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OCTOBER

The new rising generation! Future is yours.
We built the republic; you are the ones who will make it live forever.

Mustafa Kemal Atatürk

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October 1: International Coffee Day

October 2: International Day of Non-Violence

October 4: Animal Protection Day

October 10: World Audiologists Day

October 15: World Handwashing Day

October 27: World Occupational Therapy Day

October 29: Republic Day

Republic Republic Republic Republic Republic

SABIHA GÖKÇEN NAZİFE GÜRAN YAŞAR ERKAN İCLAL ERSİN DİLHAN
ERYURT CEMAL REŞİT REY BEDRİ RAHMİ EYÜPOĞLU İLHAN KOMAN
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GÜLER ARFİ MARDİN AYSEL ÇELİKEL AYU TÜRKÖĞLU AYŞE SAFFET
ALPAR BAHATTİN BAYSAL BAŞAK MİRALİ BEHİYE TAHİR GÖKME
BETÜL DİLEK BETÜL MARDİN ESMA ÖZTAY FAHİRE SONER COŞKUN
ARAL DEMET MUTLU DERVİŞE KOÇOĞLU BEHİCE SADIK BORAN
EMİNE SEMİYE ÖNASTA ESMA DENİZ EYLEM ELİF MAVİŞ FATMA ALİYE
HANIM FAZLE SAZ FAZILA ŞEVKET GİZ FERHAN FENSOY FUAT UZKINAY
HALİL İNANÇ HANUK HANİF HURİYE BEHÇET İSİNSU KESTELLİ
İBRAHİM İETTİM ÖLMEZAY İDİL İZZET İZBERK ORKAYLI İLHAN
MİMAROĞLU İMREN İYKUT İPEK SOYLU İSMAİL AKBAY JALE İNAN
KEREM GÖZÜK KEMAL KERİM ERİM KERİMAN HALİCE LALE AYTAMAN
LALE ORTAKMAZ METİN HABBE BAŞUĞRA MEHMET ERİN TOPRAK
MUZAFFER ÖZDEMİR MURAT SAHİN MURİS SÜNNEN DİRDAR
METE ATATÜRE METİN ERKSAN MİHRİ MÜŞFİK MİRSAD TÜRKCAN
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ŞÜKRÜ ALİ ÖĞÜL TEPEDELDİREN SANSİYER TÖLMEZ TUGÇU TÖLİN
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ZEYNEP SÖNMEZ MAZHAR OSMAN NÜHET YÖKDOĞAN MUSTAFA
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MUAZZEZ İLMIYE ÇİĞ VASFİYE ÖZKOÇAK FERİHA SANERK YILDIZ
MORAN LEMAN BOZKURT ALTINÇEKİÇ BAHİRİYE ÜÇÖK FİLİZ
DİNÇMEN LALE AYTAMAN ASUMAN BAYTOP CAZİBEE SAYAR AFİFE

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IGU Continues to Stand Out with Its Academic Performance in the URAP 2025–2026 Rankings



The 2025–2026 Türkiye University Academic Performance Ranking, prepared by URAP (University Ranking by Academic Performance), has been published. In this ranking, which is based on academic productivity, 198 universities were evaluated. In the list that highlights the scientific production potential of universities, Istanbul Gelisim University (IGU) ranked 15th among non-medical foundation universities, 34th among all foundation universities in Türkiye, 47th among all universities without a medical school, and 137th overall in Türkiye.

Evaluation Based on Academic Performance Indicators

The URAP ranking was prepared based on 15 different academic indicators such as the number of articles and citations per faculty member, total number of scientific documents, number of national and international co-authored articles, the number of projects funded by TUBITAK, and the ratio of doctoral students. Data published by the Council of Higher Education (YÖK) was used in the evaluation.

Strong Progress with the Vision of a “Research University”

Continuing its strategic steps to enhance research capacity and increase academic productivity, IGU remains committed to contributing to the higher education ecosystem through its scientific activities. The university administration emphasized that these results are a significant reflection of its research-based growth vision.

Commenting on the matter, Rector Prof. Bahri ŞAHİN highlighted the university's research-oriented strategic approach, stating:

“Our university's presence in the URAP rankings is a concrete indication of the academic activities we carry out in line with our strategic plan and our research-based growth strategy. We aim to continuously improve our academic productivity through qualified human resources, strong infrastructure, and international collaborations. By enhancing our scientific production capacity, we are determined to contribute to our country's higher education vision and to become a more visible research university on a global scale.”



IGU Maintains Its Success in the 2026 Times Higher Education World University Rankings



Istanbul Gelisim University (IGU) has achieved another significant success in the 2026 World University Rankings announced by the international higher education ranking organization Times Higher Education (THE). According to the 2026 results, IGU maintained its position in the 1001-1200 band worldwide, ranking 9th among foundation universities, 16th in Türkiye overall, and 2nd in Turkey in the Research Quality category. In the international visibility category, IGU ranked 6th, right after Bogazici University, strengthening Turkey's position in global higher education with its research strength and international impact capacity.

IGU Stood Out with Its Research Strength in THE 2026 Rankings

This year, the Times Higher Education 2026 World University Rankings evaluated 2,191 universities from 115 countries, including 137 universities from Türkiye.

In line with its vision of becoming a "Research University," Istanbul Gelisim University has achieved a lasting momentum globally in recent years through investments in research infrastructure, qualified human resources, and international projects. This determined progress was once again confirmed by the university's stable position in the 1001-1200 band.

According to THE 2026 results, IGU ranked 16th overall in Türkiye, 9th among foundation universities, and 2nd in the Research Quality category. In the international visibility category, IGU ranked 6th, just after Bogazici University. These results once again highlight IGU's strengthening position not only at the national level but also in the global higher education arena.

"We Do Not Compromise on Our Goal of Academic Excellence"

IGU Rector Prof. Bahri ŞAHİN made the following statement regarding the THE 2026 results:

"Maintaining our place in the 1001-1200 band in the Times Higher Education 2026 World University Rankings, ranking 9th among foundation universities, 16th overall in Türkiye, and 2nd in Research Quality, is a reflection of our strong academic structure based on scientific output. This success is the result of our sustainable research policies, internationalization strategies, and the collective efforts of our qualified academic staff. As Istanbul Gelisim University, we not only take part in the field of higher education but also contribute to global science by producing high-impact scientific outputs with strong research quality.

Our goal is to further increase our research capacity, move beyond this band, and strengthen Turkey's global representation in world university rankings. With the dedicated efforts of our academic staff, the scientific curiosity of our students, and the support of our stakeholders, we are moving confidently toward this goal. I thank all our academics, administrative staff, and students who contributed to this achievement."

Research Power Rising with a Global Vision

Istanbul Gelisim University does not limit its research ecosystem to scientific production alone; it supports it with industry collaborations, innovative projects, and global funding sources to increase Türkiye's international visibility and expand its scientific impact.

With these strategic steps, the university is deepening its research-oriented growth and progressing toward becoming a permanent force in the global academic arena. In this direction, IGU aims to rise to higher bands in future THE rankings through its strong academic staff, interdisciplinary collaborations, high-quality publication performance, and participation in international research networks.

Opening Ceremony of the 2025-2026 Academic Year

Held at the Presidential Complex

The Opening Ceremony of the 2025–2026 Higher Education Academic Year was held at the Presidential Complex with the participation of President Recep Tayyip ERDOĞAN. During the ceremony, which brought together university representatives from across Türkiye, the importance of the internationalization of the higher education system, the capacity for scientific production, and the qualified human resources being trained in the defense industry were emphasized.

Internationalization on the Agenda

At the ceremony, which was attended by President Recep Tayyip ERDOĞAN, President of the Council of Higher Education (YÖK) Prof. Dr. Erol ÖZVAR ministers, state officials, ambassadors, academics, and students, Istanbul Gelisim University (IGU) was represented by Rector Prof. Dr. Bahri ŞAHİN, Secretary General Assoc. Prof. Serdar EGELİ and Director of the Graduate Education Institute Prof. Dr. İzzet GÜMÜŞ.

