



Faculty of Health Sciences



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JANUARY

"No matter what anyone says, words and ideas can change the world."

Dead Poets Society, 1989

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January 1: New Year's Day

January 1-31: Cervical Cancer Awareness Month

January 5-11: Tuberculosis Education and Awareness Week

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

January 16: World Hygiene Day

January 24-31: World Leprosy Week

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Innovative Art & Movement-Based Workshops for Children with ASD Begin Under TÜBİTAK 4008 Science and Society Program



Faculty of
Health Sciences

Leadership, Management, Quality

Implemented in collaboration with the Esenyurt District Directorate of National Education and coordinated by Psychologist Başak Tohumcu, a new TÜBİTAK 4008 project is launching to support children aged 8–13 diagnosed with Autism Spectrum Disorder (ASD) through interactive scientific learning and holistic development activities.

Implemented in collaboration with the Esenyurt District Directorate of National Education and coordinated by Psychologist Başak Tohumcu, a new TÜBİTAK 4008 project is launching to support children aged 8–13 diagnosed with Autism Spectrum Disorder (ASD) through interactive scientific learning and holistic development activities.

The project's expert training team includes Dr. Beyza Aşlı BİLSEL – Assistant Head of the Department of Occupational Therapy at Istanbul Gelisim University, and Research Assistant – Specialist Physiotherapist Ebru Durusoy. The educators will conduct workshops that incorporate art, music, painting, physical activity, creative drama, and movement-based activities, aiming to foster multidimensional developmental gains in participating children.

Project Objectives

Through these structured workshops, the project aims to:

- Enable children with ASD to discover scientific phenomena through experiential learning, igniting curiosity, research skills, and motivation to learn.
- Support cognitive, social, emotional, visual, gross motor, and communication skills through art- and movement-based approaches.
- Strengthen social participation, collaborative interaction, and adaptation to group environments through structured group-based activities.
- Contribute to the field of ASD education by providing scientifically supported good practice examples, adapting art and body-based approaches into educational contexts.
- Encourage the development of independent and active life skills by supporting participation in diverse physical and social environments.
- Involve families in the process to ensure workshop gains are generalized to daily life, while also increasing family awareness of developmental progress.

Peer-Supported Learning & Dissemination

The project also integrates joint activities with typically developing peers, allowing children with ASD to experience peer-assisted learning, enhance social interaction, and strengthen group cohesion.

Outcomes of the project will be disseminated to special education teachers and professionals, contributing to increased awareness of the effectiveness of art- and movement-based interventions in ASD education and encouraging widespread adoption of such approaches.



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Education, Instruction

Department of Child Development

The Chair Has Been Awarded the Title of 'Associate Professor'

The Head of the Department of Child Development in the Faculty of Health Sciences has been awarded the title of Associate Professor in the field of Medicine-Public Health.

Assoc. Prof. Dr. Nurten ELKİN, whose areas of expertise include family medicine, maternal and child health, adolescent health, and community mental health, stands out for her academic achievements and scientific contributions within the scope of the İGÜ Addiction Coordination Unit. Through her contributions to the Department of Child Development and her work in the field of addiction prevention and intervention, as well as the guidance she provides to students, she holds a significant and respected position. By means of her research and scholarly work in her areas of specialization, ELKİN continues to contribute to the scientific community and to actively pursue education, research, and community engagement activities within our university.

As the Faculty of Health Sciences at Istanbul Gelişim University, we congratulate Assoc. Prof. Dr. Nurten ELKİN on this significant achievement and wish her continued success in her academic career.

From Heel to Toe: Foot Health Awareness Panel

The “Foot Health Awareness Panel: From Heel to Toe,” organized through the collaboration of the Department of Physiotherapy and Rehabilitation and the Podiatry Program within the Faculty of Health Sciences at Istanbul Gelişim University, stood out with its multidisciplinary content addressing preventive, therapeutic, and rehabilitative aspects of foot health. Held on Thursday, December 25, 2025, between 09:00 and 13:00 at the İGÜ E Block Tusi Conference Hall, the event attracted significant interest with contributions from academicians and field experts.

