the National Technology Initiative vision. This event, organized within the TÜBİTAK Science Talks program, represents an important step that aligns with our university’s goal of becoming a hub of science and technology.





World Asthma Day

Awareness on Chronic Respiratory Diseases

Res. Asst Gizem Uzlu DOLANBAY from the Department of Nutrition and Dietetics, Faculty of Health Sciences at Istanbul Gelisim University, made evaluations on the global impact of asthma, public awareness efforts related to the disease, and the role of nutrition in asthma management in the context of World Asthma Day.

The Global Health Burden of Asthma

Asthma is a long-term inflammatory disease of the airways, characterized by symptoms such as shortness of breath, coughing, and wheezing, not caused by infection. According to the World Health Organization's 2021 report, approximately 262 million people worldwide are affected by asthma, and around 460,000 deaths occur annually due to asthma-related causes.

A Global Initiative: World Asthma Day

First launched in 1998 by the Global Initiative for Asthma (GINA), World Asthma Day has been observed annually under a variety of themes. These themes aim not only to inform individuals but also to guide healthcare policies and delivery systems in a way that promotes more effective asthma prevention and management.

Core Goals of the Observance

The key objectives of World Asthma Day include:

- Enhancing public awareness of the symptoms, causes, and control methods of asthma,
- Promoting educational initiatives for both patients and healthcare providers,
- Supporting scientific research and innovative treatment strategies,
- Contributing to the development of public health policies that support effective asthma management.
- Community Engagement Strategies

To mark this observance, various events such as public seminars, open-air information stands, online webinars, and social media campaigns are organized around the world. These activities aim to reach different segments of society and promote more informed and conscious attitudes toward asthma among both patients and their communities.



Psychosocial Impacts and the Importance of Support Systems

Asthma impacts not only physical health but also mental and social well-being. Individuals with frequent asthma attacks may experience stress, anxiety, and social withdrawal. In this regard, World Asthma Day also emphasizes the need to strengthen support systems and to incorporate psychosocial considerations into asthma care and management.

Environmental Triggers and Sustainable Health Policies

Environmental triggers such as pollen, mold, pet dander, air pollution, and chemical substances can exacerbate asthma symptoms. Therefore, improving air quality is vital not only for asthma patients but for public health in general. In this context, the importance of implementing environmentally conscious and sustainable health policies is increasingly emphasized.

The Role of Nutrition in Asthma Management

Effective asthma control goes beyond medication; dietary regulation also plays a pivotal role. Scientific studies indicate that the consumption of highly processed and sugary foods can intensify asthma symptoms by increasing airway inflammation and contributing to obesity. For example, high intake of sugary beverages in children has been linked to higher asthma prevalence. In contrast, diets rich in vegetables, fruits, and whole grains are reported to support immune function and exert a protective role against asthma. Nutrients such as omega-3 fatty acids, vitamins C and E, and magnesium are also thought to reduce the severity of symptoms when consumed in adequate amounts. In particular, the consumption of omega-3-rich fish during pregnancy and childhood has been associated with reduced risk of asthma development.

Although some studies suggest a potential link between exclusive breastfeeding in infancy and increased asthma risk, results remain inconclusive and warrant further investigation. Nevertheless, the maternal diet during pregnancy and breastfeeding is widely accepted to have lasting effects on the child's overall health.

Obesity is another critical factor that complicates asthma control. Excess body weight increases pressure on the airways and may intensify symptoms. Therefore, maintaining a healthy body weight and adopting a balanced diet are essential for improving asthma control and treatment adherence.

Recent studies highlight the Mediterranean diet, known for its anti-inflammatory properties, as a beneficial dietary model in asthma management. This diet emphasizes the consumption of fresh vegetables and fruits, olive oil, whole grains, and fish, all of which support respiratory and overall health.

Final Remarks

World Asthma Day stands out not only as a day of awareness but also as a global health initiative that encourages interdisciplinary collaboration. Improving knowledge levels, reinforcing social support systems, and reorganizing health services accordingly are crucial steps toward effective asthma management. When aligned with sustainable health goals, this observance can transform individual awareness into collective and lasting solutions.