In his speech, YÖK President Prof. Dr. Erol ÖZVAR emphasized that the progress made by universities in Türkiye in line with their internationalization vision clearly demonstrates the level that the higher education system has reached.

“Turkish universities have made remarkable progress in recent years in terms of international visibility and reputation. This development, which is also reflected in international rankings, indicates that our universities will achieve even greater success in the future.”

IGU Begins the New Academic Year with International Achievements

The internationalization goals highlighted in the speeches at the ceremony align with İstanbul Gelisim University’s recent achievements. Maintaining its position in the 1001–1200 band in the Times Higher Education (THE) World University Rankings 2026, IGU ranked 9th among foundation universities and 16th overall in Türkiye. The university also achieved 2nd place in Türkiye for research quality and 6th place in international visibility, marking a strong global start to the new academic year.

İstanbul Gelisim University will continue its commitment to enhancing research capacity, strengthening international visibility, and contributing to Türkiye’s higher education vision throughout the 2025–2026 academic year.



İSTANBUL GELİŞİM UNIVERSITY (IGU) 2025–2026 ACADEMIC YEAR OPENING CEREMONY HELD WITH GREAT PARTICIPATION

The 2025–2026 Academic Year Opening Ceremony of Istanbul Gelisim University (IGU) was held in a lively atmosphere at the Mehmet Akif Ersoy Conference Hall on the Avcılar Campus, with the participation of academics, students, administrative staff, and numerous distinguished guests.

Many prominent figures from public institutions and organizations were present in the protocol. Opening speeches were delivered by Minister of Trade Prof. Dr. Ömer BOLAT, Chairman of the IGU Board of Trustees Abdülkadir GAYRETLİ, and Rector of IGU Prof. Dr. Bahri ŞAHİN. The speeches highlighted Türkiye's economic goals, the strategic importance of education, and the university's international vision.

In his speech, Prof. Dr. Ömer BOLAT emphasized that the investments made in education and health have yielded significant results, stating: "Türkiye has become a hub for international education. The number of international students, which was around 5,000 in 2002, has now reached nearly 375,000. These students contribute approximately 3 billion dollars annually to our economy. However, the most valuable achievement is that these young people, through the education they receive in Türkiye, become individuals who develop a deep affection for our country."

Minister BOLAT also noted that the first lecture of this academic year at Istanbul Gelisim University focused on the topic "Gaza and the Israeli Genocide." He shared historical insights about the period of Ottoman rule in Palestine and the subsequent developments, providing context on Palestine's historical trajectory. BOLAT further mentioned that the 1993 Oslo Peace Agreement led to the establishment of a Palestinian state with its government headquarters in Ramallah, officially recognized by more than 150 countries, with Türkiye's active support. He underlined, however, that not every country maintains an embassy there, and stressed that Türkiye, guided by its sense of historical responsibility, has made and will continue to make great efforts to protect the holy sites in Jerusalem, Al-Aqsa Mosque, and the Palestinian territories, as well as to support the Palestinian people.



Abdülkadir GAYRETLİ, Chairman of the Board of Trustees of Istanbul Gelisim University (IGU), stated that the founding story of the university began with a dream, saying: "Istanbul Gelisim University is the product of a journey that started with the dream of a high school student. We are a university driven by the ideals of raising generations that are devoted to their homeland, their future, their flag, and the Qur'an. In this regard, we are ranked among the top three both in the academic community and among students in Türkiye. We continue on our path as a university that adds value to our nation and guides our future."

GAYRETLİ shared that they were inspired by the words of President Recep Tayyip Erdoğan, who was the Prime Minister in 2012, when he said, "Is there one brave man who will produce a domestic car?" Gayretli continued: "The evening I heard this news, I gathered my professors the next morning and said, 'We must be that brave one.' Within just eight months, we succeeded in producing a 100% electric car that recharges its battery kinetically as the wheels turn."

Emphasizing that they stand against the widespread mentality in Türkiye of "You can't do it, you're not capable," GAYRETLİ said: "As a university, we built an electric car that recharges itself through kinetic energy—no matter the cost—to break this perception. You may remember the flying cars from The Jetsons that we watched as children; our next goal is to make that a reality. We are in pursuit of innovations that do not yet exist in the world. GAYRETLİ underlined that Istanbul Gelisim University continues its journey with a vision that is innovative, productive, and driven by big dreams, concluding: "Our university continues to grow as an institution that aims to lead innovations that do not yet exist in the world."

Prof. Dr. Bahri ŞAHİN, Rector of Istanbul Gelisim University (IGU), stated that the university began its educational activities in 2008 with a vocational school, and as of 2025, it has reached 39,000 students. Emphasizing that 11,000 of these are international students, ŞAHİN said: “We are the university that contributes the most to our country’s goal of internationalization, and we rank first in Türkiye in this field. We expect the number of international students, currently 11,000, to increase further once registration for this year is completed.” Şahin reminded that there are a total of 375,000 international students in Türkiye and noted: “One out of every forty international students in Türkiye studies at Istanbul Gelisim University. Therefore, we make a maximum contribution to the internationalization goals of both our country and the Council of Higher Education (YÖK).”

Touching upon the current structure of the university, ŞAHİN explained that IGU comprises two vocational schools, one school, one graduate education institute, and seven faculties, adding: “We have around 14,000 students in associate degree programs, 24,000 in undergraduate programs, and approximately 2,500 in graduate programs—300 of whom are PhD students. With 860 academics and around 550 administrative staff, we shoulder a significant part of our country’s educational responsibilities.” Highlighting that the university attaches great importance not only to the quality of education but also to research and development activities, Şahin stated: “Our Technology Transfer Office operates actively. We are making significant efforts to strengthen university–industry collaboration. These achievements are recognized and rewarded by both national and international ranking organizations.”

Opening Lecture: “Gaza”

The first lecture of the new academic year was dedicated to the people of Palestine, under the title “First Lecture: Gaza.” The lecture was delivered by Asst. Prof. Dr. Ali SEMİN, who drew attention to the historical and humanitarian dimensions of Gaza, emphasizing the importance of raising students’ awareness of global issues. The IGU 2025–2026 Academic Year Opening Ceremony marked a powerful beginning to the new term, reflecting the university’s commitment to economic and social awareness as well as its internationalization goals. The messages delivered during the ceremony once again underscored Istanbul Gelisim University’s leading role in education, science, and social responsibility.



ATATÜRK AND THE MODERNIZATION OF ANATOLIA

Istanbul Gelişim University hosted a meaningful celebration program to mark the 102nd Anniversary of Our Republic. The event took place on October 22, 2025, at Mehmet Akif Conference Hall, Block J, where academics and students came together to honor and relive the founding spirit of the Republic with pride and enthusiasm.

The program began at 1:00 p.m. with the Turkish National Anthem and a moment of silence. Following this, Asst. Prof. Yüksel BARUT delivered the opening speech, emphasizing the significance of the Republic.

Dr. BARUT stated:

“We will celebrate and commemorate it for a few hours here today; yet the path to the establishment of the Republic is filled with great sacrifices, determination, and the will of the nation.”

With these words, he highlighted the historical struggle behind the founding of the Republic.



The guest speaker, Prof. Dr. Fahri ERENEL, discussed the development initiatives and social transformation processes of the early Republican era. Prof. ERENEL said:

“Which soil is best suited for which fertilizer? In which region do certain swamps exist, and how do they harm the soil and production facilities? Which animal species should be raised in which areas? They prepared a comprehensive report covering the entire Anatolian geography and presented it to Atatürk.

