



## Faculty of Health Sciences



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# APRIL

Let's give the world to children,  
If only for a single day.

*Nazım Hikmet RAN*

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27	28	29	30			

April 1: April Fools' Day

April 1-7: Cancer Awareness Week

April 2: World Autism Awareness Day

April 4: World Stray Animals Day

April 7: World Health Day

April 8: World Physiotherapists Day

April 23: National Sovereignty and Children's Day

April 29: International Dance Day

**S A F E  
E D U C A T I O N**



**IS A**

**FUNDAMENTAL  
RIGHT**

A large Turkish flag is draped across the facade of a classical building. The flag is red with a white crescent and star. The building features ornate stone carvings and columns. The text is overlaid on the flag.

23 APRIL

NATIONAL SOVEREIGNTY AND  
CHILDREN'S DAY

*Happy!*





# 2025 TURKEY PATENT REPORT ANNOUNCED: IGU NAMED TURKEY'S CHAMPION IN PATENT COMMERCIALIZATION!

The “2025 Turkey Patent Report,” prepared by Patent Effect, has been released. Istanbul Gelisim University (IGU) earned the title of “Patent Commercialization Champion University” in 2025, standing out not only in patent production but also in converting these patents into economic value. Ranking at the top in both the “Number of Commercialization Contracts” and “Number of Licensed/Transferred Patents” categories, the university led the process of transforming innovation into added value in Turkey. This success drew attention through the systematic integration of research outputs with industry and the effective management of intellectual property processes.

## The Peak of Commercialization: IGU

According to 2025 data, Istanbul Gelisim University ranked first by a wide margin with 23 commercialization contracts, surpassing deep-rooted and prestigious institutions such as METU and Boğaziçi University. IGU was followed by Turkey's leading public and technical universities, including Istanbul Technical University, Yıldız Technical University, Gebze Technical University, and Eskişehir Technical University.

This table clearly demonstrates that IGU is the leader in Turkey not only in the number of applications but also in the ability to transform intellectual property into economic value. Thanks to the structure developed by the university, it has become possible to effectively manage the patent portfolio, match it with the right sectors, and carry out licensing/transfer processes in a coordinated manner.

## Turkey's #1 in Artificial Intelligence Technologies for the Last 4 Years

Istanbul Gelisim University has maintained its uninterrupted leadership in Turkey in the field of Artificial Intelligence Technologies for the last four years, further solidifying its strong position in 2025. Thanks to its approach of transforming academic knowledge into practice, IGU develops solutions that are not only theoretical but also have sectoral impact, ranking among the institutions shaping the artificial intelligence ecosystem.

Alongside this consistent leadership—which is directly linked to the university's strong R&D infrastructure, interdisciplinary work culture, and technology-oriented education model—the project development processes involving active participation from students and academics enable IGU to create a sustainable innovation line in AI. This success clearly demonstrates that Istanbul Gelisim University is a pioneering higher education institution shaping not only today's but also the future's technologies.

# Ranked in 16 Out of 20 Technology Fields, Leader in 9!

In 2025, IGU entered the rankings in 16 out of 20 technology categories, securing the leading position in 9 of these fields.

Among the areas where it stood out are:

- Food and Beverage
- Agriculture
- Finance
- Automotive
- Energy
- Robotic Technologies
- Aviation and Defense
- Autonomous Technologies

The university ranked at the very top in all of these categories within the university/research center rankings.



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## Turkey's University with the Highest Number of Patent Applications

IGU has secured the top spot among the universities with the highest number of patent applications in Turkey. This achievement once again emphasizes the university's R&D strength, interdisciplinary production capacity, and sustainable innovation strategy.

## From Innovation to Economic Value: A Model University

These achievements by Istanbul Gelisim University serve as a model for strengthening intellectual property awareness in higher education, commercializing academic knowledge, and developing the entrepreneurship ecosystem. With its strong R&D infrastructure, vision for internationalization, and student-oriented innovation model, IGU continues to increase its competitiveness not only in Turkey but also on a global scale. In this success story, the contribution of the Istanbul Gelisim University Technology Transfer Office, which acts as a bridge in transforming academic knowledge into economic value, stands out as one of the key building blocks of the university's innovation ecosystem.



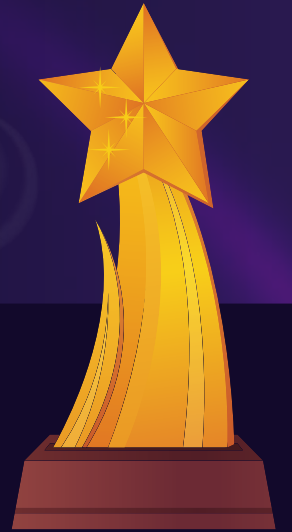
# Great Success from IGU at the YÖK Barrier-Free University Awards: Blue Flag Candidacy

Istanbul Gelisim University has achieved another significant success through its efforts in accessibility and inclusivity in higher education. In accordance with the decision of the Higher Education Executive Board dated December 24, 2025, the university has qualified as a Blue Flag candidate within the scope of the 2025 Barrier-Free University Awards, thanks to its arrangements in the category of "Accessibility in Socio-Cultural Activities."

The Istanbul Gelisim University Faculty of Applied Sciences became a Blue Flag candidate for its improvements in the "Accessibility in Socio-Cultural Activities" category under the Council of Higher Education (YÖK) Barrier-Free University Flags Program. These efforts, developed to increase accessibility in socio-cultural activities, once again demonstrated the university's inclusive education approach.

The Barrier-Free University Flags Program, conducted by the Council of Higher Education, aims to increase the access of individuals with disabilities studying at higher education institutions to spatial, educational, and socio-cultural areas, while raising awareness and strengthening inter-institutional cooperation. Following the evaluations conducted within this framework, Istanbul Gelisim University's application was approved and honored with a Blue Flag candidacy.

In line with its goal of creating an accessible and inclusive campus life, Istanbul Gelisim University continues to provide equal opportunities for all students and implement remarkable practices in higher education.



# IGU Health Days:

## LEADING FIGURES OF THE INDUSTRY MET WITH THE HEALTHCARE PROFESSIONALS OF THE FUTURE

The “Health Days” event organized within Istanbul Gelisim University (IGU) was successfully completed with the contributions of industry representatives and the strong participation of our students. Held to strengthen university–industry collaboration, the event became a productive platform that shed light on students’ career journeys.

During the program, Chairman of the Board of Trustees Abdülkadir Gayretli visited the event area, while Rector Prof. Dr. Bahri SAHIN and Vice Rector Prof. Dr. S. Arda OZTURKCAN toured the stands. At the end of the event, certificates of appreciation were presented to the participating companies by Rector Prof. Dr. Bahri SAHIN, Director of the Vocational School of Health Services Dr. A. Yüksel BARUT, Vice Directors Dr. Nurcihan TAN ERKOC and Dr. Ali KARAAGAC, and members of the Career and Alumni Commission, Lecturer Ebru CENGİZ, Lecturer Aylin KOC, and Lecturer Sibel BULUT HAKLI.