EXPERTS WARN: **FASHION DIETS CAN** **DISRUPT YOUR HEALTH!**

With the summer months approaching, many people are looking for rapid weight loss. However, according to experts, unconscious practices in this process not only prevent permanent weight loss, but can also pose serious health risks. Istanbul Gelisim University Head of Nutrition and Dietetics Department Assoc. Prof. H. Merve BAYRAM made important warnings especially about very low-calorie diets, skipping meals, uniform nutrition and detox applications.

LOW-CALORIE, STANDARDIZED DIETS SLOW METABOLISM

Nutrition and Dietetics Specialist Assoc. Prof. H. Merve Bayram stated that one of the most common mistakes that individuals make when entering the summer months is to turn to unsustainable diets. "Although very-low-calorie lists, fad diets, or programs based solely on a specific food group can lead to weight loss in the short term, in the long term it can lead to serious consequences such as muscle wasting, a decrease in basal metabolic rate, lack of energy, and vitamin-mineral deficiencies."

DETOX WATERS CAUSE ILLUSION, NOT LOSE WEIGHT

Emphasizing that the concepts of detox teas which have become very popular in recent years, have no scientific basis, Assoc. Prof. BAYRAM said, "Detox is actually a process that our organs such as liver, kidneys and intestines perform naturally. These systems already work effectively in healthy individuals."

Assoc. Prof. Although positive effects have been observed that detox waters sometimes provide appetite control or increase water consumption, this is not a real weight loss method. Detox waters can create a temporary decrease in the scale because they are low in calories. However, this loss is usually not caused by fat, but by water and muscle mass in the body. This is not a sustainable weight losing."



ATTENTION THOSE WITH CHRONIC CONDITIONS!

Stating that excessive consumption of detox water may cause fluid and electrolyte imbalances in the body, Assoc. Prof. Bayram said that this may be manifested by symptoms such as muscle cramps, weakness, dizziness, low blood pressure. The diuretic effect of ingredients such as parsley, lemon and cucumber, which are frequently used in detox waters, may aggravate this.

Assoc. Prof. Bayram added: "Detox applications in individuals with chronic diseases (such as diabetes, blood pressure, kidney and heart diseases) can have serious consequences. For example, excessive consumption of vegetables with high potassium content in individuals with kidney disease can lead to heart rhythm disorders. Fruit detox recipes in diabetic patients may cause blood sugar fluctuations. In addition, some herbal ingredients may interact with the drugs used and pose serious health risks."

0.5-1 KG PER WEEK SHOULD BE TARGETED

Stating that a healthy weight loss process should be planned according to the age, gender, metabolic rate and health status of the individual, Assoc. Prof. Bayram emphasized that the ideal weight loss should be between 0.5-1 kilogram per week: "The important thing is not to reduce muscle and water, but to reduce fat mass. For this, a balanced diet containing sufficient protein, healthy fats and fiber should be followed."

Stating that very low-calorie lists such as the "summer diet" should be approached cautiously, Assoc. Prof. Bayram, "Food diversity is generally insufficient in such diets. Standardized food consumption can cause many health problems such as muscle loss, low blood pressure, hair loss. Such diets create a "yo-yo cycle" in the long term, that is, the individual quickly regains the weight they have lost in a short time and enters the cycle of weight gain and loss again.

PSYCHOLOGICAL EFFECTS SHOULD ALSO NOT BE IGNORED

Istanbul Gelisim University Head of Nutrition and Dietetics Department Assoc. Prof. H. Merve Bayram stated that unhealthy diets have not only physical but also psychological consequences and added: "Strict and restrictive diets may cause consequences such as guilt, eating disorders and loss of motivation in individuals. The weight loss process should proceed with professional support and sustainable goals.

Mistakes made while preparing for the summer have long-term effects, not short-term effects. Individuals who want to lose weight should adopt a lifestyle based on a balanced diet and adequate physical activity, instead of popular but lacking scientific basis."