Dear participants, we are focusing on a critical period in terms of our national development initiative. By 1937, we had already achieved one of our country’s essential needs—producing sugar within our own land and facilities. We admire the pace of infrastructural development achieved during the first fourteen years of the Republic (1923–1937). In this period, our railway network expanded from 4,112 kilometers to 10,474 kilometers—nearly four times its original length—clearly reflecting the determination and vision of that era.”

Following his speech, Prof. Dr. Fahri ERENEL was presented with a plaque of appreciation by Asst. Prof. A. Yüksel BARUT.

Art and the Republic United

In the later part of the event, Erdinç Ertüzün and the Youth Choir took the stage. Their performance, featuring local melodies, received great acclaim from the audience. Asst. Prof. Aslı KAYA presented certificates of appreciation to the choir members.

Members of the Nursing Club moved the audience with their Republic-themed poems, while the Dance Club mesmerized the crowd with an elegant tango performance. The Theatre Club received a standing ovation for their short play, which concluded with the powerful line, “Independence or death!”

The event concluded at 5:00 p.m. after plaques were presented to Mr. Gökay AZAK, Head of Youth and Sports Department of Bursa Metropolitan Municipality, and Mr. Şahin ÖZANT, businessman, followed by group photos and enthusiastic participation.

Istanbul Gelişim University celebrated the 102nd anniversary of the Republic with enthusiasm, respect, and pride—worthy of its founding values and vision of enlightenment.



29 OCTOBER 1923

Happy

REPUCLIC DAY

A Workshop on SCREEN EXPOSURE IN CHILDREN AND ADOLESCENTS was Held

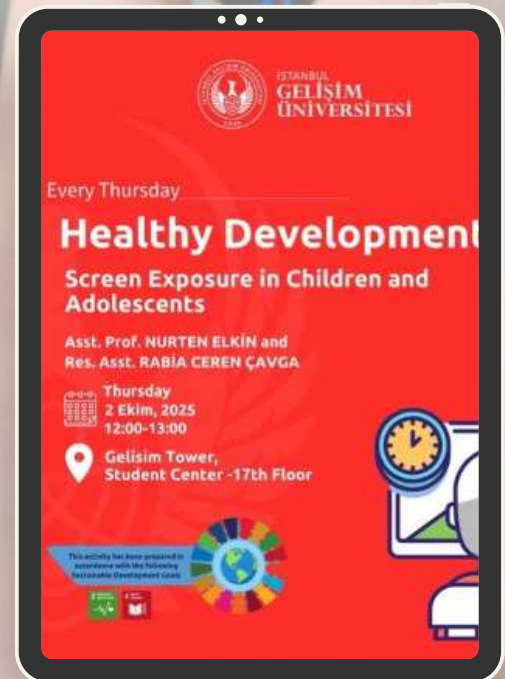
The "Screen Exposure in Children and Adolescents" Health Workshop took place on October 2, 2025, from 12:00 PM to 1:00 PM on the 17th floor of the Tower. Planned by Asst. Prof. Nurten ELKİN, Istanbul Gelişim University's Addiction Prevention Coordinator, the workshop aimed to raise students' awareness of screen exposure in children and adolescents.

The workshop, led by Asst. Prof. Nurten ELKİN and Res. Assistant Rabia Ceren ÇAVGA, addressed the positive and negative effects of screens on child development. The workshop emphasized the importance of considering "Content and Duration" factors in children's technology use, as excessive exposure to inappropriate content during preschool can lead to developmental issues, musculoskeletal problems, language development issues, obesity, inadequate sleep, and physical inactivity.

It was also noted that prolonged exposure to screen violence can lead to desensitization to violence, tolerance of violence, and imitation. Participants conducted case studies on screen exposure.

The workshop examined educational, free, and government-created apps with parental control systems. It was explained that parents' shared decision-making about screen time with their children is effective in setting limits on technology use.

After the informative talk, the workshop began. The workshop concluded with student evaluations.

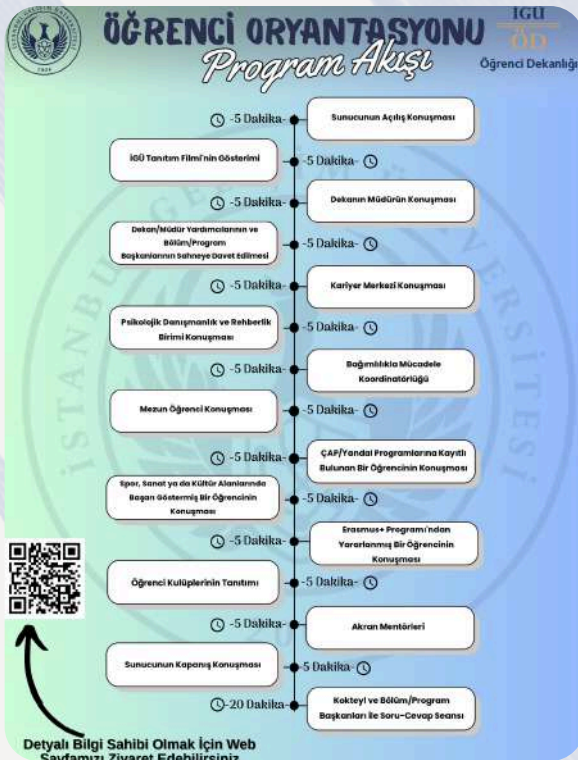


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2025-2026 Student Orientation Held.

An orientation program was held for students new to Istanbul Gelişim University for the 2025-2026 academic year, planned by the Dean of Students' Office, between September 15, 2025, and September 18, 2025.

As part of the orientation program, the Istanbul Gelişim University Addiction Prevention Coordination Office, in accordance with the program flow in each unit, briefly discussed all types of addiction, emphasizing that addiction is a significant public health problem. As with all diseases, prevention takes precedence over treatment and rehabilitation. It also outlined the founding purpose of the Coordination, the seminars, workshops, research, and projects it has conducted since 2022, its service delivery method, how to apply for individual counseling, and emphasized participation in planned activities throughout the year.





ORIENTATION PROGRAM WELCOMED STUDENTS OF THE NUTRITION AND DIETETICS TURKISH PROGRAM

The Turkish Program of the Department of Nutrition and Dietetics at Istanbul Gelisim University held its 2025-2026 Academic Year Fall Semester orientation session on October 3, 2025, in Classroom B026.

Head of Department Assoc. Prof. H. Merve BAYRAM and the academic staff attended the event, where Asst. Prof. Hande Nur ONUR ÖZTÜRK delivered a presentation on the department's academic structure, applied courses, and student development opportunities.

Students received detailed information about the department's accreditation process, laboratory facilities, and international programs such as Erasmus+ and double major options. They were also introduced to the **Nutrition and Dietetics Club (IGUDYT)**, the Sustainable Living and Nutrition Club (SYB), and the student magazine "Tarçın."

The orientation created an engaging environment for students to meet faculty members and become familiar with the department culture. The Department reaffirmed its mission of training ethical, scientifically grounded, and socially responsible dietitians, marking a lively start to the academic year.



Orientation Event Brought Together New Students of the Department of Nutrition and Dietetics English Program

Orientation Event Welcomed New Students of the Nutrition and Dietetics English Program The Department of Nutrition and Dietetics English Program at Istanbul Gelisim University launched the 2025–2026 Academic Year with an engaging orientation event held on October 3, 2025, in Classroom B026.

Head of Department Assoc. Prof. Dr. H. Merve Bayram and the academic staff attended the session to welcome the new students of the program. Res. Asst. Dr. Gizem Uzlu introduced the program's academic framework, emphasizing its international collaborations, research infrastructure, and Erasmus+ mobility opportunities.

Throughout the session, students were informed about the department's accreditation efforts, student support mechanisms, and career-oriented development paths within the curriculum. They were also encouraged to participate in student-led initiatives such as the Nutrition and Dietetics Club (IGUDYT), the Sustainable Living and Nutrition Club (SYB), and the student magazine "Tarçın."