The panel, jointly organized by the disciplines of Physiotherapy and Rehabilitation and Podiatry, was moderated by Prof. Dr. Zuhâl KUNDURACILAR. In her opening remarks, Prof. Dr. KUNDURACILAR emphasized that foot health should not be considered merely a local issue, highlighting its direct relationship with posture, balance, gait function, and overall quality of life. She underlined that interdisciplinary collaboration offers significant scientific and clinical contributions in both preventive healthcare services and rehabilitation processes. In the first session of the panel, Lecturer Almina DURMUŞ KOÇ (Head of the Podiatry Program and Head of the Department of Healthcare Services at İGÜ Vocational School of Health Services) delivered a presentation titled “Diabetes and the Foot,” comprehensively addressing the effects of diabetes on foot health. KOÇ discussed the roles of neuropathic and vascular factors in the development of diabetic foot and emphasized the critical importance of early assessment, regular follow-up, and patient education in preventing complications. The presentation was delivered alongside clinical cases and current approaches. In the second session, Lecturer Dr. Ayşe TORAMAN KARAGÜLMEZ (Zonguldak Bülent Ecevit University, Ahmet Erdoğan Vocational School of Health Services, Department of Healthcare Services, Podiatry Program) addressed the topic “Biomechanical Changes in the Geriatric Foot.” Structural and functional changes occurring in the foot during the aging process and their effects on pressure distribution, balance control, and fall risk were evaluated in light of scientific evidence. Preventive and supportive approaches aimed at improving quality of life in geriatric individuals were emphasized. In the third presentation, Research Assistant Gökay ÇAKIROĞLU discussed “Cardiopulmonary Rehabilitation and the Foot,” focusing on the impact of foot function on walking capacity, exercise tolerance, and functional independence. ÇAKIROĞLU emphasized that foot biomechanics should not be overlooked in cardiopulmonary rehabilitation processes and highlighted that multidisciplinary evaluation strengthens clinical outcomes. In the final session of the panel, Specialist Orthotist-Prosthetist Hamza SİNEN delivered a presentation titled “Orthotic and Prosthetic Expertise for Optimal Foot Health: The Critical Intersection of Physiotherapy and Podiatry.” Addressing the role of individualized orthotic and prosthetic applications in functional recovery in coordination with physiotherapy and podiatry, Sinen shared important practice-oriented insights through clinical examples.





**to IGU Department of Nutrition and Dietetics
Head Assoc. Prof. Hatice Merve Bayram**



First Prize from Pınar Institute

Assoc. Prof. Hatice Merve BAYRAM, Head of the Department of Nutrition and Dietetics at Istanbul Gelisim University (IGU) Faculty of Health Sciences, has been awarded First Prize within the scope of the 2025 Scientific Article Awards of the Pınar Institute. The Pınar Institute encourages high-quality studies that contribute to science and society in the fields of sustainable food, health, nutrition, and agriculture through these awards.

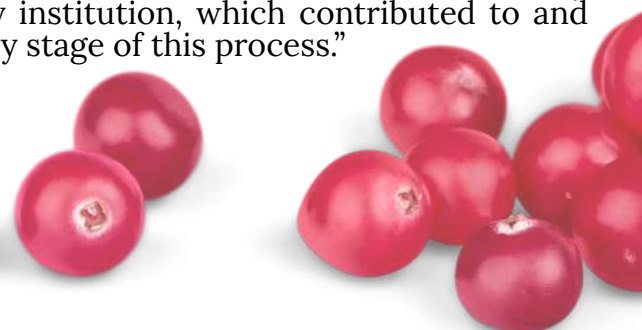
A Study Adding Value to Science, Society, and Practice