Coffee Talks Event: The Relationship Between Digital Life and Nutritional Habits

On May 7, 2025, during the Coffee Talks event, Asst. Prof. Hasan Fatih AKGÖZ, a faculty member at Istanbul Gelisim University, engaged in a conversation with students on the impact of digital life on individual nutritional behaviors. The discussion focused on how the pervasive presence of technology in daily life reflects on eating habits, particularly among young individuals.

The Impact of the Digital Order on Eating Behaviors

The increasing amount of time spent in front of screens today has led to disruptions in meal routines for many individuals. It was noted that behaviors such as the preference for convenience foods, skipping meals, and mindless eating have become more prevalent. The constant state of connectivity was emphasized as a factor that hinders the conscious fulfillment of even basic needs such as eating.

The Subtle Effects of Technological Habits

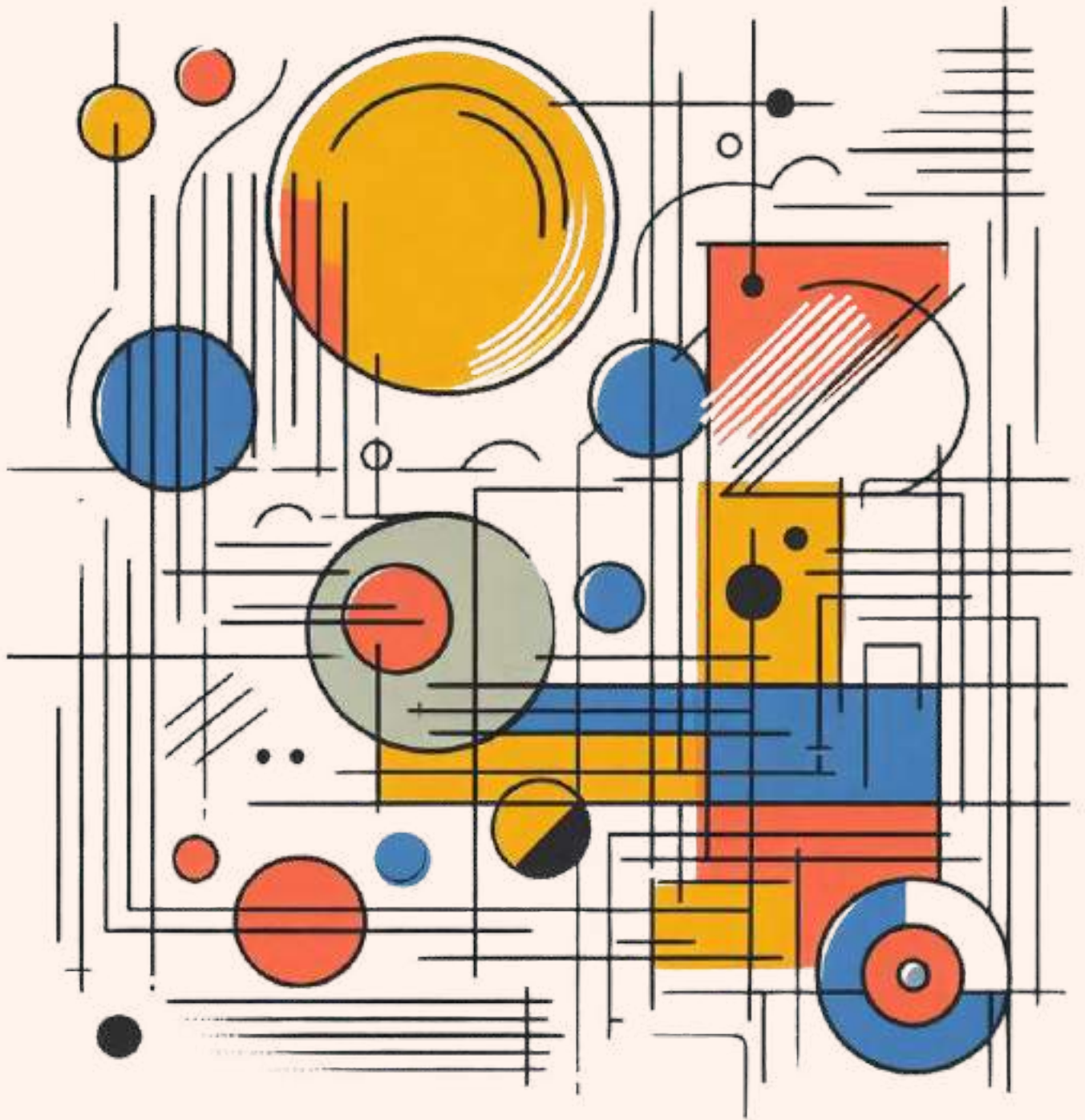
Throughout the talk, the indirect relationships between screen time and dietary quality were highlighted. It was discussed that prolonged periods spent with mobile devices, gaming platforms, and computers, when combined with physical inactivity, may trigger unhealthy eating patterns. Furthermore, examples were provided to illustrate how social media subtly shapes individuals' food preferences and body perceptions.