The event fostered an interactive environment that encouraged dialogue between faculty members and students. The department reaffirmed its mission to educate globally competent, ethical, and science-based nutrition professionals, setting a collaborative tone for the academic year ahead.

ORIENTATION MEETING HELD WITH FIRST-GRADE AUDIOLOGY STUDENTS

First-grade students of the Audiology Department, who have just begun the new academic year, came together at the orientation meeting organized by the department. The meeting, held on Tuesday, October 7, 2025, provided students with the opportunity to get acquainted with the department and to receive important information about university life.

Department Introduction and Meeting the Academic Staff

The meeting began with an opening speech by the Head of the Audiology Department, Prof. Dr. Ümit TAŞKIN. Expressing his pleasure in welcoming the students to our university and department, TAŞKIN gave a brief presentation on the importance of audiology today, its development, and the professional responsibilities it entails.

Following the opening, the academic staff introduced themselves and had the chance to meet the students personally. Through this interaction, students were able to form closer connections with the faculty members who will guide them throughout their education.

Information on the Education Process and Practical Training

Later in the meeting, Prof. Dr. Ümit TAŞKIN delivered a detailed presentation covering the department's curriculum, laboratory studies, internship procedures, and student responsibilities. Information was also provided regarding assessment and evaluation criteria, the advisory system, Erasmus, and other exchange programs.

Student Clubs and Social Activities

Emphasizing that university life is not solely about academic success, the meeting continued with a presentation on student clubs and social activities. The activities of the Audiology Club were also introduced.

Q&A and Networking Session

In the question-and-answer session held at the end of the meeting, students had the opportunity to address their questions and curiosities. Afterwards, a short networking activity allowed the students to meet one another and lay the foundations for new friendships.

Best Wishes to Our New Students

We warmly welcome all first-grade students who have joined the IGU Audiology family and wish them great success in their academic journey. We would like to remind our students that we are always here to support them and hope they have an enjoyable and productive learning experience throughout the year.



Assessment of Hearing with Pure Tone Audiometry

The seminar titled “Evaluation of Hearing with Pure Tone Audiometry” organized by Audiology Department Instructor Ayşe ÖZER was successfully completed.

About the Seminar

Pure-tone audiometry is one of the most frequently used and most reliable methods worldwide for assessing hearing loss. This method determines an individual's hearing thresholds, revealing the presence, degree, and type of hearing loss. The seminar covered the application steps of these tests, which hold a significant place in clinical audiology, in detail.

First, the basic structure and physiology of the auditory system were explained, and the scientific basis on which audiometric measurements are based was conveyed to the participants. The seminar then focused on the characteristics of pure-tone stimuli, the frequency ranges used in the test, air conduction and bone conduction thresholds, speech audiometry, and the importance of masked measurements. Furthermore, the discussion of audiometric configuration clarified the question, "What type of audiogram is observed in which diseases?" This provided participants with the opportunity to learn not only the application of the test but also the theoretical basis behind it.

The practical part of the seminar detailed the importance of preparing the devices, ensuring compliance with standards in the testing environment, adherence to protocols, and patient information. Furthermore, examples were provided of how incorrect applications can impact the results and key points to consider for reliability.

The interpretation of the results section details the systematic analysis of audiograms, the identification of types and degrees of hearing loss, their importance in clinical diagnostic processes, and their use in reporting. It emphasizes the critical role of accurate identification of hearing loss in both treatment planning and legal proceedings.

Benefits for Participants

By the end of the seminar, participants had gained significant insights into performing pure-tone audiometry, accurately interpreting audiograms, and distinguishing the type and degree of hearing loss. They also gained comprehensive knowledge about the role of the test in clinical assessments and why it is an indispensable method for reporting.

They also learned about the rehabilitation approaches recommended for patients following the clinical diagnosis process, hearing aid applications, and medical and surgical interventions, and which patient groups and methods are preferred.

ACADEMIC STUDIES



PRESENTATION



Our faculty member Asst. Prof. Dr Aslı KAYA from the Department of Health Management, together with Aysu HACIOĞLU, prepared the paper titled “Trust in Health Services Provided in Turkey, Trust in Physicians and Self-Confidence: Preliminary Findings”, and together with Gülhan KIZILTAŞ, prepared the paper titled 'The Effects of the Distance Education Model within the Scope of In-Service Training on the Individual Job Performance of Healthcare Workers', and Res. Asst. Semanur OKTAY ALKAN and Res. Asst. Gözde TETİK ÖZOL the paper titled 'Work-Family Conflict in Healthcare Workers: A Systematic Review on Work-Family Conflict Among Healthcare Workers' was presented as an oral presentation at the 8th International 18th National Health and Hospital Management Congress held in Istanbul on 9–10–11 October 2025.

PRESENTATION



Prof. Dr. Nefise Semra ERKAN, a faculty member of the Department of Child Development, Faculty of Health Sciences, participated in the 17th International Congress of Educational Research, held at Near East University in Cyprus on September 4–6, 2025, with an oral presentation titled: “An Examination of Classroom Teachers’ Views on School Readiness Skills: The Cases of Türkiye and the USA.”



IGU PARTICIPATES IN ELDERLY WORKSHOP WITH THE THEME "ACTIVE AGING AND SOCIAL PARTICIPATION"

The "**Elderly Workshop**," organized by the Istanbul Provincial Directorate of Family and Social Services, was held on August 27, 2025, hosted by the Darülaceze Presidency, with a large turnout. Nurten ELKİN, a faculty member from the Faculty of Health Sciences, represented Istanbul Gelişim University (IGU).

The Aging Process in Turkey Evaluated

The "**Elderly Workshop**," hosted by the Istanbul Provincial Directorate of Family and Social Services and held at the Darülaceze Presidency on August 27, 2025, opened discussions on the future of social, economic, and health-based aging policies in Turkey, where the elderly population is rapidly increasing. Assist. Prof. Nurten ELKİN, a faculty member from the Faculty of Health Sciences, represented Istanbul Gelişim University, and delivered important messages in her presentation on active aging and social participation.

The workshop comprehensively addressed how Türkiye is preparing for the aging process, the adequacy of existing services, and future steps. Numerous topics, including the integration of older individuals into social life, accessibility during urbanization, the quality of care services, and the vulnerability of older adults in crises such as disasters, were discussed by academics, public institutions, and local government representatives.



The Elderly Population is Growing Rapidly!

Workshop presentations, which utilized data from the Turkish Statistical Institute, **revealed that the elderly population is increasing significantly nationwide, and particularly in Istanbul.** The proportion of the population over 65, which was 9.1% across Turkey in 2019, is projected to rise to 10.6% in 2024, with Istanbul recording 8.3%. According to projections, by 2030, individuals over 65 will constitute 13.5% of Turkey's population and 11% of Istanbul's. By 2040, this proportion is expected to reach 17.9% across Türkiye and 15% in Istanbul. This striking demographic shift necessitates the redesign of social services, healthcare systems, and urban planning for the elderly.

The foundation for institutional developments in the field of aging in Türkiye was laid with the National Aging Action Plan published in 2007. **2019 was declared the "Year of the Elderly,"** and awareness of aging policies was significantly increased with the 1st Elderly Council held in Ankara. Topics such as active aging, elderly rights, age-friendly cities, and the elderly economy were highlighted at this meeting.

A Comprehensive and Effective Presentation by Dr. Nurten ELKIN: The Role of Active Aging in the Healthcare System

Assist. Prof. Nurten ELKIN, a lecturer representing Istanbul Gelişim University, emphasized the vital importance of preventive healthcare services in improving the quality of life of older individuals in her speech themed **"Active Aging and Social Participation."** Assist. Prof. ELKIN stated that individuals aged 65 and over should undergo annual "Geriatric Screening" in Family Health Centers. Elkin stated that these screenings are critical for assessing not only disease but also overall life functions.