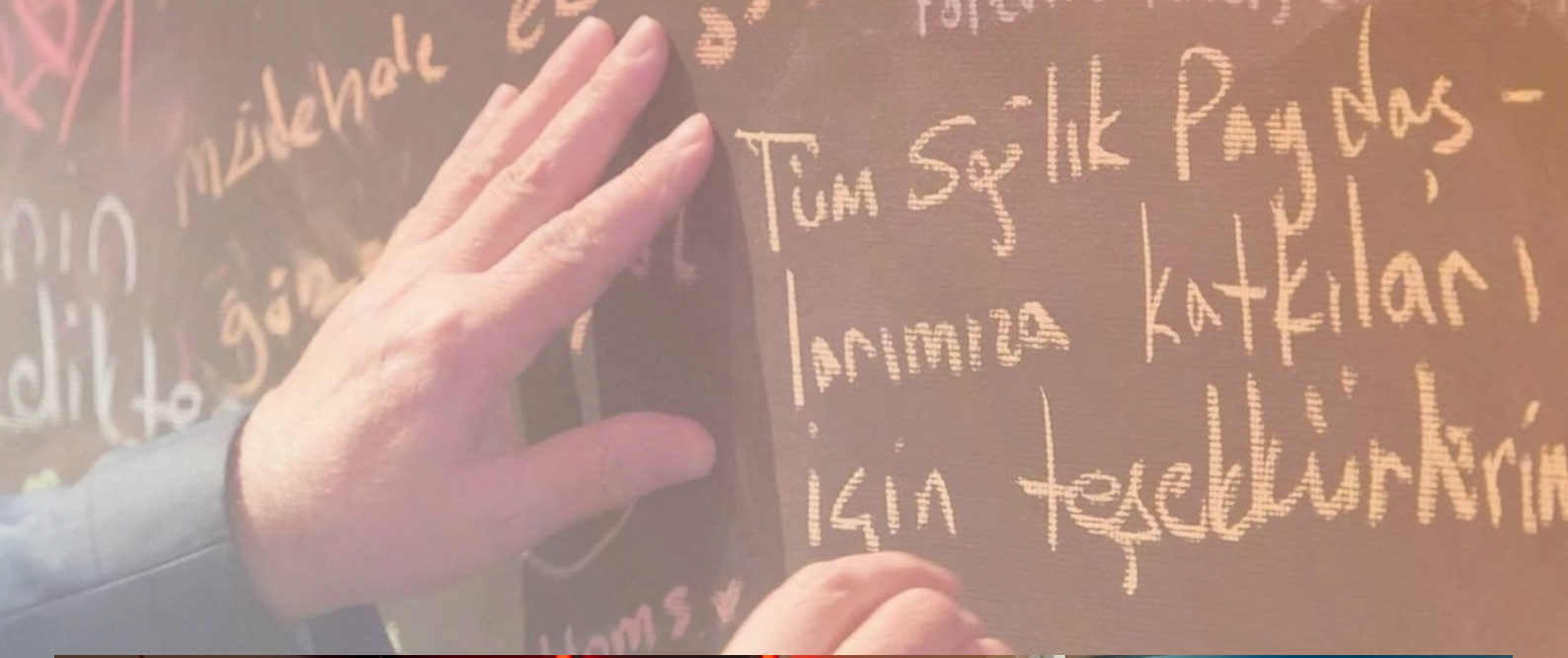
### DIRECT ENGAGEMENT WITH THE INDUSTRY AND CAREER OPPORTUNITIES

At the event, which featured numerous reputable companies operating in the healthcare sector, students had the opportunity to engage directly with industry professionals. Through activities conducted at the exhibition stands, including:

- ✓ Corporate presentations
- ✓ Practice-based knowledge sharing grounded in sectoral experience
- ✓ Career-oriented briefings

students enhanced their professional awareness by integrating their theoretical knowledge with real-world professional dynamics.





# A Midwifery Department Has Been Established in the Faculty of Health Sciences

Sağlık Bilimleri  
Fakültesi

Istanbul Gelisim University continues to strengthen its academic structure in the field of health sciences. The application process for the establishment of the Midwifery Department within the Faculty of Health Sciences has been successfully approved. With the introduction of this new department, the university aims to expand the scope of its health education and contribute to the training of qualified healthcare professionals.

## **Practice-Oriented Education Is Planned**

The midwifery profession, which plays a critical role in women's health, pregnancy, childbirth, and postpartum care processes, holds great importance for both individual and public health. With the establishment of the new department within the Faculty of Health Sciences, it is aimed to offer an educational model in which students can reinforce theoretical knowledge through practice and gain competence in contemporary healthcare approaches. The Midwifery Department is planned to operate within a strong academic structure supported by Istanbul Gelisim University's existing healthcare infrastructure, practical training opportunities, and interdisciplinary collaborations. In this context, it is intended for students to develop their professional knowledge and skills under the guidance of an expert academic staff.

With this initiative that expands the diversity of education in the field of health, Istanbul Gelisim University continues to contribute to the training of well-equipped healthcare professionals needed by the country.



Faculty of Health Sciences

## **MIDWIFERY DEPARTMENT** *Established!*



Uygulama  
Odaklı Eğitim



Güçlü  
Akademik Kadro



Sağlıkta  
Güçlü Kaynak

*Bir Hayata  
İlk Dokunuş*

[www.gelisim.edu.tr](http://www.gelisim.edu.tr)



*Delivered to Our Students by Ministry of Health Personnel*

## **“Training on Strengthening Youth Mental Health”**

The training program, hosted by Assoc. Prof. Dr. Nurten ELKIN, Faculty Member of the Faculty of Health Sciences at Istanbul Gelişim University and IGU Coordinator for Combating Addiction, was held on 30.03.2026 in two separate sessions between 11:00–12:00 and 14:00–15:00. Within the scope of the “Strengthening Youth Mental Health Program” conducted by the Republic of Türkiye Ministry of Health, General Directorate of Public Health, Psychologist Gul Deniz TUNADURUR and Social Worker Oznur KURT from Beylikduzu District Health Directorate took part as trainers. At the beginning of the training, Assoc. Prof. Dr. Nurten ELKIN briefly informed the students about the program of the Ministry of Health and its importance and then gave the floor to the speakers.



“Psychological resilience is the process by which an individual can maintain psychological functioning in the face of stress, trauma, loss, and chronic adversity, restore disrupted balance, and preserve adaptation capacity. Resilience is not a characteristic limited only to an individual’s personal strength; it is a dynamic adaptation system shaped by the interaction of biological infrastructure, cognitive regulation processes, family relationships, social environment, and cultural context. Resilience is associated not only with the absence of illness but also with maintaining a meaningful and functional life. Current literature emphasizes that resilience is not a fixed personality trait, but a capacity that can change and be developed throughout life. According to the literature, two conditions must coexist in order to speak of psychological resilience. The first condition is that the individual encounters a significant risk or stressor such as trauma, illness, poverty, violence, or loss. The second condition is that despite these risks, the individual can maintain psychosocial functioning or regain disrupted functioning. In other words, resilience is not about never experiencing difficulty, but about maintaining adaptation despite difficulties. The concept of psychological resilience emerged in the 1960s–70s through longitudinal studies conducted in the field of developmental psychopathology. Research has shown that some children growing up under high-risk conditions can adapt without developing psychopathology. These findings led to the emergence of the concept of the ‘invulnerable child.’ However, over time, it was understood that these children were not completely unaffected, but rather possessed certain protective factors. Thus, the focus shifted from ‘invulnerability’ to a dynamic understanding of resilience shaped by the interaction of risk and protective factors. In the current approach, resilience is considered as a process of adaptation that develops and changes within the interaction between the individual and the environment. Resilience is not a fixed trait; it can be learned, supported, and varies depending on conditions. The same individual may show different levels of resilience at different stages of life. Adversities are situations such as life events, trauma, abuse, poverty, chronic illness, family conflict, and migration that threaten an individual’s physical, psychological, or social integrity. The severity, duration, and recurrence of adversity determine the individual’s adaptation capacity. Exposure to chronic and multiple stressors increases the risk of psychopathology. Adaptation, on the other hand, is the individual’s capacity to maintain functionality in life domains. Individual risk factors refer to vulnerability areas arising from the individual’s own characteristics.

Temperament traits (high anxiety, impulsivity), low self-esteem, and inadequate problem-solving skills are among these risk factors. Negative cognitive schemas and difficulties in regulating emotions make adaptation to stress more difficult. These factors are not determinative on their own; they operate in interaction with environmental conditions and social support. Because they are modifiable, they constitute an important target area in preventive interventions. Familial risk factors include parental psychopathology, domestic violence, neglect, inadequate care, and attachment problems. A persistently disorganized family environment increases the risk of psychopathology in children and adolescents. Environmental risk factors are elements that develop outside the individual's control and determine daily living conditions. Poverty, unsafe neighborhoods, social exclusion, and discrimination create continuous sources of stress and weaken psychological resilience. Low education and limited opportunities make it difficult for individuals to develop coping resources. Such risks generally have long-term and cumulative effects. Their impacts should be evaluated together with social support and public services rather than solely individual characteristics. The factors that most protect individuals against stress are social support, problem-solving skills, emotion regulation, positive self-perception, secure attachment, and a sense of meaning in life. The fact that one of two individuals exposed to the same risk copes better can be explained by the following factors:

- Presence of protective factors: strong social relationships, flexible temperament, previous coping experiences, and cognitive flexibility.
- Self-regulation and flexibility: A significant part of the excitement of life comes from overcoming difficulties, seeking change, and stimulation.

Regardless of our coping style, being 'flexible' is a very important quality. Being flexible means being able to say that anything can happen in life, never saying 'never,' accepting oneself and others with imperfections, being able to endure adverse events, not catastrophizing, being open to new ideas and differences, not being afraid to try, flowing with life, and being able to return to one's original form even after bending...