A Sustainability-Oriented Perspective on Nutrition

In the latter part of the event, healthy eating was framed not only as a personal choice but also as an environmental responsibility. The importance of promoting the consumption of seasonal and local products, preventing food waste, and supporting plant-based diets was emphasized as crucial at both the individual and societal levels.

It was underlined that the nature of one's relationship with technology plays a decisive role in developing a healthy and sustainable dietary routine.

By the end of the event, students had the opportunity to reflect on their personal habits and gained awareness of how healthy living practices can be shaped in the digital age.



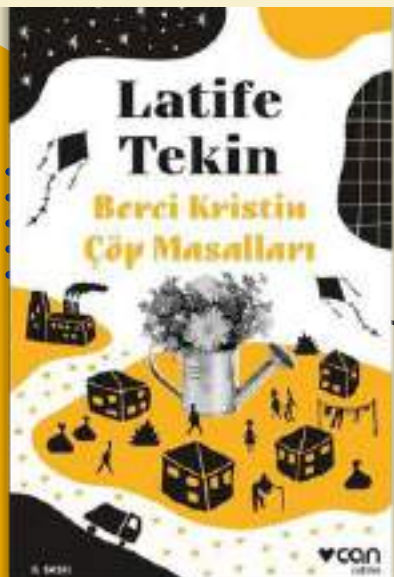
CULTURE ART
LITERATURE

BERJI KRISTEN TALES FROM THE GARBAGE HILLS

Prepared by: Res. Asst. Semanur OKTAY

"People lost their humanity. They were covered in dust, mud, and garbage."
Latife TEKİN

There are some books that shake you from the very first page. You know what's being told is real, yet the fairy-tale-like tone makes you feel as if you're watching another world from a distance. Latife Tekin's *Berci Kristin Çöp Masalları (Berji Kristin Tales from the Garbage Hills)* is exactly that kind of book. It tells the story of people who migrated from villages to the city, clinging to the urban margins, who manage to survive time and again—perhaps with less each time, but always with unyielding determination. **The author uses a mythical, dreamlike language, but what she narrates is painfully real.**



144 p.

In this novel, we follow the lives of those who build shanties among garbage heaps, with dreams of turning their slum into a city. These homes are demolished—exactly 37 times—yet they rise again, shaped by struggle (more than 37 times), resilience. Over the years, a school arrives, then coffeehouses, gambling dens, many mosques, religious figures, and even a cinema... but one thing, we gradually realize, never changes:

5TH EDITION

The people themselves.

In this neighborhood—which has been named Çiçektepe, our garbage district—new buildings rise, the cheapest products manufactured in the factories are consumed by the very same people who made them, hope is placed in a teacher's tearless eyes, newborns' umbilical cords are buried in auto repair shops so they may learn art, and children grow up.

Children grow, and **"day turns into night, night into the moon, the moon into stars, spring into summer,"** yet the dreams remain the same, the words the same, the minds the same. The people remain unchanged.