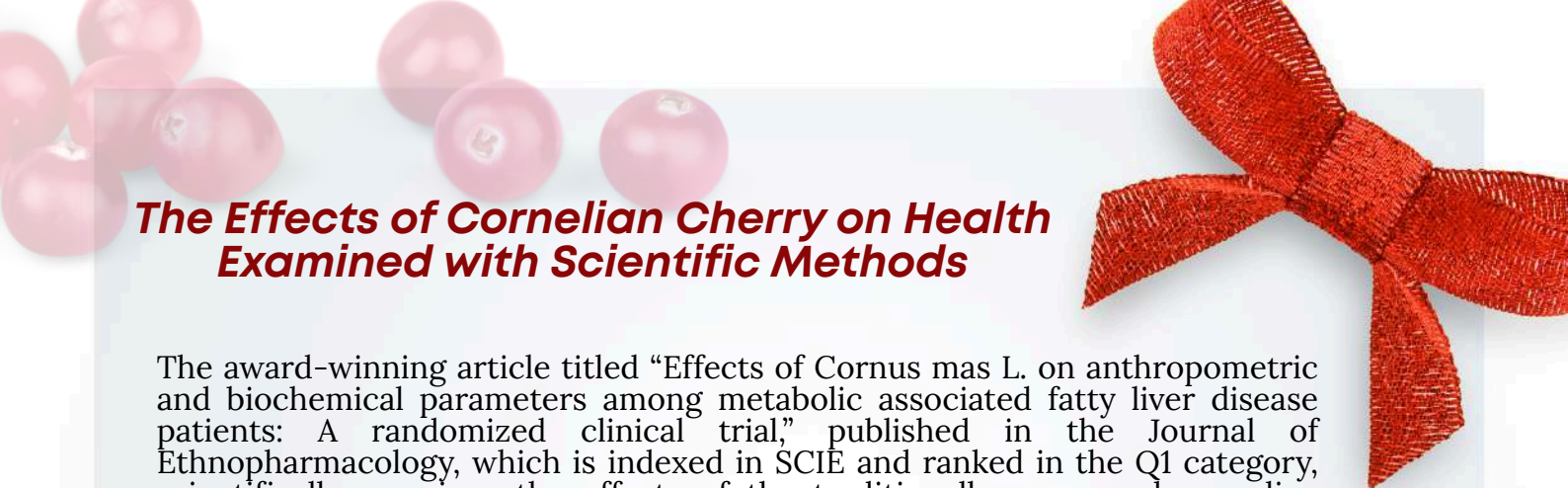
The Pınar Institute evaluates scientific articles published in peer-reviewed journals between 2021 and 2024 based on criteria such as contribution to science, social benefit, and applicability. While aiming to support research and education that contribute to the development of a healthy society, the Institute also seeks to encourage young researchers. The jury reviewed Assoc. Prof. Hatice Merve Bayram's work in line with these criteria and deemed it worthy of the first prize.



**“An Academic Environment That Makes
One Feel Safe Not Only Professionally but
Also Humanly”**

“This study, which I conducted as part of my doctoral thesis process at Marmara University, represents an important stage in my academic journey. Continuing this process at Istanbul Gelisim University has enabled me to produce work in an environment where I feel supported and secure not only professionally but also on a human level. The encouraging approach of my institution, its strong culture of solidarity, and its qualified academic sharing atmosphere have been an important source of motivation and strength in the patient maturation of my study and its transformation into a scientific publication. I would like to express my sincere thanks to my institution, which contributed to and supported me at every stage of this process.”





The Effects of Cornelian Cherry on Health Examined with Scientific Methods

The award-winning article titled “Effects of *Cornus mas* L. on anthropometric and biochemical parameters among metabolic associated fatty liver disease patients: A randomized clinical trial,” published in the Journal of Ethnopharmacology, which is indexed in SCIE and ranked in the Q1 category, scientifically examines the effects of the traditionally consumed cornelian cherry (*Cornus mas* L.) fruit on anthropometric and biochemical parameters in individuals with metabolic dysfunction-associated fatty liver disease, a condition common in society.

Today, there is no definitive drug treatment for metabolic dysfunction-associated fatty liver disease, which affects nearly one in every two adults in Türkiye. Experts emphasize that the main approach is based on nutrition and lifestyle changes. In this study, the effects of using cornelian cherry alongside nutritional therapy or alone on body measurements and biochemical parameters were examined in detail.

Clinical Research with Five Different Groups


The research was conducted across five different groups:

- Individuals receiving diet therapy and consuming cornelian cherry
- Individuals receiving only diet therapy
- Individuals consuming only cornelian cherry
- A group receiving no intervention
- A healthy control group

The research team provided cornelian cherry to participants in lyophilized powder form at a standardized dose and closely monitored possible side effects throughout the process. At the end of the eight-week intervention, the results revealed noteworthy findings.

The study results showed reductions in body weight, waist circumference, and body fat percentage in the groups consuming cornelian cherry and/or following a diet. Significant improvements were observed in blood glucose, insulin resistance, and cholesterol levels. Liver enzyme levels decreased, and even in the group consuming only cornelian cherry, blood glucose control improved. In contrast, the group receiving no intervention showed negative changes in many parameters.

IGU's Contribution to Public Health and Sustainable Nutrition



This research, which brought Assoc. Prof. Hatice Merve BAYRAM first prize, was highly appreciated by the jury due to its scientific evaluation of a local and traditional food, its presentation of a non-pharmacological and practical nutritional approach, its potential contribution to public health, and its sustainable nutrition perspective.