Social support networks, social trust, cultural values, and a sense of belonging strengthen an individual's resilience capacity. Culture shapes how stress is interpreted and the strategies used to cope with it. In collectivist societies, social solidarity plays a protective role, whereas in individualistic societies, autonomy may be more prominent.

### **Methods to Strengthen Psychological Resilience**

- Increasing emotion regulation and stress management skills,
- Developing problem-solving and flexible thinking skills,
- Strengthening a sense of purpose, hope, and meaning,
- Establishing healthy lifestyle habits (sleep, nutrition, physical activity),
- Social support and secure relationships,
- Creating a supportive climate in school/work environments,
- Psychoeducational programs and group work,
- Not personalizing difficulties,
- Accepting that there are events beyond our control."

# ACADEMIC STUDIES

TRDIZIN  
Scopus

## Article

The article titled “Voice Fatigue and Voice-Related Quality of Life in Audiologists: The Effect of Different Workplace Settings and Fields of Work,” co-authored by Lecturer Seda KETEN and Research Assistant Büşra KURTCU from our Faculty’s Department of Speech and Language Therapy, together with the department’s graduate students Ertuğrul GENÇTÜRK, Pembe Bensu AKTI, and Lala ASGORAVA, has been published in the The Turkish Journal of Ear Nose and Throat.



The Turkish Journal of Ear Nose and Throat

Research Article

Open Access

Voice Fatigue and Voice-Related Quality of Life in Audiologists: The Effect of Different Workplace Settings and Fields of Work

Ertuğrul Gençtürk<sup>1</sup>, Seda Ketten<sup>2</sup>, Büşra Kurtçu<sup>3</sup>, Pembe Bensu Akti<sup>4</sup>, Lala Asgorava<sup>5</sup>

<sup>1</sup> Istanbul Topkapı University, Plato Vocational School, Department of Audiology, Istanbul, Türkiye  
<sup>2</sup> Istanbul Fatih University, School of Health Sciences, Department of Speech and Language Therapy, Istanbul, Türkiye

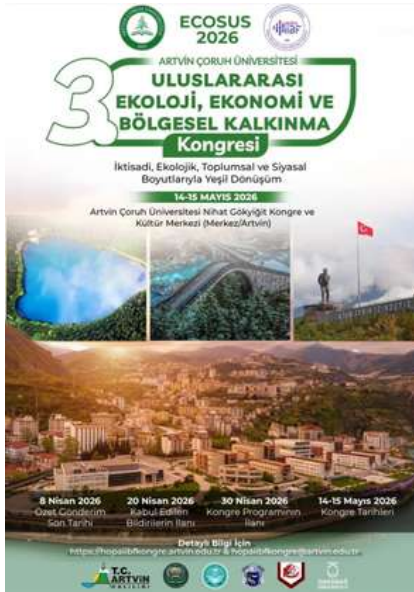
**Abstract** Objective: This study aimed to determine audiologists voice-related quality of life (V-RQOL) and voice fatigue index (VFI) levels and investigate the relationship between the two scales.

**Materials and Methods:** The study involved 120 audiologists, including 30 working in clinics, 30 working in hearing aid centres, 30 working in rehabilitation centres, and 30 working as academicians. The audiologists were asked to complete a demographic information form, voice-related quality of life (V-RQOL), and voice fatigue index (VFI).

**Result:** In this study, the total and subscale scores of the VFI did not show statistically significant differences among audiologists working in different professional settings. Although mean values of fatigue, physical discomfort, avoidance, and voice rest sub-dimensions varied descriptively across settings, these variations did not reach statistical significance. Therefore, no significant voice fatigue was observed in the audiologists’ setting, and the VFI sub-dimensions did not differ significantly between groups ( $p < 0.05$ ). No significant difference was found between the V-RQOL total score, physical function, and social-emotional sub-dimensions of audiologists who work in different professional settings ( $p < 0.05$ ). When the VFI scores of audiologists working in different professional settings were compared, a statistically significant difference was found between the groups in the VFI voice rest subcategory ( $p < 0.05$ ). According to the multiple comparison test results, a significant difference was found between audiologists who work in different professional settings in the VFI sub-dimension ( $p < 0.048$ ). This difference was observed between individuals working in special education and rehabilitation and those working in clinics.

**Conclusion:** The findings indicate that audiologists generally have a high voice-related quality of life, while perceptions and complaints of voice fatigue vary across different professional settings. Although audiologists can use their voices effectively and voice-related problems do not substantially interfere with daily life, workplace factors may influence the experience of voice fatigue. Overall, voice-related quality of life appears to remain preserved despite differences in occupational vocal demands.

**Keywords** Voice-related quality of life scale • Voice fatigue scale • Audiologist



## National Recognition

Asst. Prof. Aslı KAYA, a faculty member at Artvin Çoruh University, Hopa Faculty of Economics and Administrative Sciences, has been appointed to the Scientific Committee of the 3rd International Congress on Ecology, Economics and Regional Development (ECOSUS 2026), which will be held in Artvin on May 14-15, 2026.



# Projects and Article



The scientific research project titled "Acute Effects of Post-Exercise Vagus Nerve Stimulation on the Autonomic Nervous System and Recovery in Healthy Young Adults," conducted by Asst. Prof. Çağrı ERTÜRK and Prof. Dr. Rifat MUTUŞ, was completed in December 2025, and the data obtained from the project were accepted for publication in *Scientific Reports*, a Springer Nature journal (Q1). This journal, with over 834,000 citations in 2024, holds the title of the 3rd most cited journal in the world.

## Journal Metrics

*Scientific Reports* has a 2-year impact factor of 3.9 (2024), and is the 3rd most-cited journal in the world, with more than 834,000 citations in 2024\*.

\*2024 Journal Citation Reports® Science Edition (Clarivate Analytics, 2025).

## Scientific Reports

<https://doi.org/10.1038/s41598-026-47143-z>

## Article in Press

# Post-exercise auricular vagus nerve stimulation modulates autonomic and recovery responses in physically inactive young adults: a randomized controlled trial

Received: 11 February 2026

Accepted: 30 March 2026

Published online: 02 April 2026

Cite this article as: Ertürk Ç. & Mutuş R. Post-exercise auricular vagus nerve stimulation modulates autonomic and recovery responses in physically inactive young adults: a randomized controlled trial. *Sci Rep* (2026). <https://doi.org/10.1038/s41598-026-47143-z>

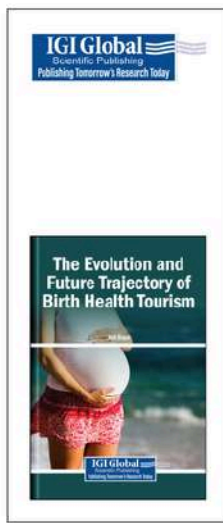
Çağrı Ertürk & Rifat Mutuş

**Bir alt başlık ekleyin**

We are providing an unedited version of this manuscript to give early access to its findings. Before final publication, the manuscript will undergo further editing. Please note there may be errors present which affect the content, and all legal disclaimers apply.

If this paper is publishing under a Transparent Peer Review model then Peer Review reports will publish with the final article.

# Book



## Certificate of Publication

This certificate is proudly presented to

*Asli Kaya*

In recognition of their outstanding research contribution to

*The Evolution and Future Trajectory of Birth Health Tourism*

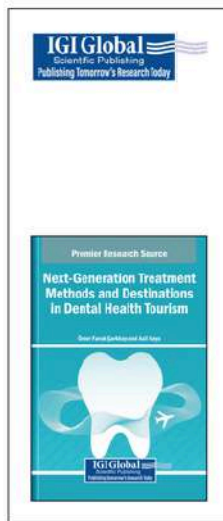
Published by IGI Global Scientific Publishing; ©2026

With gratitude for your dedication to advancing knowledge and scholarship.

Lindsay Wertman, President  
IGI Global Scientific Publishing



Within the scope of BKCI, the book entitled *The Evolution and Future Trajectory of Birth Health Tourism*, edited by Asst. Prof. Aslı KAYA, has been published by the international publishing house IGI Global.