Throughout the book, the reader waits, wondering, **"Will something finally change?"** But what changes are only the buildings, the roads, the signs. The transformation of mentality, perspective, and the way dreams are shaped takes much longer—perhaps it may never come.

In this book, Latife Tekin portrays not only a single neighborhood, but a period in a country's history, its social fabric, and the growing pains of change—with a fairy-tale tone that cuts deep. ***Berji Kristin Tales from the Garbage Hills* is a reality told in the language of a fairy tale—one that not only confronts us with ourselves at times, but also offers a different perspective on the era in which the foundations of our present were laid.**



Mürvet EZENCİ
Department of Social Work



A VIEW OF THE CITY: A CRITICAL UTOPIA

**"Buildings may create a city, but it is the
citizens who make a society." – J. J.
Rousseau**

The second City Symposium was held on May 15, following the first one organized last year. This time, city utopias were not limited to the Urbanization course taken by Social Work students but were transformed into a faculty-wide competition. Students from the Faculty of Health Sciences shared how they view the city from their own disciplines by designing their own utopias.

The goal of the symposium was to bring together different perspectives on urban life and promote a shared understanding of a healthy and fair city design. Unlike last year, students from all departments designed their own cities based on their fields, promoting a multidisciplinary view of urban living.

Urban justice is tied to the idea of citizenship—where people can express their opinions about the city and have their needs and demands addressed. As participants and winners of the first symposium, we, as Social Work students, want to emphasize that we do not see cities as engineers or architects do. While buildings, constructions, and inspections are not our focus, we care about clean and safe environments, equal access to city resources, and the right to live a healthy life.

We aim to reflect basic human needs in our city designs—like purchasing power, green spaces, sustainable living, access to health and education, safe housing, and clean environments. Our goal is to build cities where people are not swallowed by the city but live in harmony with it.

NUTRITION and DIETETICS

Although utopia means an ideal, imagined, and non-existent place, our students created realistic yet creative designs without being limited by harsh realities. Through this, we saw how each field can contribute to the idea of an ideal city.

The symposium began with the Nutrition and Dietetics department presenting “Vivantia.” Their design emphasized the importance of proper nutrition, access to clean and safe food, and a zero-waste lifestyle for sustainable and healthy living.

Next came the Child Development department’s “City of Joy” (Neşe Kent). Based on the UN Convention on the Rights of the Child, they presented a city where “if children are happy, everyone can live happily.” Their design combined child rights with participatory democracy, including children’s councils and a governance model inspired by UNICEF. We also found joy in their presentation.

The Speech and Language Therapy department introduced “Sözlüce City,” where “Every voice matters, and every voice is heard in Sözlüce.” They highlighted the importance of secure health data from birth and presented DİKO—an AI-powered diagnosis assistant. Their model emphasized early intervention and inter-professional cooperation.

The Nursing department impressed everyone with their poster designs of “VitaNova,” a visually stunning utopia with the slogan “A city that needs no care.” Their design included objects and “health cabins” placed all over the city to support healthy living in all areas—transportation, housing, education, and healthcare.



BEGÜM TONYALI
CANAN CULHA
ZEYNEP DEMİR

CHILD DEVELOPMENT



SILA ÖZDEMİR
PERİHAN UĞUREL
KÜBRA HÜRSEVER
SUDE HİLAL TEKDOĞAN

SPEECH&LANGUAGE



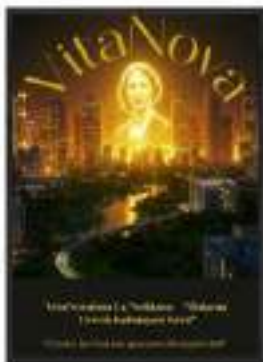
SİMAY SÜRÜCÜ
İKRA NUR ŞAHİN
SELİN ŞENOL
VEYSEL TAHA KAYA

The Audiology department's utopia "Harmonia" shocked us with an engineering-focused design. They imagined a city with all transportation systems underground, eliminating noise and pollution. Their model included earthquake alert systems and detailed urban planning using a physical model.