In these respects, the study demonstrates strong alignment with the Pinar Institute's goals of a healthy society and sustainable food systems, while once again highlighting Istanbul Gelisim University's active role in scientific production.

Baking Into the New Year: A Sweet Farewell

Event Held

The event titled “Baking Into the New Year: A Sweet Farewell,” organized in collaboration with the Department of Nutrition and Dietetics and the Sustainable Life and Nutrition Club under the coordination of Asst. Prof. Gizem UZLU, was held on December 31, 2025, between 11:00 and 13:00 at the Principles of Nutrition Laboratory, C Block.

The event aimed to provide senior students with a meaningful and memorable final laboratory experience through a New Year-themed practical activity focused on food preparation skills.

Within this scope, students worked in small groups to prepare New Year-themed cookies and various baked products. Throughout the preparation and baking stages, adherence to recipes and the application process were observed, followed by brief evaluations during the presentation of the final products.

The event concluded with a general evaluation carried out together with the students, New Year wishes, and a group photo session.

In this respect, the event aimed to strengthen student interaction, offer a symbolic closure to the academic process, and celebrate the transition to professional life in the field of nutrition and dietetics.

ACADEMIC STUDIES



Faculty of
Health Sciences

ARTICLE

Innovative Technologies in Stuttering Treatment: An Examination of Virtual Reality, Mobile Applications, Telerehabilitation, and Artificial Intelligence-Based Solutions

Research Assistant Esra EROL
https://doi.org/10.30319/gesim.2024.10000000

Or

Recent technological advances in the field of health services have been effectively applied to the evaluation and therapy processes of communication disorders in the domain of speech and language therapy. Within the framework of communication disorders, various technological interventions are also applied in the field of stuttering. Stuttering is defined as a speech disorder characterized by involuntary blocking, repetition, or prolongation of speech fluency, sounds, syllables, or words. A substantial body of epidemiological research has revealed that stuttering is a prevalent disorder on a global scale, with incidence rates as high as 1% in the paediatric population and up to 7% in adults. In the field of stuttering rehabilitation, technological applications play a pivotal role. These include virtual reality, mobile applications and telerehabilitation. Virtual reality (VR) is a technology that offers users realistic experiences in computer-generated three-dimensional environments and allows them to interact directly with these environments. In the context of stuttering therapies, this technology enables individuals to develop more effective coping strategies in challenging situations by simulating real-life speech scenarios. VR-based virtual simulations allow individuals with social anxiety to safely practice their social skills and reactions by interacting with realistic avatars in a virtual environment. Mobile applications represent a digital tool that can assist users in enhancing their speaking abilities and in comprehending stuttering-related situations they encounter in their daily lives. These applications offer individuals the opportunity to undertake speech therapy exercises at their own pace, to record their progress regularly, and to communicate easily with their therapists when necessary. Telerehabilitation has been identified as a potentially effective solution for individuals with limited access to health services, particularly those residing in remote areas, by providing easier access to rehabilitation services. The method, which can substitute for traditional face-to-face rehabilitation, enables individuals to continue their therapy processes uninterrupted through remote connection. Within this scope, a systematic literature review was conducted using PubMed, Google Scholar, Scopus, ResearchGate, YÖK Thesis and Web of Science databases between 2000 and 2024. Of the 55 studies identified, 13 met the inclusion criteria. Consequently, technological rehabilitation, and in particular virtual reality-based approaches, is regarded as a promising method in stuttering therapies. The findings obtained reveal that virtual reality-based rehabilitation applications can offer an innovative and successful solution in reducing social anxiety associated with stuttering.



Research, Development

The article entitled “Innovative Technologies in Stuttering Treatment: An Examination of Virtual Reality, Mobile Applications, Telerehabilitation, and Artificial Intelligence-Based Solutions”, co-authored by Research Assistant Esra EROL from the Department of Speech and Language Therapy at our Faculty and Assoc. Prof. Dr. Leyla Türker Şener from Istanbul University, Istanbul Faculty of Medicine, has been published in the Istanbul Gelisim University Journal of Health Sciences.

This study systematically examines current technological approaches used in the assessment and treatment processes of stuttering, including virtual reality, mobile applications, and telerehabilitation. Based on a literature review conducted across national and international databases between 2000 and 2024, the role of technology-based interventions in stuttering rehabilitation was evaluated. The findings particularly highlight that virtual reality-based applications support individuals' coping skills in challenging communication contexts by simulating real-life speaking situations and offer significant potential for reducing social anxiety associated with stuttering. Overall, the study indicates that technology-supported approaches should be considered as innovative and complementary methods in stuttering therapy.