## Certificate of Publication

This certificate is proudly presented to

*Asli Kaya*

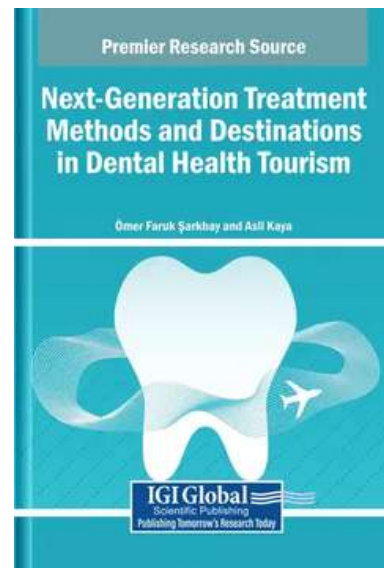
In recognition of their outstanding research contribution to

*Next-Generation Treatment Methods and Destinations in Dental Health Tourism*

Published by IGI Global Scientific Publishing; ©2026

With gratitude for your dedication to advancing knowledge and scholarship.

Lindsay Wertman, President  
IGI Global Scientific Publishing



Within the scope of BKCI, the book entitled *Next-Generation Treatment Methods and Destinations in Dental Health Tourism*, edited by Asst. Prof. Ömer Faruk ŞARKBAY and Asst. Prof. Aslı KAYA have been published by the international publishing house IGI Global.

# Book



New Publication from TCCUAM: “Gender and Violence”

The book Gender and Violence has been published. Prepared by Istanbul Gelisim University Press as a project of the Center for Gender Studies Application and Research (TCCUAM), the volume is an edited collection brought together under the editorship of Assistant Professors Selda TUNÇ SUBAŞI and Seyra KESTEL, and Associate Professor Diler Ezgi TARHAN. It features contributions from numerous authors across different faculties and departments of the university.

The book examines the relationship between gender and violence from an interdisciplinary perspective, opening up discussion on the structural, cultural, and political dimensions of violence.

Published as an open-access work, the volume also includes a chapter by Dr. Yonca Güneş YÜCEL from the Department of Social Work, Faculty of Health Sciences at Istanbul Gelisim University, titled: “Between Suspicion and Burden of Proof in Violence: The Primacy of Women’s Testimony.”

You can access the book here:

<https://acikerisim.gelisim.edu.tr/server/api/core/bitstreams/cbf0e119-98f2-4f23-a7cb-9b064eb70661/content>

# Presentation



Asst. Prof. Aslı KAYA, a faculty member in the Department of Health Management, Faculty of Health Sciences at Istanbul Gelişim University, presented an oral paper entitled “A Literature Review on National and International Studies in the Family Business Literature,” co-authored with Independent Researchers Dr. Aslı ERCAN ÖNBIÇAK and Dr. Hikmet Emir ÖNBIÇAK, at the 11th Family Business Congress held on April 1–2, 2026, hosted by the Faculty of Economics and Administrative Sciences at Istanbul Kültür University.

# Presentation



The paper entitled “Digital Accounting, Artificial Intelligence, Big Data, and Automation in Accounting Systems,” co-authored by Asst. Prof. Aslı KAYA from the Department of Health Management, Faculty of Health Sciences, and Asst. Prof. Mehmet Yakut ŞİRİN from the Department of Business Administration, Faculty of Economics and Administrative Sciences at Istanbul Gelişim University, was presented as an online oral presentation at the International Symposium on Accounting, Auditing, and Research Design, organized by the Faculty of Economics and Administrative Sciences at Mardin Artuklu University on April 9–11, 2026.

# Presentation

## Istanbul Gelisim University Department of Speech and Language Therapy Participated in the 7th Otology & Audiology Congress

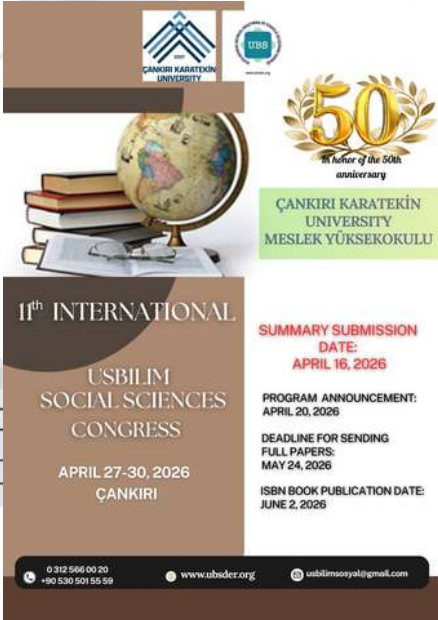


Lecturer Seda KETEN, a faculty member at the Department of Speech and Language Therapy, Faculty of Health Sciences, Istanbul Gelisim University, and her students achieved a significant success at the 7th Otology & Audiology Congress held on April 18-19, 2026. The study titled "Investigation of the Relationship Between Voice Fatigue and Voice-Related Quality of Life in Individuals Working in the Textile Industry," conducted under the supervision of Seda Keten, was awarded first prize for oral presentation at the congress. The authors of the study include Seda Keten, a lecturer at the Department of Speech and Language Therapy, Istanbul Gelisim University, and her students Şüheda Acar, Şevval Bektaş, Fatma Kübra Sönmez, and Emre Can Duran, while Ertuğrul Gençtürk also contributed to the research.



Within the scope of the congress, a second oral presentation titled "Investigation of the Relationship Between Early Literacy Skills and the Early Literacy Home Environment in Children Aged 60-72 Months with Cochlear Implants" was also presented. This study included Seda Keten, Reyhan Tornacı, Şule Anar, and Nilay Hanoğlu from Istanbul Gelişim University, along with Ertuğrul Gençtürk from Istanbul Topkapı University and Mustafa Çelik from the Audiology Department of Istanbul Gelişim University. Furthermore, Seda Keten gave a presentation on Speech Sound Disorders at the Childhood Language Disorders Panel held within the congress. This success achieved at the congress, which highlighted scientific sharing and interdisciplinary collaborations, is an important indicator of the university's approach to supporting academic productivity and student participation.

# Presentation



11<sup>th</sup> INTERNATIONAL  
USBİLİM  
SOCIAL SCIENCES  
CONGRESS  
APRIL 27-30, 2026  
ÇANKIRI

SUMMARY SUBMISSION  
DATE:  
APRIL 16, 2026

PROGRAM ANNOUNCEMENT:  
APRIL 20, 2026

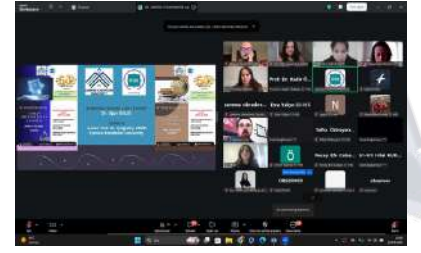
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MAY 24, 2026

ISBN BOOK PUBLICATION DATE:  
JUNE 2, 2026

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Asst. Prof. Aslı KAYA, a faculty member in the Department of Health Management, Faculty of Health Sciences at Istanbul Gelişim University, delivered an oral presentation entitled “Mapping the Scientific Landscape of Medical Tourism: A Bibliometric Study” at the 11th International USBİLİM Social Sciences Congress, held on April 27–30, 2026, and hosted by the Vocational School of Çankırı Karatekin University.

# Presentation

## A Study on Coaches' Voice Use and Vocal Hygiene Was Presented at the 1st International Congress of Voice Therapy

Research Assistant Esra EROL from our Faculty's Department of Speech and Language Therapy, together with Prof. Dr. Müge Müzeyyen Çiyiltepe, Head of the Department of Speech and Language Therapy at İstinye University, and Lecturer Mücteba Fatih Çetiner, presented their study entitled “An Investigation of Coaches' Knowledge Levels Regarding Voice Use and Vocal Hygiene” at the 1st International Congress of Voice Therapy with International Participation, held on 20–21 April at Istanbul Medipol University.