The Health Management department chose not to present a direct utopia, but instead offered a critical dystopia model named "Sanvitas." This project explored how a caste system can influence access to healthcare and how inequality and injustice can structure human life through invisible barriers and social pressure. Imagine a place where each caste level has its own color, each color has a specific meaning, and the vertical architectural design reinforces a system that operates from top to bottom. It is a city with no illness—not because diseases don't exist, but because those who fall ill are immediately excluded from the system and never officially recorded. They depicted a highly "healthy and safe" (!) city where individuals are judged based on their genetic potential, and healthcare services are managed with a focus on biotechnological optimization and economic efficiency. In this dystopian model, they illustrated how such a system could restrict human life and increase inequality. They even showed how a reporter from the "Inca Wholeness Utopia," (last year's winner utopia) who criticized the system, could be arrested and taken away. It was clear that this project involved deep work in stage performance and storytelling. As a result, this critical utopia not only attracted great interest from the audience but also left a strong impression and seems likely to be remembered for a long time.

Finally, the Social Work department presented "Harmonia Utopia," inspired by the Ancient Greek medical theory of Humoral Pathology. They linked four body fluids—blood, phlegm, yellow bile, and black bile—to urban concepts: transportation, infrastructure, justice, and environment. Their design focused on social justice and seeing each life as unique, building a city not on hierarchy but on solidarity.

NURSING



SÜMEYYE ÖZBEK
MELİSA COŞKUN
ZELAL AKTEPE
MÜNEVVER ŞENGÜL

AUDIOLOGY



EDANUR GÜLEREV
MERYEM AYDIN
BERKİN SUAT DEMİRCAN
MELİSANUR HAYRİ

HEALTH MANAGEMENT



ELİF KAYMAZ
ESMA NUR YİĞİT
MELEK BEYZA BALLI
SUDE SARIŞAHİN

SOCIAL WORK



TUĞÇE NUR YANAZ
SÜMEYYE ALMALI
FEVZA NUR YAVUZ
FULYA ÇAKMAK

Although every design was impressive and unique, it was still a competition. Unlike last year, the winners were chosen by a jury instead of audience voting. After evaluating all the projects, the judges selected SANVITAS as the winner due to its theatrical elements and sharp critique.

However, what still echoes in my mind is this closing speech:

“Sanvitas promises high-tech, perfect healthcare, but it also brings inequality and injustice. What should really matter in healthcare management is providing equal access to all. So, the real question is this: Will everyone have the right to health in the future? And more importantly—do we all have that right today?”

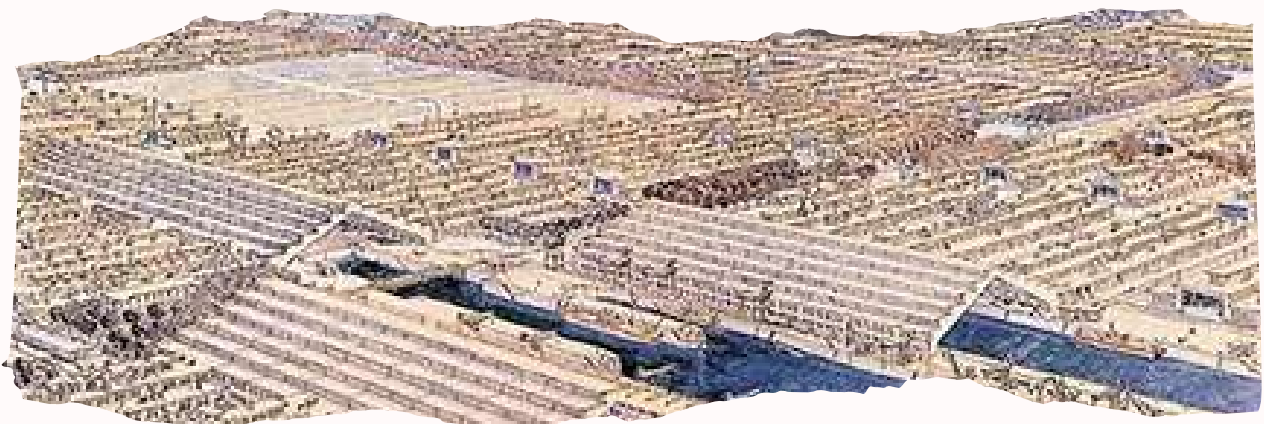
An ideal city doesn't belong only to engineers or architects; it belongs to its citizens. We, who approach the city not just as a space but as a place of rights—such as the right to live, to health, to education, to equality, and to justice—have highlighted all these issues in our utopias. We believe cities are not just about skyscrapers and sharp designs—they must reflect the right to citizenship.