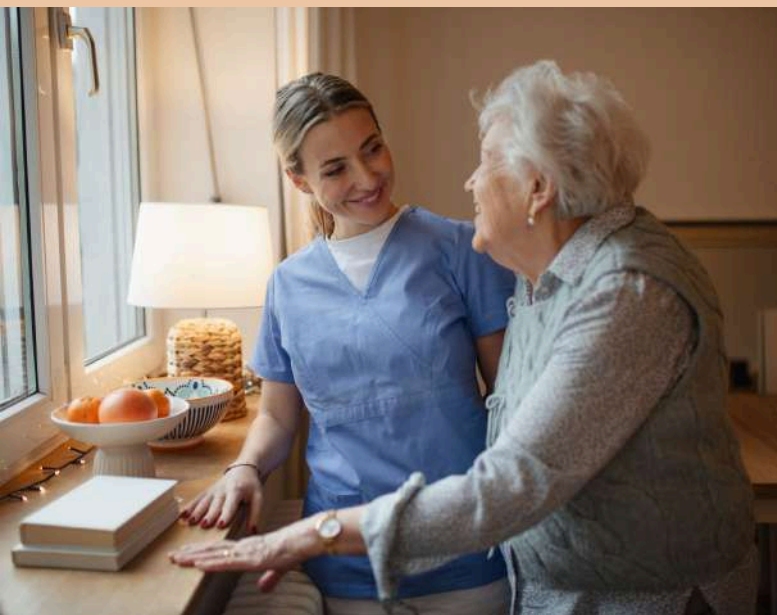
Assist. Prof. ELKIN emphasized that screening should include numerous elements, including chronic disease management, vaccination, nutritional counseling, cancer screenings, increasing physical activity levels, information about polypharmacy, and improving health literacy. He also emphasized the importance of early detection of cognitive problems such as depression and dementia, determining fall risk, and analyzing individuals' daily living activities. **In this context, ELKIN stated that Family Health Centers play a strategic role not only in treatment but also in maintaining and improving the quality of life of older adults.**

Primary Care Services Emphasize Importance for Home Care and Mental Health Support

Asst. Prof. ELKIN also emphasized in his speech that support mechanisms for the mental health of older adults should be integrated into primary care services. She stated that comprehensive geriatric services, such as sleep patterns, pain management, and sensory assessment (vision and hearing), directly impact the independence of older adults in their daily lives. ***She stated that Family Health Centers, in particular, have a significant responsibility in coordinating home health and care services, and that the competence and coordination of their staff in these areas must be increased.***

Elderly Health Monitoring Conducted in Family Health Centers

Participating in the workshop, Specialist Dr. Bekir Aktura, Deputy Director of the Public Health Department of the Istanbul Provincial Health Directorate, stated that elderly monitoring will be added to the performance system for family physicians as of 2025, and that the health monitoring of individuals over the age of 65 is now systematically conducted. ***This regulation will contribute to increasing regular health checks for older adults and strengthening access to healthcare services.***



Istanbul Gelişim University Continues to Participate in All Areas of Public Concern!

In line with its mission to provide academic and scientific contributions to social problems affecting all segments of society, Istanbul Gelişim University not only monitors developments in the social sphere but also actively participates in the development of solutions and policy proposals. In this context, the scientific opinions and suggestions presented by Assist. Prof. Nurten Elkin at the "**Elderly Workshop**" served as a strong example of the university's vision of academic production for the benefit of society.

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

Epigenomic Approach in Physiotherapy

Prof. Dr. Zuhall Kunduracılar, PT

Recent advances in understanding the genetic factors underlying the onset and progression of diseases have contributed to the work of physiotherapists, who play a vital role in the prevention and rehabilitation of many common conditions.

The role of physiotherapists in addressing factors related to non-communicable diseases has been emphasized in recent years. Person-centered healthcare delivery for such conditions is a current policy of the World Physiotherapy Confederation. Physiotherapists are experts in maintaining human health and physical well-being, as well as determining levels of physical activity. They identify physical limitations, impairments, and dysfunctions that prevent individuals from leading active and independent lives and help them cope with these challenges, thereby enhancing movement potential.

It is essential to define how genomic science can be integrated into physiotherapy education and practice. Existing physiotherapy frameworks should be reviewed to determine how the profession can support and facilitate the development of best practices for all clinicians and students in relation to their future roles in genomic medicine. Physiotherapists are healthcare professionals who benefit from interdisciplinary advances—rather than adhering to a single dominant approach, they aim to harmonize and integrate different perspectives.

In recent years, physiotherapists have shown great interest in exploring and utilizing pharmacological advances for the benefit of patients and the profession. For example, physiotherapists working in neurological rehabilitation have investigated how Botulinum injections for spasticity can be coordinated with rehabilitation practices to maximize overall benefit, and have adapted their clinical approaches accordingly.

Similarly, when new mucolytic treatments for chronic lung diseases emerged, physiotherapists explored how these treatments could best be coordinated with physiotherapy interventions to enhance their overall effectiveness.

Epigenetics is a relatively new field with clinical implications for physiotherapists. A better epigenetic understanding of nociceptive mechanisms in pain may provide a new paradigm and contribute to the development of novel strategies for pain management. Genes involved in chronic pain conditions such as fibromyalgia, osteoarthritis, and peripheral neuropathy are responsible for the control of physiological functions such as neural plasticity, learning, and inflammation.

Epigenetics also helps physiotherapists understand new scientific developments. It has recently been shown that muscles possess an epigenetic memory that influences muscle growth. Moreover, the use of epigenetic markers in preoperative and postoperative contexts may facilitate recovery, prevent complications, and improve postoperative survival.

Epigenetics, one of the newest areas within physiotherapy, also investigates how environmental factors and exercise regulate gene expression. Skeletal muscle has a high potential for adaptability to various internal and external stressors. The epigenome may represent one of the strongest systems through which exercise exerts its beneficial effects on health and longevity. Large-scale epidemiological studies have demonstrated that individuals who exercise regularly exhibit a lower epigenetic age, experience fewer metabolic diseases, and tend to live longer.

However, the optimal dose, form, intensity, and duration of exercise required to achieve a healthy epigenetic profile remain unknown. It is crucial for physiotherapists to contribute to the discovery of this dose-response relationship. This perspective also lays the foundation for the emergence of “precision physiotherapy,” an approach that utilizes epigenetic findings to optimize exercise-based interventions.



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ATTENTION TO THE RISE OF EPIDEMIC DISEASES DURING WINTER: MASKS MAY RETURN TO THE AGENDA

With the arrival of winter, there has been an increase in respiratory infections such as flu, the common cold, and COVID-19. According to experts, this increase is caused not only by cold weather but also by multiple contributing factors. Associate Professor Hatice Merve BAYRAM, Vice Dean of the Faculty of Health Sciences and Head of the Department of Nutrition and Dietetics at Istanbul Gelişim University, explained the reasons behind the rise in infections during the winter months and ways to prevent them.

Why Do We Get Sick More Often in Winter?

Cold and dry air dries out the mucous membranes in the nose and throat, making it easier for viruses to attach. Low humidity weakens the immune barriers, while spending more time in enclosed and poorly ventilated spaces accelerates droplet-based transmission. The decrease in sunlight also leads to lower vitamin D levels, which negatively affects the immune system. Additionally, viruses such as influenza and SARS-CoV-2 are known to survive longer in low-temperature and low-humidity conditions.

Assoc. Prof. Bayram stated, “Winter months create almost perfect storm conditions for infections. Both environmental factors and lifestyle habits that weaken the immune system make it easier for illnesses to spread during this period.”

Possibility of a New Wave

Assoc. Prof. Bayram pointed out that there has been a renewed increase in influenza and COVID-19 cases in recent weeks, emphasizing the possibility of a second peak wave during the 2025–2026 winter. She noted that the decrease in community immunity over time, the emergence of new variants, and differences in vaccine effectiveness increase this risk.