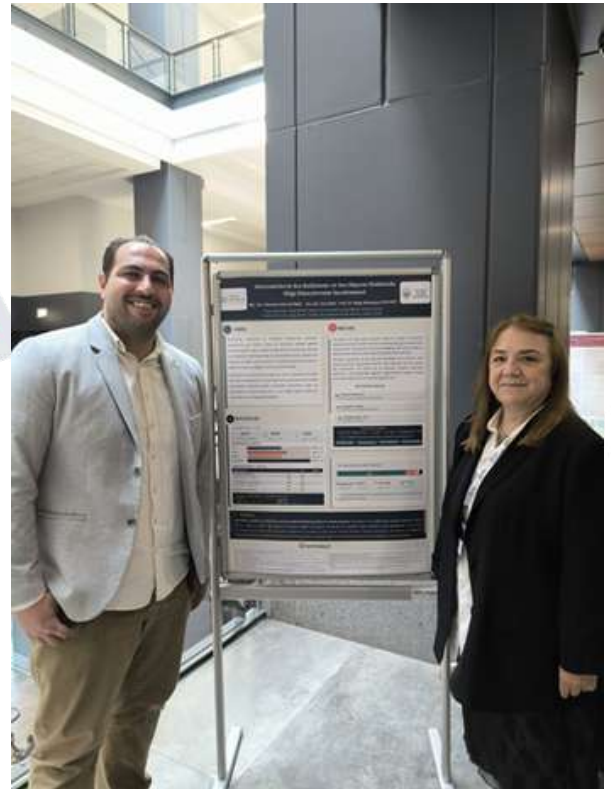


**Antrenörlerin Ses Kullanımı ve Ses Hijyeni Hakkında Bilgi Düzeylerinin İncelenmesi**  
Öğr. Gör. Mücteba Fatih ÇETİNER<sup>1</sup>, Arş. Gör. Esra EROL<sup>2</sup>, Prof. Dr. Müge Müzeyyen ÇİYİLTEPE<sup>3</sup>

**1 GİRİŞ**  
Antrenörler, antrenman ve müsabaka ortamlarında sporcuları yönlendiren, genel bilgilere erişim ve motivasyonu artırma sağlama amacıyla seslerini yoğun şekilde kullanan profesyonel ses kullanıcılarıdır. Özellikle güçlüğü ve açık seslerle çalışırken, yüksek sesli konuşma ve bağırma gibi durumlar, bu meslek grubunda ses kullanımını artırarak ses sağlığını riske atmaya sebep olmaktadır.  
Profesyonel ses kullanıcılarında sesin ses hijyeni alışkanlıkları ve doğru ses kullanım davranışları, ses kullanılışını etkili ve sürdürülebilir kılmaktadır. Bununla birlikte, literatürde antrenörlere özgü ses farkındalığı, ses hijyeni alışkanlıkları ve ses sağlığı bilgilendirme çalışmalarını kapsayan yeterli sayıda çalışma yoktur.

**2 METOD**  
Tanımlayıcı ve bilgi düzeyi kesitsel araştırma modeli ile yapılan çalışmanın amacı, antrenörlerin ses kullanımı ve ses hijyeni konularındaki bilgi düzeyini belirlemektir. Araştırmaya 18-60 yaş aralığında, aktif olarak çalışan ve gönüllü olarak katılmaya kabul edilen 30 antrenör dahil edilmiştir.  
Niteliksel, pozitiflik ya da ölçül ses kullanılışını tanımlayan, aktif ses kullanımı ve ses hijyeni konularında yapılan sorularla araştırma yapılmıştır. Üç soruların her birine ses hijyeni bilgilendirme araçları Google Formu aracılığıyla çevrimiçi olarak uygulanmıştır.

**3 BULGULAR**  
KATILIMCI PROFLU: n=30  
Yaş ort. 37.50 (SD=10.45) %60 Erkek (n=18) %40 Kadın (n=12)  
Antrenörlük türüne göre dağılımı:  
Futbol 10 (%33.33), Basketbol 10 (%33.33), Voleybol 5 (%16.67), Tenis 5 (%16.67)  
KAYNAKÇA





# TÜBİTAK

## TÜBİTAK SCIENCE TALKS



Within the framework of TÜBİTAK Science Talks, Asst. Prof. Aslı KAYA, a faculty member at İstanbul Gelişim Üniversitesi, delivered a presentation entitled “Next-Generation Financial Literacy and Digital Financial Literacy for Youth” at Enesler Anadolu İmam Hatip Lisesi, located in the Çerkezköy district of Tekirdağ.

During the event, the essential financial knowledge and competencies required of individuals within an increasingly digitalized financial ecosystem were comprehensively addressed. Particular emphasis was placed on the importance of fostering informed, analytical, and sustainable financial decision-making among young individuals. Furthermore, the event aimed to enhance awareness regarding the effective and secure use of digital financial tools.

The talk was designed to contribute to the improvement of students’ financial literacy levels and was received with considerable interest by the participants.



April 19–25

## Libraries Week

### **Asst. Prof. Emrah Tüncer Shared His Reading Journey in the Conference Titled “On the Road to the North: 12 Books, 7 Libraries, One (In)ternal Narrative”**

Asst. Prof. Emrah Tüncer, a faculty member of the Department of Social Work, shared his reading journey with participants through books, libraries, and the metaphor of the North in the conference titled “On the Road to the North: 12 Books, 7 Libraries, One (In)ternal Narrative.”

The 26th event of the Library Conferences series, organized by the Istanbul Gelişim University Library and Documentation Department, was held under the title “On the Road to the North: 12 Books, 7 Libraries, One (In)ternal Narrative.” The event was moderated by Ahmet Şenol Armağan, Head of the Library and Documentation Department, and featured Asst. Prof. Emrah Tüncer from the Faculty of Health Sciences, Department of Social Work, as the speaker.

Beginning his talk with the symbolic and metaphorical meanings of directions, Tüncer stated that the East is associated with awakening and the origin of wisdom, the West with endings and boundaries, and the South in some texts with passion, chaos, and impulsive domains. Although the North is often associated with ice, cold, and darkness, Tüncer emphasized that this meaning should not be confined to negative connotations. He evaluated the North as a movement beyond the comfort zone, a turning toward truth, and an opening into one’s inner journey. Highlighting that in Scandinavian and Greek mythology the North is sometimes linked with sacred spaces, Tüncer summarized the main theme of the event with the words: “A person needs a direction to connect themselves with a place.”

Rather than a theoretical lecture, the conference unfolded as a personal journey of reading and memory. Tüncer shared how the books he encountered in various libraries—such as Şile 50th Year High School Library, Erzurum Provincial Public Library, Istanbul University Library, ISAM Library, İBB Atatürk Library, and Istanbul Gelişim University Library—left traces in his life. Works such as *The Samovar* by Sait Faik Abasıyanık, *Hunger* by Knut Hamsun, *The Cherry Orchard* by Anton Chekhov, *Jamila* by Chinghiz Aitmatov, *Twenty Days Without War* by Konstantin Simonov, *Mesopotamia Trilogy* by Murathan Mungan, *North* by Burhan Sönmez, *The Cat and Death* by Erhan Bener, *The Sense of an Ending* by Julian Barnes, and *Cherry Blossom Cologne* by Mustafa Çiftçi formed the core of the talk.

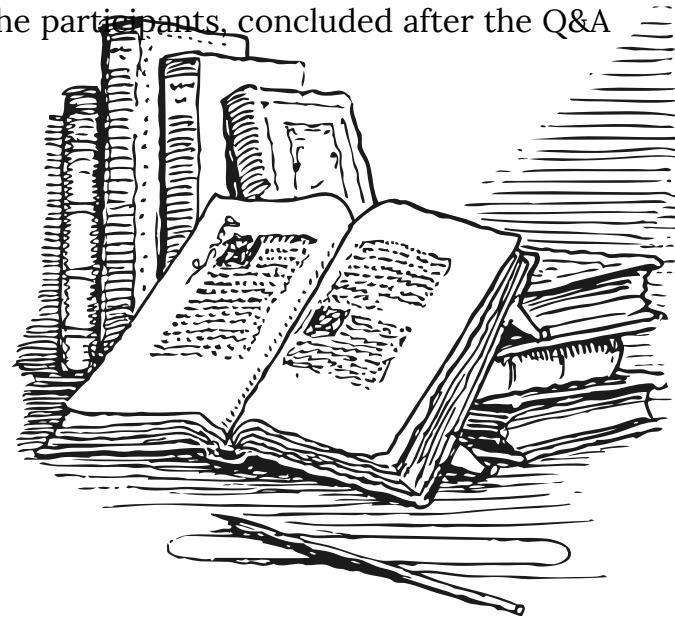


Tüncer did not approach these selected books solely from a literary perspective; he also evaluated them through their connections to processes of self-completion, growth, confrontation, and the search for truth. In this context, he referred to concepts such as *Vollendungsroman*, *Bildungsroman*, and the infinite journey of the hero, explaining how books can intersect with personal narratives. Interpreting Burhan Sönmez's *North* in particular as "an effort to seek truth rather than a journey of arrival," Tüncer stated that going North signifies overcoming taboos and confronting one's inner boundaries.