Congratulations to the top three designs:

- 1- SANVITAS – Health Management
- 2- HARMONIA UTOPIA – Social Work
- 3- CITY OF JOY (Neşe Kent) – Child Development

And I still stand by what I said; even if there is only one official winner, the true success lies in hearing someone say: “I would love to live in that city.” If you heard that even once, you’ve already won.

Thanks to everyone who worked hard this year—especially to our mentor Dr. Emrah Tüncer, all participating departments, our professors, and our Faculty of Health Sciences. See you next year with new utopias, hoping for better city life for all.





OUR GUEST OF THIS MONTH

Kerimay KUÇAR

Secretary of the Faculty of Health Sciences

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?

"First, we listen to each other." Because a true society begins with empathy. Without understanding, order is nothing but imposition.

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

"Electricity" Cause it want just a discovery. It was humanity's way out of the dark. It was the first step in turning imagination into technology.

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

"The moment humanity establishes permanent cities on Mars." The moment our dreams broke trough physical boundaries would stand as one of histoy's most unforgettable moments in history.

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

"A Whisper to Tomorrow"

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

"Farah Zeynep Abdullah." Strong yet vulnerable, simple yet deep... Someone who, like me, carries many layers within.

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

Curious, well intentioned, determined, independent, visionary.

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

"The ability to switch between languages instantly." I believe thinking in different languages offers new perspectives. This skill would be a way to rediscover the world.

8-Who is your hero?

"My father." The sacrifices fathers make to provide and raise their children often go unnoticed but to me, that's true heroism.

9-Who is your favorite author?

"Tolstoy." I've always admired the ability to Express the most complex layers of the human soul with simple language.

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

"Seeking." A journey of finding myself, the world, meaning, and the place I belong to. Sometimes slow, sometimes stormy but always conscious.