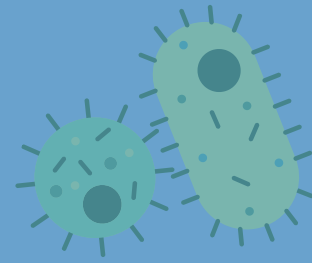
She also noted that the reopening of schools has led to more time spent in closed and crowded environments: “Classrooms and communal living areas, where children gather, provide a suitable environment for viruses to spread. It is possible to observe increases in cases from the very first weeks.”

Masks May Return to the Agenda

Reminding that masks were abandoned in daily life after the pandemic, Assoc. Prof. BAYRAM stated that masks still remain a reasonable preventive measure in enclosed and crowded spaces during the winter:

“It may be too early to propose a general obligation for society, but for at-risk groups, mask use could come back into focus this winter. The mask continues to be a simple yet effective protective tool.”





Children and the Elderly Are More Vulnerable

Assoc. Prof. BAYRAM explained that children are at higher risk because their immune systems are not fully developed, while elderly individuals face naturally declining immune function. She emphasized the importance of the flu vaccine in particular. She also underlined that regular sleep, a balanced diet, vitamin D and C supplementation, and adherence to hygiene rules are vital.

Daily Habits That Strengthen the Immune System

Assoc. Prof. Bayram emphasized that there is no single miracle method to keep the immune system strong during the winter months, and that it can only be achieved through a combination of daily lifestyle habits. She stated that nutrition is one of the most important elements in this regard: “A Mediterranean-style diet rich in fruits and vegetables, and high in vitamins and minerals, forms the foundation of a strong immune system.”

She pointed out that adequate and quality sleep is essential for the immune system: “Sleeping 7–8 uninterrupted hours a night plays a critical role in the body's renewal.” She also stated that physical activity directly supports immunity, adding, “At least 30 minutes of brisk walking or moderate exercise each day makes the body more resistant to illnesses.”

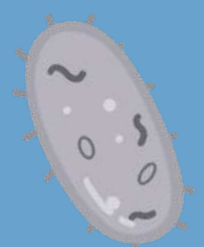
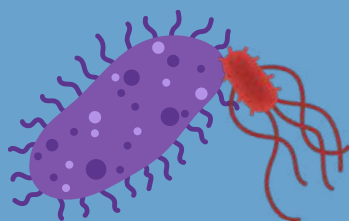
“Mask Use Still Among the Simplest and Most Effective Measures”

Assoc. Prof. BAYRAM highlighted the importance of stress management and hygiene habits, saying: “Methods such as meditation, breathing exercises, or spending time in nature help balance stress hormones and protect the immune system. Regular hand washing, ventilating closed spaces, and wearing a mask when necessary are still among the simplest and most effective precautions.”

Finally, she emphasized the importance of adequate fluid intake: “Drinking at least 1.5–2 liters of water per day helps keep the mucous membranes moist, thereby strengthening the body’s defense system.”

Assoc. Prof. Bayram concluded that adopting all these habits together creates the strongest shield against the increase in respiratory infections during winter: “Healthy nutrition, regular sleep, and hygiene practices are the most reliable foundations of our immunity.”

Experts emphasize that protection from infections in winter is possible not only through individual precautions but also through social awareness. Maintaining a healthy diet, regular sleep, hygiene habits, and not neglecting vaccines play a critical role in protecting both individual and public health. Experts from Istanbul Gelisim University highlight that with simple yet consistent measures, a stronger immune shield can be built against the challenging conditions of the winter season.





World Mental Health Day, 10 October: Access to Services – Mental Health in Catastrophes and Emergencies



World Mental Health Day (10 October) this year focuses on access to mental health in humanitarian emergencies and disasters. Earthquakes, floods, conflicts, epidemics, and forced displacement lead not only to physical injuries but also to increased psychosocial impacts such as anxiety, trauma responses, and grief. In this context, the campaign aims to highlight the principles of early psychosocial support, psychological first aid, continuity of care, and equitable access.

In emergencies, almost everyone may experience some degree of psychological distress; particularly in conflict settings, one in five people may have a mental disorder such as depression, anxiety, or post-traumatic stress disorder. This shows that responses should not be limited to specialist, clinic-based interventions; a community-based and multidisciplinary response must be activated swiftly. Coordination among primary health care, social work, education, local authorities, and civil society reduces barriers to access (language, cost, stigma, lack of information) and improves long-term outcomes.

On the ground, the first layer of support is often Psychological First Aid (PFA). PFA involves creating a safe and respectful environment, listening without pressure, facilitating access to basic needs and accurate information, making appropriate referrals, and protecting from re-traumatization. It can be delivered by trained non-specialists and aims to support the person's functioning and self-efficacy. PFA is not long-term therapy in itself; it serves as a bridge to clinical care when needed.

At the institutional level, the IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings provide a core reference framework. The guidelines define minimum, multi-sectoral interventions that can be implemented immediately after an emergency: safe information sharing, strengthening community supports, functional referral pathways, reducing protection risks, and integrating mental health into basic health services. Rather than a "one size fits all" model, this approach recommends stepped care adapted to the local context.

Mental Health in Disasters and Emergencies: Five Things Worth Knowing

1) Psychological reactions exist on a spectrum.

After earthquakes, floods, conflict, or epidemics, sleep problems, startle response, irritability, guilt, intense sadness, and concentration difficulties are common and understandable reactions. Many ease over time; what matters is their intensity and impact on daily functioning.



2. Language can reduce—or fuel—stigma.

Labeling terms such as “crazy,” “panicking,” or “weak” hinder access to help. Person-centred, non-judgmental wording—such as “I’m going through a difficult period,” “I’m experiencing feelings that are hard to cope with”—makes a difference. Confidentiality and informed consent are fundamental to informative communication.

3. What PFA is—and isn’t.

Mental health and psychosocial support provide a stepped continuum from self-care and peer support to primary care and specialist treatment. Psychological First Aid (PFA) is humane, practical, and non-intrusive early support—the starting point of this continuum; it does not replace therapy. Be mindful that online misinformation can be widespread; choose reliable sources.

4. Vulnerabilities and strengths coexist.

Children, older adults, people with disabilities, displaced persons, caregivers, and those with chronic illnesses may be at higher risk. At the same time, family/neighbourhood solidarity, cultural coping repertoires, faith/rituals, and activities such as arts, play, and sports are protective strengths that support recovery.

5. When to consider professional help?

If symptoms persist beyond 2–4 weeks, if daily functioning (work/school/relationships) is markedly impaired, if there is escalating substance use, thoughts of harming oneself or others, or confusion about time/place/person, a professional assessment is recommended.

Brief Notes (Myth/Fact)

- “Strong people don’t ask for help.” → Fact: Asking for help is a sign of strength.
- “Everyone who experiences trauma develops a permanent disorder.” → Fact: Many people recover with appropriate support.
- “Only specialists can provide support.” → Fact: Trained peers/laypersons are valuable first contacts and bridges to care when needed.

Note: In an immediate safety risk, call 112.



The IGU Young Yesilay Student Club held its first meeting.

The IGU Young Yesilay Student Club held its first meeting under the guidance of Asst. Prof. Dr. Nurten Elkin.

The IGU Young Yesilay Student Club board of directors held its first meeting on October 12, 2025, in meeting room 026, Block B, under the leadership of club advisor Asst. Prof. Dr. Nurten Elkin.

The meeting discussed the club's potential activities for the year within the scope of the Council of Higher Education's Addiction Prevention Action Plan, as well as preliminary drafts of various activities designed to serve the university and the community.

The meeting concluded with a meeting to discuss the student club's plans to organize events and workshops in collaboration with other public institutions and organizations, the Green Crescent, and local governments during the 2025-2026 academic year.