In his speech, Tüncer also drew attention to the healing role of books and libraries in an individual's life, stating: "Books and libraries can sometimes become our collective shelters." Describing libraries as "places where one finds healing," he added: "A person somehow begins to find themselves where they feel most lost; going North corresponds to such a place for me. Getting lost feels good. I believe everyone should have a North Star. I think novels that resonate with the human soul are important companions at the thresholds of life." With these words, he emphasized the role of reading in personal transformation.

The event, which was followed with great interest by the participants, concluded after the Q&A session.

[Click](#) to access the video recording of the event.



# The “Digital Parenting” seminar held in Esenyurt attracted great interest

On April 08, 2026, a seminar titled “Digital Parenting: Parental Guidance in the Digital World” was held at the Esenyurt Public Education Center by Assoc. Prof. Nurten ELKİN and Res. Asst. Şebnem ÇELİK UÇURAN.

The seminar addressed topics such as digital media use, digital parenting approaches, and sharenting. In addition, key principles aimed at raising awareness about potential risks in digital environments, safe internet use, and the protection of children’s privacy were emphasized.

The event, which saw high participation, began with an opening speech by Assoc. Prof. Nurten Elkin, who drew attention to both the opportunities offered by the digital world and the risks it brings. **In her speech, it was emphasized that digital media facilitates children’s access to information, supports learning processes, and enhances opportunities for social interaction, while uncontrolled use may create various risks for both parents and children.**



Within the scope of the seminar, Res. Asst. Şebnem Çelik Uçuran highlighted the role of parents in raising children as safe and conscious individuals in digital environments. **She emphasized the importance of parents recognizing the digital world within the scope of digital parenting, monitoring their children’s digital content consumption, guiding them, and setting age-appropriate boundaries.** She also stated that in the absence of adequate parental guidance, children may face risks such as cyberbullying, privacy violations, and digital addiction. Additionally, she underlined that parents should serve as role models in the digital world and emphasized the necessity of protecting children’s privacy by addressing the long-term effects of sharing children’s content on social media.

The seminar, which received active interest from participants, concluded with a question-and-answer session. **At the end of the event, participants stated that they had gained awareness about guiding their children in the digital world.**

# LESS WASTE, MORE HEALTH

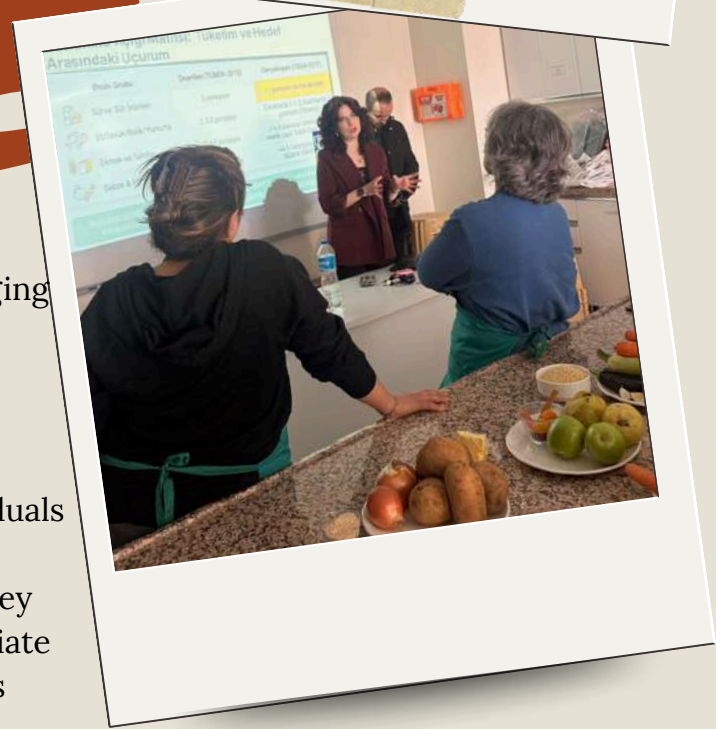
## A MENU WORKSHOP FOR OLDER ADULTS

The “Less Waste, More Health: A Menu Workshop for Older Adults,” organized by the Department of Nutrition and Dietetics at the Faculty of Health Sciences, Istanbul Gelisim University, was held on Thursday, April 9, 2026, in the Nutrition Principles and Practices Laboratory.

Within the scope of the workshop, the importance of balanced and adequate nutrition in line with the changing physiological needs of older adults was addressed, and menu planning principles for this population were comprehensively evaluated. Throughout the event, participants gained theoretical knowledge on planning meals suitable for the nutritional needs of older individuals and had the opportunity to put this knowledge into practice through hands-on activities. In this context, key criteria such as nutrient balance, digestibility, appropriate portion sizes, and ease of consumption for older adults were taken into consideration in the prepared menus.

In addition, sustainable nutrition approaches and practices aimed at reducing food waste were also discussed. The menus were designed in accordance with sustainability principles, taking into account efficient use of resources, minimization of food waste, and environmentally friendly food choices. In this respect, the event contributed to addressing the relationship between individual dietary behaviors and environmental sustainability from a holistic perspective.

The workshop aimed to both raise awareness of nutrition for older adults and to develop knowledge and skills related to sustainable, waste-reducing culinary practices.



# Physiotherapists Day in Turkey Celebrated with Enthusiasm at IGU

A meaningful event was organized by the Physiotherapy and Rehabilitation Department of Istanbul Gelisim University (IGU) on April 8, 2026, within the scope of Physiotherapists Day in Turkey. The opening speeches of the program, which was attended by approximately 120 students, were delivered by Prof. Dr. Mustafa NIZAMLIOGLU, Dean of the Faculty of Health Sciences at IGU, and Prof. Dr. Zuhâl KUNDURACILAR, Head of the Physiotherapy and Rehabilitation Department.



## The Past, Present, and Future of Physiotherapy Were Discussed

Following the opening speeches of the event, Prof. Dr. Bilsen SİRMEN, one of the pioneers of the profession and a former head of the department, delivered her presentation titled "The Past, Present, and Future of Physiotherapy." Addressing the development process of the field of physiotherapy in Turkey, Prof. Dr. Sirmen shared the historical foundations of the profession as well as her perspectives on its future with the participants. The attendance of one of Prof. Dr. Bilsen SİRMEN's first patients added a meaningful moment to the talk, and at the end of the program, a certificate of appreciation was presented to Prof. Dr. Sirmen.

## Current Issues of Physiotherapists and Future Vision Were Discussed

As part of the event, Lecturer Nafiz KOPARAN, the Istanbul Provincial Representative of the Turkish Physiotherapists Association, delivered a speech providing detailed information about the association's current activities, academic publishing efforts, and its contributions to field-related regulations. The talk, which also addressed the current issues of the physiotherapy profession and proposed solutions, was followed with great interest by the students. Following the Q&A session, a certificate of appreciation was presented to Lecturer Nafiz KOPARAN.



## Sports Physiotherapy and Rehabilitation Processes Explained at IGU

The third guest of the event was Specialist Physiotherapist Berkay SARIOĞLU, physiotherapist of the Turkish National Gymnastics Team. Sarioğlu shared his experiences in the field of sports physiotherapy and his involvement in national team processes with the participants. Subsequently, Lecturer Hande Besna GÖÇEN, a faculty member of the Physiotherapy and Rehabilitation Department at the Faculty of Health Sciences of IGU, presented current approaches to the prevention and rehabilitation of shoulder injuries in athletes. In the continuation of the program, Research Assistant Iremnur GÜNHAN from the same department delivered a presentation on adaptive sports and the Paralympic field. In her presentation, Research Assistant Iremnur GÜNHAN emphasized the importance of sports in the rehabilitation of individuals with special needs and highlighted the critical role of physiotherapists in this process.

## The Importance of Physiotherapy Emphasized by Students

The closing speech of the event was delivered by Asst. Prof. Hüsnüye Merve DEMİRER, Vice Head of the Physiotherapy and Rehabilitation Department at the Faculty of Health Sciences of IGU. As part of the program, IGU Physiotherapy and Rehabilitation Department students Ceren YAMAN and İlksen Feyza GERALI also took the floor and shared their thoughts and feelings regarding the significance of the day. Drawing particularly on examples from their sports backgrounds, the students emphasized the importance of physiotherapy in their lives. Istanbul Gelisim University, which places importance on contributing to the professional development of its students and strengthening academic knowledge sharing through the events it organizes, continues to raise awareness in the field of physiotherapy.