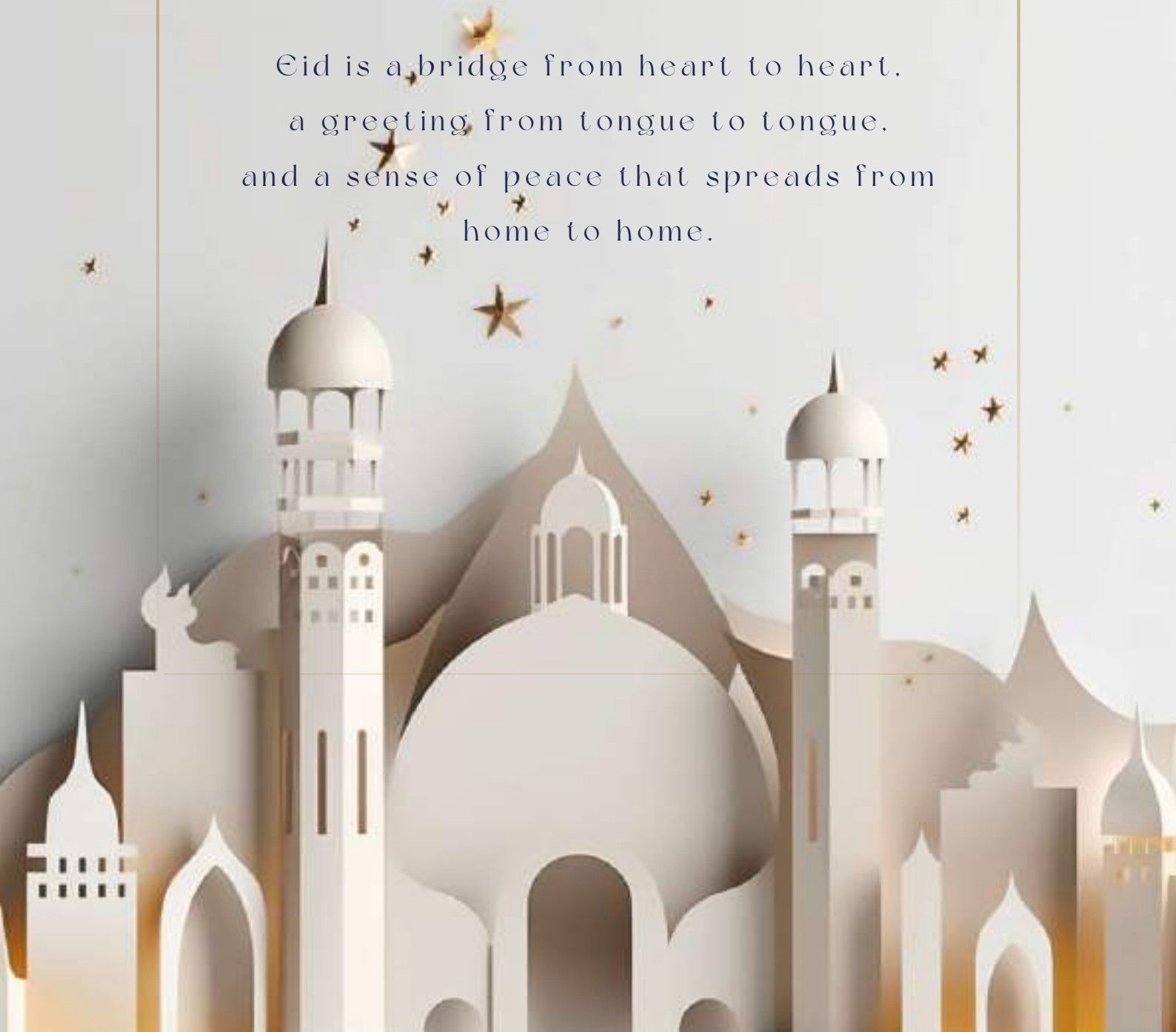
French writer Marcel Proust is said to have chatted with the characters he created and asked them questions. It is thought that he wrote these questions, known as the 'Proust Questionnaire', at the age of 13 and answered them himself at the age of 20. Inspired by his questions, we ask these questions to the employees of our faculty for each issue.



**Faculty of
Health Sciences**

Happy EID AL-ADHA

Eid is a bridge from heart to heart,
a greeting from tongue to tongue,
and a sense of peace that spreads from
home to home.





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 to log in
2. You can follow the postings in the open positions box.
3. To apply for the positions, you can establish an account from the "new candidate" box.
4. You can view job posts after making an account on the top page and apply for positions that interest you.



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MEMBERS COORDINATOR



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.





Faculty of
Health Sciences

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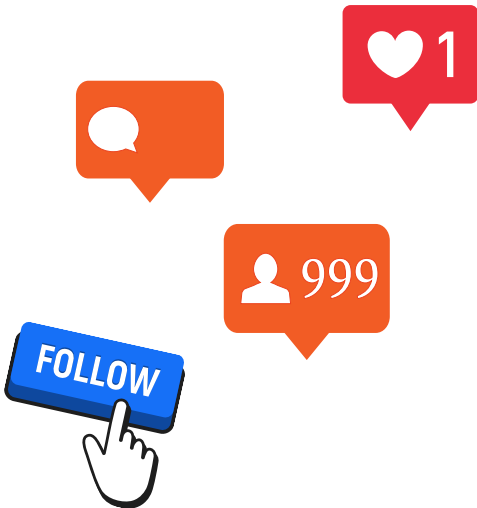
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New Update!

Now, you can share your
opinions, suggestions, news, or
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