Istanbul Gelişim Üniversitesi - bmk - News - The IGU Young Yesilay Student Club held its first meeting.
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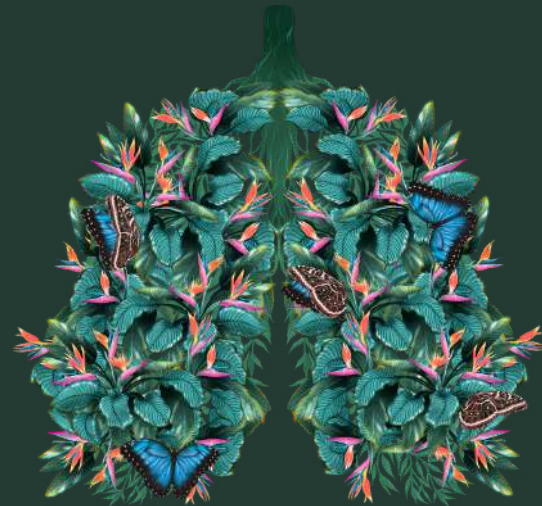
A "Cigarette Addiction" Workshop was held by the IGU Addiction Fighting Coordination.

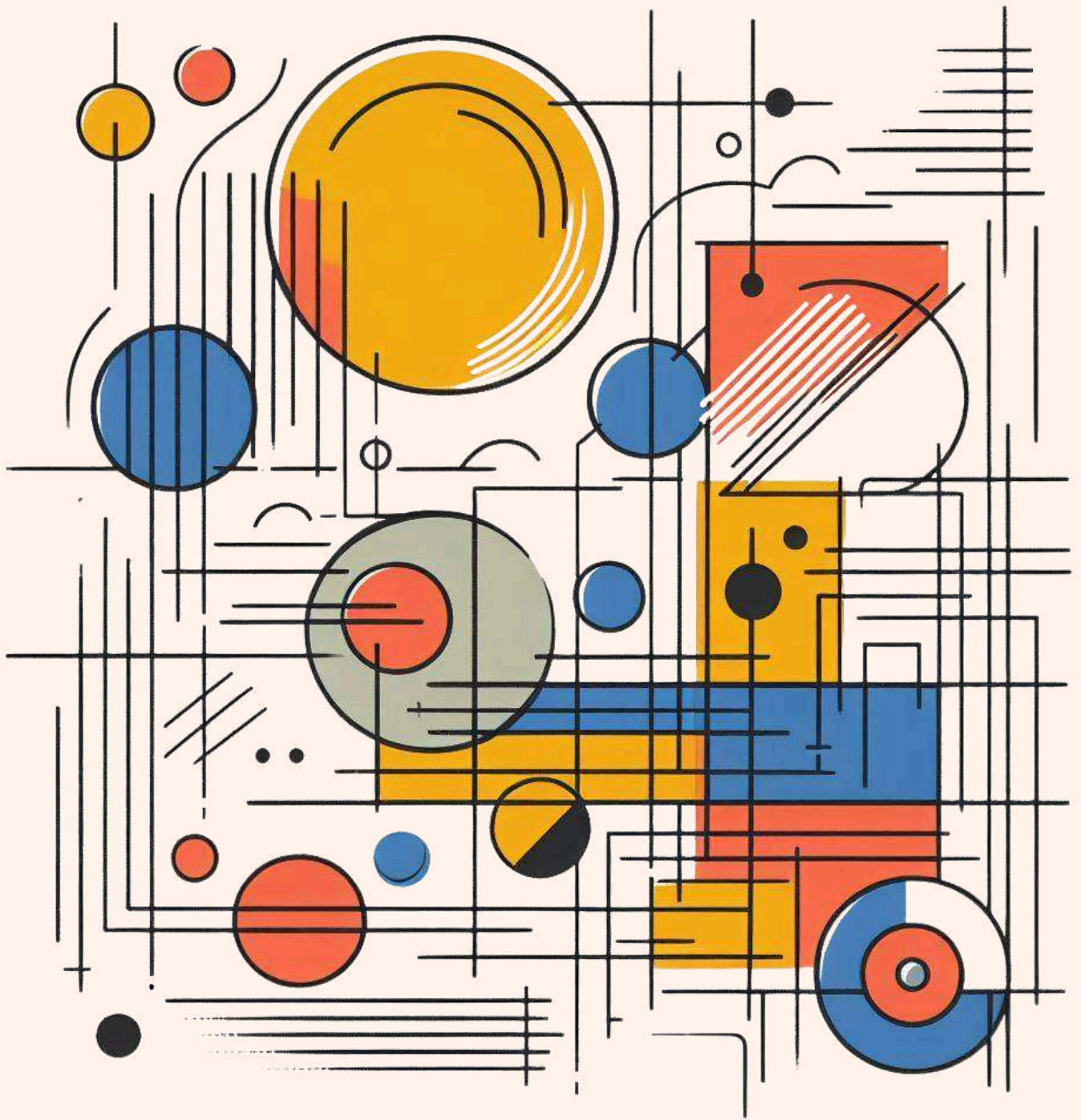


A "Smoking Addiction" workshop was held for students on the 17th floor of Gelişim Tower, in collaboration with the IGU Addiction Prevention Coordinator and the Dean of Students' Office, as part of the "Healthy Development" platform.

"Healthy Living" brochures, prepared by the Coordination, were distributed to the students. Dr. Nurten ELKİN, IGU Addiction Prevention Coordinator, first discussed healthy lifestyle behaviors and their importance for quality of life. She then provided information about smoking addiction, its health hazards, and quitting techniques.

The workshop concluded with answers to students' questions.





CULTURE ART
LITERATURE

Under Tāne's Light: Educational Equity and Social Work

Asst. Prof. Emrah TÜNCER

According to Māori mythology in New Zealand, in the beginning, the universe consisted only of the endless, dark embrace between Sky Father Rangi (Ranginui) and Earth Mother Papa (Papatuanuku). Their children, born into this suffocating closeness, lived without light or breath, unable to grow. Until one day, Tāne Mahuta, the god of the forests, refused this fate. Placing his shoulders against the sky, Tāne pushed with all his strength, separating his father from his mother and creating that sacred space through which light could enter. In that moment, not only the world but all potential within it drew its first breath. Education – a birthright of every child – is much like the sky Tāne lifted: a promise of light and possibility under which every sapling may freely grow its own trunk and branches.

Yet modern educational paradigms, in their rigid standardization of success metrics and uniform curricula, too often forget that light. It is precisely here that Te Whāriki – New Zealand's national early childhood curriculum, whose Māori name means “woven mat” – emerges as both a cultural and pedagogical alternative. Te Whāriki envisions education as a living, breathing fabric woven from the interlaced threads of the child, the family (whānau), and the community. It is not merely a curriculum; it is also a powerful lens through which to understand the missing professional discipline – social work – that could help realize educational equity in complex and multilayered societies such as Turkey.



The uniqueness of Te Whāriki lies in its rejection of an “ideal child” model, embracing instead the idea that every child can weave a unique learning pattern shaped by their own beliefs and values. This approach transforms education from a mechanical process of transmitting predetermined lessons into an organic tapestry woven around five core strands: Mana atua (well-being), Mana whenua (belonging), Mana tangata (contribution), Mana reo (communication), and Mana aotūroa (exploration). Unlike Western models that focus narrowly on cognition, these strands holistically honor the child’s emotional security, social bonds, cultural identity, and active agency in their learning process. The metaphor of the “woven mat” symbolizes that these threads cannot be separated – that a child’s learning experience is inseparable from the fabric of their family and community. Grounded in New Zealand’s bicultural heritage (Māori and European), this model demonstrates that cultural coexistence is not a challenge to be managed but a richness to be reflected in education itself.