# INCLUSIVE SPORTS: FROM REHABILITATION TO THE PARALYMPIC PEAK

The presentation titled “Inclusive Sports: From Rehabilitation to the Paralympic Peak,” delivered by Research Assistant İremnur GÜNHAN from the Department of Physiotherapy and Rehabilitation (English), Faculty of Health Sciences at Istanbul Gelisim University, was organized within the scope of April 8th, Physiotherapists’ Day, highlighting that sports are not only a physical activity but also a powerful rehabilitation tool. The presentation emphasized the importance of physical activity during childhood, underlining that regular exercise at an early age supports motor development, balance, coordination, and muscle strength. In addition, sports were addressed as a multidimensional contributor to development, enhancing not only physical health but also social interaction and psychological well-being. It was noted that participation in sports helps children build self-confidence, improve communication skills, and enhance overall quality of life.

In line with current literature, it was highlighted that sports are not limited to healthy individuals. With appropriately structured and individualized programs, children with neurodevelopmental disorders can actively participate in sports activities. Such participation has been shown to lead to significant improvements in functional capacity, balance, and independence. Moreover, the negative impact of sedentary lifestyles on individuals with disabilities was emphasized, and sports were presented as a key strategy to break this cycle. The presentation also provided an overview of Paralympic sports, noting that disciplines such as athletics, swimming, boccia, goalball, and para-equestrian can be adapted according to different types of disabilities. In this context, the crucial role of physiotherapists was highlighted, from comprehensive assessment to individualized exercise planning and preparation for sports participation. It was further emphasized that integrating physiotherapy with sports and incorporating exercise into play increases participation and adherence to rehabilitation programs. This approach enables children to move beyond the identity of being a “patient” and adopt the identity of an “athlete,” thereby accelerating psychosocial rehabilitation.

In conclusion, sports for individuals with disabilities are not merely recreational activities but effective clinical interventions that support holistic health, encompassing physical, psychological, and social dimensions. Early identification and appropriate guidance toward suitable sports branches can lead to long-term and sustainable improvements in both motor development and quality of life.



# Healthy Nutrition Activity in Kindergarten: Children Learned Food Groups Through Games

In a nutrition activity held at a kindergarten in Istanbul, children aged 3–5 learned the basic principles of healthy eating through an engaging and interactive educational program. The event was conducted with the participation of Asst.Prof. Hande Nur ONUR OZTURK, a faculty member of the Department of Nutrition and Dietetics at the Faculty of Health Sciences, Istanbul Gelisim University. During the activity, children were introduced to food groups and the importance of balanced nutrition.

The concept of balanced nutrition was explained in a simple and understandable way, emphasizing that different food groups should be consumed together for the body to function properly. Food groups were introduced using the Healthy Eating Plate model. Foods that provide energy included grains such as bread, rice, pasta, and potatoes. Foods that support growth and development included protein sources such as milk, yogurt, eggs, meat, and fish. Fruits and vegetables were explained as foods that help protect the body from illnesses.

To ensure active participation, the program incorporated game-based learning methods. During the “Healthy Plate” activity, children created their own balanced plates using different food illustrations. Asst.Prof. Hande Nur ONUR OZTURK stated that eating habits developed during early childhood form the foundation of healthy behaviors that continue throughout life. She emphasized that educational activities like this help children build a positive relationship with food. The event concluded as an interactive experience in which children both enjoyed themselves and learned the basic concepts of healthy nutrition.



# *The Addiction Prevention Coordination Office of IGU held a workshop titled "Alcohol Addiction: Escape, Habit, and the Cycle."*

*In collaboration with the IGU Addiction Prevention Coordination Office and the Dean's Office of Students, a workshop titled "Alcohol Addiction: Escape, Habit, and the Cycle" was held for students on the 17th floor of Gelisim Tower. The workshop, led by Assoc. Prof. Dr. Nurten ELKIN, a faculty member of the Istanbul Gelisim University Faculty of Health Sciences and the IGU Addiction Prevention Coordinator, covered addictions, particularly alcohol addiction, prevention, and treatment approaches through a case presentation. The interactive event, which involved student participation, concluded with a question-and-answer session.*



ISTANBUL GELISIM UNIVERSITY

**HEALTHY DEVELOPMENT**

**Alcohol Addiction: Escape, Habit, and the Cycle**

Thursday  
02.04.2026  
12:00 - 13:00

Gelisim Tower,  
Student Center- 17th Floor

Assoc. Prof. Nurten ELKIN



# CULTURE-ART-LITERATURE



# A Vava Inouva

## A Lullaby, A Memory

*Sometimes a sound carries us to a place we have never known, yet the feeling we encounter there is surprisingly familiar. A Vava Inouva, performed by Idir, embodies precisely such an encounter. This song does not merely tell a story; it opens a door to a language, a culture, and a memory passed down through generations.*

The song is built upon a dialogue between a child, frightened in the darkness of night, and his father. Beginning with the plea, “Please, open the door for me,” this call symbolizes not only a physical door but also a longing for safety, protection, and belonging. In this respect, the work touches upon a universal emotion through a remarkably simple narrative.

One of the most distinctive features of A Vava Inouva is that it is performed in Berber (Amazigh), particularly in the Kabyle dialect—one of the languages that have faced the risk of gradual disappearance. This choice transforms the piece from a mere musical composition into a narrative that contributes to the visibility and continuity of a language. The lyrics bear the traces of “night narratives,” which hold a significant place in oral traditions. Indeed, A Vava Inouva is, at its core, a Berber lullaby.

Perhaps what makes the piece so compelling is our ability to grasp its emotional depth even without understanding its language. The fear of a child, the need for the presence of a parent, and the warmth of a home are experiences shared across humanity. Moreover, for many listeners, not only the meaning but also the script in which the lyrics are written belongs to an unfamiliar world. Yet, A Vava Inouva manages to establish a connection with its audience beyond the boundaries of language and writing.

*While listening to the song, it may be more meaningful to follow the emotion it carries rather than attempting to decipher the literal meaning of its words. In a quiet evening, dimming the lights and simply listening to the melody... imagining that child waiting at the door... and perhaps reflecting on the doors we ourselves are still waiting to be opened.*

[Click to listen ...](#)

Prepared by; [Res. Asst. Semanur OKTAY ALKAN](#)

# WORLD DANCE DAY

April 29



Students of the Istanbul Gelisim University (IGU) Dance Club successfully represented our university at the Avcılar Barış Manço Cultural and Arts Center on April 29, 2026, on the occasion of World Dance Day.

Öznur FARAÇOĞLU  
Gamze Nur BİLGİN  
Alara Şenay MARLALI  
Zeynep ORAN  
Esin NAZ  
Derya DERE  
Nisa GÜLSADIK

Yunus Emre PEKDEMİR  
Yunus Emre BORAZAN

Senior Engineer Muhammed OKUR

We congratulate our students and wish them continued success.



## AID AS A STATE OF BEING: ON HUMANITY WITH SEZI KALKAVAN

*Interview: Şerife Nur Karahan- Afra Kılıç-Melike Ertaş*



**What is the difference between who you were before starting this work and who you are today? How has witnessing human suffering so closely transformed the way you see the world?**

I don't remember much of who I was before starting this work because I've been doing it for so long. I define it not as a profession but as a "state of being." Yes, I work within civil society and run an association, but this journey began 25 years ago. At some point, the distinction between who I was and what I do disappeared. My identities merged. What I can say is this: the way I see the world has changed. I now understand pain, grief, absence, possession, and helping from a completely different place.



Sometimes aid is not a blanket, but a gaze





Changing the world may not be possible, but accepting it as it is shouldn't be either.

When we think of aid, we often think of bread, water, blankets. But from your observations in the field, what is the “invisible” thing people hunger for even more than physical needs?

What people long for most is to be “witnessed.” To know that someone is truly there for them. To feel a human-to-human connection without hidden agendas, without expectations, at eye level. This comes even before blankets, food, or education. Once that bond is established, trust follows, and support naturally grows from there.

– Do people need to speak the same language or share the same pain in order to be united?

No. People don't actually communicate through words. In fact, words are often where misunderstandings begin. There's no need for constant explanations. When a genuine connection is formed and trust is built, language becomes irrelevant. I've worked in many different geographies and have never truly felt language to be a barrier.

– At the end of this journey, what kind of legacy should the Şimdi Association leave behind?

I don't know. We can't control the outcome. We can't fully know what lies at the end of the road. What we do have control over is our intention and our effort toward it. For me, this is also a personal journey. Along the way, we meet many people and learn together. Sometimes a story lasts a lifetime, and then inspires others. I live and tell my own story, and those who become part of it add their own meanings. In the end, they all converge somewhere.

– What do you think leads a person to try to change the world?

People often ask me, “How do you endure so much suffering?” And I reply, “I do this because I cannot endure it.” Changing the world may not be possible, but neither is accepting it as it is. Believing that something better is possible—hope, necessity, and courage... On this path, people discover their own strength.



– What keeps you going under such difficult conditions?

Everything a person does, in a way, is for themselves. Being part of something hopeful and meaningful makes me feel good. We don't win everything, but what we can achieve is incredibly valuable. A child finishing school, a mother building a life, a school being opened, a water well flowing... These are what get me back on my feet the next day.

– What advice would you give to students at the beginning of their social work journey?

Whatever you do, do it with compassion. There is always a compassionate way. While trying to protect ourselves professionally, we sometimes become hardened—but that's not necessary. “Do not hurt, and do not be hurt” is an important principle for me. Do this work without harming yourself or others. Without respect, no form of help has meaning.

– It is often said that the poorest are the most affected by disasters. How do you observe this in the field?

That's true. Disasters affect everyone, but the most disadvantaged are affected much more severely. The real difference emerges afterward. In rebuilding, accessing resources, and starting a new life, those in poverty have far more limited means.

– Why is your association called “Şimdi” (Now)?

Because we have no power over the past—it's gone. The future is uncertain. The only thing we can control is the present—what we do right now, how we act. That's why “now” is such a dynamic and powerful word.


– Why is it important for social work students to be active in the field?

Because theory alone is not enough. Nothing can replace field experience. If you stay only with theory, you memorize; if you stay only with practice, you lose direction. The two must go hand in hand. Being in the field is highly educational, but it's equally important to maintain boundaries and professional ethics.



According to Sezi Kalkavan, the deepest human hunger is not physical: it is to be seen, to be heard, to be witnessed.





- Is there a moment when you said, “I’m so glad I do this work”?

Not just one moment—I say it every day. But especially when I see children we met as babies in Africa grow up and reach university age, and I can have conversations with them... Those are the moments I truly feel it.

- If you had a message for young people, what would it be?

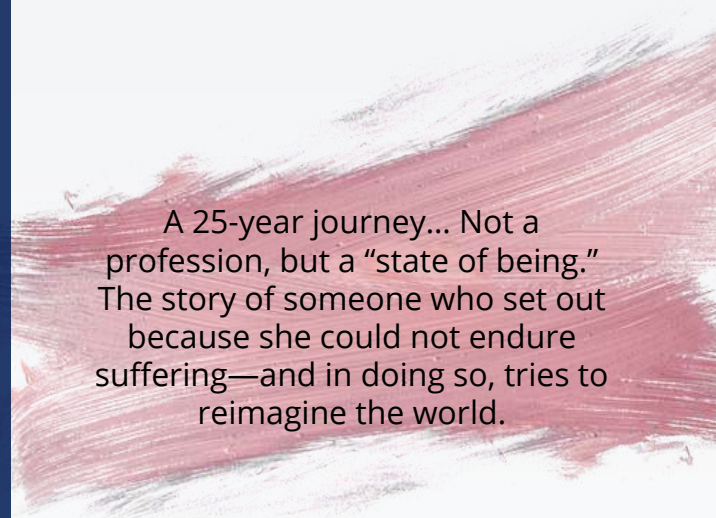
Mind, effort, and heart must go together. But that effort must be the right kind. Otherwise, you end up running around aimlessly. Your thoughts and plans (mind), your actions (effort), and what you believe in (heart) must align.

- What takes a person to the other side of the world?

You don’t need to go to the other side of the world. The greatest journey is understanding another human being. Changing a perspective, a meaning within a single story. Sometimes the journey is visiting a museum in your own city or exploring a new neighborhood. It is, essentially, a journey of witnessing another person. So don’t aim for the farthest place—aim for what’s right in front of you. Because there is so much we fail to see right under our noses.

- Should social work students work in civil society?

Yes, absolutely—but with awareness of their boundaries. With empathy, but without forgetting that the story they witness does not belong to them. With proper planning and guidance, social workers can create a profound impact in society.



A 25-year journey... Not a profession, but a “state of being.” The story of someone who set out because she could not endure suffering—and in doing so, tries to reimagine the world.



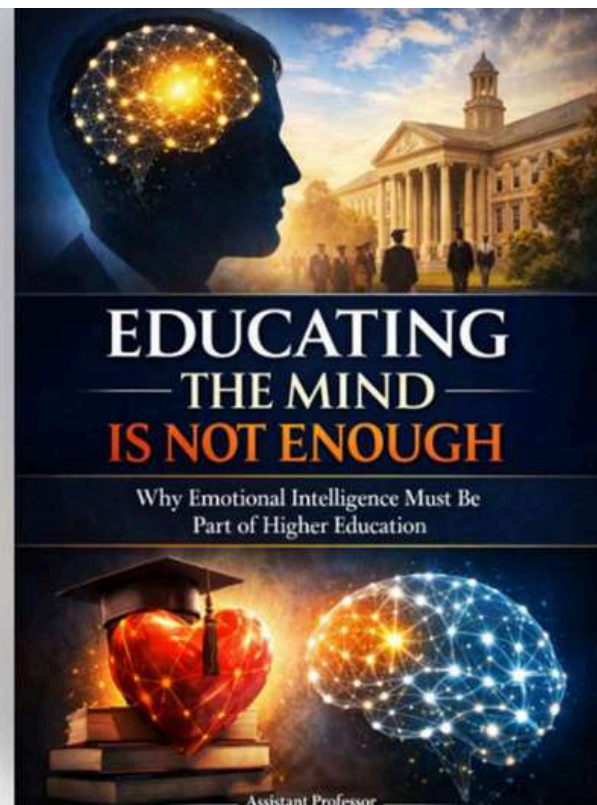
## Educating the Mind Is Not Enough: Why Emotional Intelligence Must Be Part of Higher Education

**Editor**

**Asst. Prof. HINA ZAHOOR**

Dear Readers,

In today's complex and interconnected world, the ability to understand and manage emotions is just as important as intellectual knowledge. *Educating the Mind Is Not Enough: Why Emotional Intelligence Must Be Part of Higher Education* explores how emotional intelligence (EI) plays a vital role in academic success, professional development, and effective leadership. This book was written with the goal of bridging the gap between theory and practice. It introduces foundational models of EI, including ability-based and trait-based approaches, and demonstrates how these frameworks can be applied across diverse fields such as education, healthcare, and organizational leadership. By providing evidence-based insights, practical strategies, and real-world examples, this work shows how EI contributes to better decisionmaking, stronger interpersonal relationships, and enhanced personal resilience. Throughout the chapters, readers will find a careful balance of conceptual discussion and actionable guidance. The text is designed to be accessible for educators, students, healthcare professionals, and organizational leaders, helping them to recognize the importance of emotional awareness, empathy, and effective communication in their respective fields. It is my hope that this book inspires both reflection and action. By understanding and cultivating emotional intelligence, readers can not only improve their own performance and well-being but also positively influence the people and environments around them. I wish you an engaging and enlightening reading experience. Sincerely,





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



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



LinkedIn -  
IGU ALUMNI AND  
MEMBERS COORDINATOR

Dear IGU Alumni,  
To benefit from the Virtual Alumni Card and membership privileges, it is sufficient to complete the membership form in full and upload your photograph to the relevant section. IGU Alumni Card holders have the opportunity to use the campus library, attend alumni events, benefit from advantages in DGS-ALES courses and postgraduate education, obtain discounts and privileges at many institutions and businesses, and take advantage of online certified trainings and various trainings and seminars free of charge or at a discount. They can also benefit, on a priority and discounted basis, from the trainings, seminars and career support offered by the Career Center and IGUSEM.



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Acting Dean of the Faculty of Health Sciences

Asst. Prof. Funda PEHLEVAN KARABIYIK

Vice Dean of Faculty of Health Sciences

Asst. Prof. Sultan ÇAKMAK TANRIVER

Vice Dean of Faculty of Health Sciences

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Asst. Prof. Aslı KAYA

Asst. Prof. Tuğba TÜRKCAN

Res. Asst. Semanur OKTAY ALKAN

Res. Asst. Onur Zeki ANILGAN

Res. Asst. Aişe Büşra CİĞER

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