When this philosophical depth meets Turkey’s educational and social realities, it opens an illuminating dialogue. Turkey, beyond its own ethnic and cultural diversity, faces the monumental challenge of integrating millions of refugee children – particularly from Syria – into its educational system. At this juncture, Te Whāriki offers a roadmap for designing programs that recognize and adapt to diverse social and cultural contexts, serving the best interests of the child, the family, and the community. But to interpret this map and put it into practice, there must be a “master weaver” at the loom. This is precisely where the profession of school social work – though defined in the regulations of Turkey’s Ministry of National Education – remains absent in practice and holds the potential to fill a critical gap.

By its very nature, social work is grounded in human rights, social justice, and equal opportunity. Through an ecological theoretical lens, it views the individual as part of a whole within their environment – a perspective that directly mirrors Te Whāriki’s view of the child within family and community. Educational equity does not simply mean providing every child with the same desks and books. True equity means ensuring that children facing disadvantages – such as poverty, trauma, language barriers, or cultural alienation – can fully and healthily participate in their learning environments through the provision of social, psychological, and material support. This, in essence, defines the role of the school social worker.



In New Zealand, the family's and community's engagement in the educational fabric is natural; in Turkey's centralized and bureaucratic system, however, such connections do not form organically. The school social worker is the professional who weaves these threads together — mobilizing resources to address families' socio-economic challenges, mediating cultural and adaptation issues, and advocating for the child's individual, psychological, and social needs within the school setting. Social work is far more than charity; it is a rights-based practice founded on the belief that access to quality education is a social right. This perspective resonates profoundly with Te Whāriki's principle that every child has the right to an education that honors their unique values.

In conclusion, the inspiring “woven mat” metaphor of Te Whāriki is not merely a distant pedagogical model for Turkey; it is also concrete evidence of how indispensable social work is to achieving educational equity. To weave the fabric of education using only curricula and teachers leaves the mat incomplete and fragile. The art that completes it — strengthening even its most delicate threads and bringing all colors into harmony — is the professional knowledge, skills, and values of social work. For Turkey's education system to realize a holistic vision that treats every child's potential as a right, it must have the courage to place social workers at the very heart of schools — at the loom itself.

After all, Tāne Mahuta did not lift the sky for the strongest alone; he did so that even the weakest seedling could reach toward the light. The ultimate goal of education and social justice is not to create champions, but to build an ecosystem in which every individual can reach the fullest expression of their potential with dignity. The true measure of a civilization lies not in the perfection of the fabric it weaves, but in its willingness to mend its tears — and in its moral resolve never to sacrifice even its finest thread.



Tāne'nin IşığI Altında: Eğitimde Fırsat Eşitliğı ve Sosyal Hizmet - Sağık Bilimleri Faköltesi - Sosyal Hizmet

Tāne'nin IşığI Altında: Eğıtimde Fırsat Eşitliğı ve Sosyal Hizmet



THE UNIVERSALITY OF HUMAN LIFE FROM INFANCY TO THE UNIVERSAL "Babies"

Sudenaz ATALAY

2nd-year Student, Department of Healthcare Management



At the heart of the documentary lies the universality of human life. Babies born in different parts of the world, though raised under vastly different cultural conditions, pass through the same developmental stages. They are born, they cry, they laugh, they crawl, they learn to speak... Some play with technological toys, while others grow up amid stones, soil, or immersed in nature. At first glance, this may create the impression that children raised in modern cities are more advantaged or somehow superior. **Yet that perception is decidedly mistaken.**

At this point, John Locke's "blank slate" (tabula rasa) idea is a significant concept. According to Locke, when people are born their minds are like a blank slate, and all knowledge and behavior are acquired through experience. The fact that **Ponijao** grows up in the dirt while **Hattie** grows up in a hygienic environment does not determine who they will become; it simply means they are exposed to experiences that affect them in different ways. No baby is born superior; it is the environmental conditions, their education, and their experiences that shape them. This view shows that while people may develop in different ways across different geographies, they are born equal.

In addition, Immanuel Kant's conception of human dignity and universal morality illuminates this issue. For Kant, **every person deserves respect by virtue of possessing reason and moral autonomy.** People must be regarded not as means, but as ends in themselves.

No child is more or less valuable because of the country they live in, the kind of home they inhabit, or the toys they play with. Kant's concept of human dignity holds that every individual is valuable simply by virtue of being human, and that this worth is not contingent on circumstances. Accordingly, regardless of the country of birth or the environment of upbringing, all children possess equal dignity and worth.

In conclusion, the documentary conveys this: although the conditions into which we are born, the environments in which we are raised, and the toys we play with may differ, human nature is in fact universal. Cultural expressions may vary, and developmental pathways may diverge; yet the geography of a child's birth or the setting of their upbringing does not render them superior or inferior to others. **With this awareness, it is possible to build a just and inclusive world in which all children can realize their potential.**

Yönetmen;
Thomas Balmes



Süre:
79 Dk.

2010 yılı
Fransa yapımı

DEVELOPMENT READINGS

HOW DID THEY MANAGE IT?



Prof. Dr. Taşkın KILIÇ

“Entrepreneurship is about pushing boundaries.”

Entrepreneurship is about pushing boundaries. Until now, we have been told the success stories of Western entrepreneurs. Yet we possess the exceptional values bequeathed to us by our ancient civilisation. When these values meet the courageous, hardworking, honest, intelligent and unique people of Anatolia, incredible successes emerge.

This book examines our pioneering entrepreneurs and their achievements and management boundaries:

They transformed a one-lira simit into a global brand called ‘Simit Sarayı’. Simit Sarayı’s exemplary success, which managed to feed the Ottoman fast food simit to the whole world and made everyone memorise the word ‘simit’ without translating it into English, is in this book.

It has been voted Europe’s best airline for the last four years running. It also holds the world record for flying to the most destinations. The outstanding success of THY, “Turkey’s Rising Star in the Skies”, is detailed in this book.

Founded 150 years ago, MADO brings together the bountiful products of Mount Ahir with the skilled craftsmen of Kahramanmaraş and offers them to the whole world, leaving a unique taste on the palate. The secret to the success of MADO, a pioneering brand in Anatolia, is revealed in this book.

Kafkas Chestnut, which has become a symbol of Bursa by adding flavour to chestnuts and paving the way for an entire industry in this field, captivates those who taste its natural and delicious products. Cemilusta, which has become a brand by combining Akçaabat Köfte with the mastery of the Black Sea, continues to write its story, which began 45 years ago in Trabzon, in many provinces of Turkey.

This book, which comprehensively examines the secrets of success of our pioneering entrepreneurs, will help you maximise your potential and sense of achievement, contributing to the blossoming of your self-confidence and courage.



**Faculty of
Health Sciences**

ISTANBUL GELISIM UNIVERSITY ALUMNI TRACKING SYSTEM

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

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

What Are the Steps to Join METSIS?

1. Use the web interface at metsis.gelisim.edu.tr 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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SCAN ME

LinkedIn -
**IGU ALUMNI AND
MEMBERS COORDINATOR**



GRADUATE CARD

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





Faculty of
Health Sciences



OFFICIAL SOCIAL MEDIA ACCOUNTS



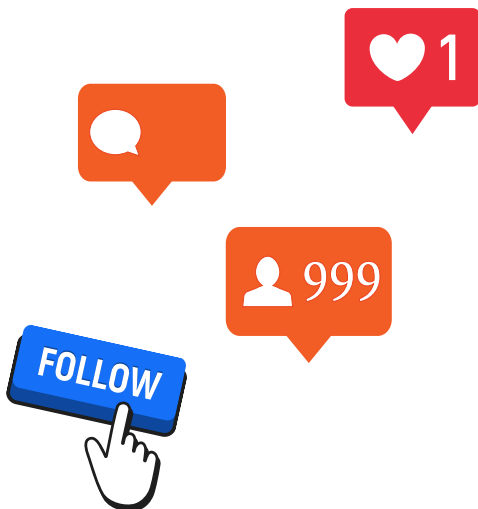
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