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

ARTICLE

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Ignored by the boss: a moderated-mediation study of boss phubbing

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Introduction: This study investigates the workplace implications of boss phubbing (BP)—a managerial behavior in which supervisors prioritize smartphone use over face-to-face interactions with employees. Drawing on Expectancy Violation Theory (EVT), Social Exchange Theory (SET), and Leader-Member Exchange (LMX), BP is conceptualized as a negative relational signal that can undermine employees' job attitudes.

Methods: A moderated mediation model was tested to examine whether satisfaction with supervision (JDI) mediates the relationship between BP and job satisfaction, and whether power distance moderates the direct and indirect effects. Survey data were collected from 412 full-time employees and analyzed using PROCESS Model 7 with bootstrapping.

The article entitled “Ignored by the Boss: A Moderated-Mediation Study of Boss Phubbing,” authored by Asst. Prof. Bumin Çağatay AKSU from the Department of Health Management of our Faculty, in collaboration with Prof. Dr. Serdar BOZKURT from Yıldız Technical University, and Prof. Dr. Ayşe GÜNSEL, Assoc. Prof. Dr. Gönül KONAKAY, Res. Assist. Jale BALKAŞ, and Res. Assist. Mehmet TAŞ from Kocaeli University, has been published in the journal Frontiers in Psychology.

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

ARTICLE

The article entitled “The Impact of Artificial Intelligence-Supported Knowledge Sharing and ESG-Oriented Human Resource Strategies on Employee Well-Being and Performance: A Holistic Model Proposal for Sustainable Organizational Value Creation,” co-authored by Asst. Prof. Ömer Faruk ŞARKBAY and Asst. Prof. Aslı KAYA from the Department of Health Management of our Faculty, has been published in the Journal of Natural Life Medicine.

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ATURAL LIFE MEDICINE



Yapay Zekâ Destekli Bilgi Paylaşımı ve ESG Odaklı İnsan Kaynakları Stratejilerinin Çalışan Refahı ve Performansı Üzerindeki Etkisi: Sürdürülebilir Örgütsel Değer Yaratımı İçin Bütüncül Bir Model Önerisi

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ÖZET

Yapay zekâ tabanlı bilgi paylaşımı, örgüt içinde bireyler, ekipler ve dijital sistemler arasında dolağan bilginin niteliğini ve hızını artırmak amacıyla makine öğrenmesi, doğal dil

örgütsel performansı olumlu yönde etkilemektedir. Sürdürülebilir örgütsel değer yaratımına yönelik bütüncül modeller, dijital dönüşüm, bilgi yönetimi, ESG ilkeleri ve çalışan refahını bir araya getiren teknoloji, çevre, toplum ve yönetim boyutlarını aynı çatı altında ele alan stratejik bir

ARTICLE



Çocuk Sosyal Hizmeti Kapsamında 3-6 Yaş Grubuna Yönelik Çocuk Kitaplarının İçerik Analizi

Content Analysis of Children's Books for the 3-6 Age Group within the Scope of Child Social Work

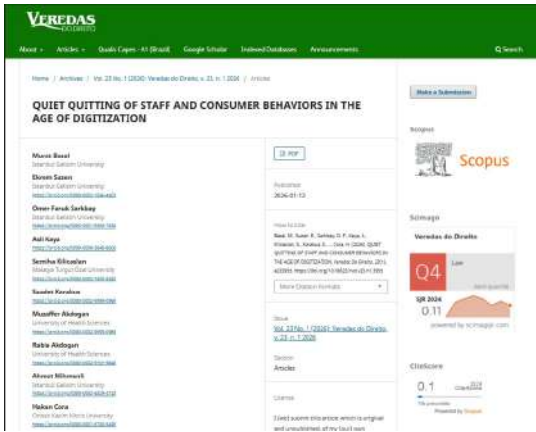
Merve Dalmaz, Yelda Yılmaz

Yazar Bilgileri	Öz
Merve Dalmaz Dr. Öğr. Üyesi, İstanbul Gelişim Üniversitesi, Sosyal Hizmet, mervedalmaz@gmail.com	Erken çocukluk dönemi, bireyin tüm yaşamını etkileyen bilişsel, duygusal ve sosyal gelişim temellerinin atıldığı kritik bir evredir. Bu bağlamda, çocuk edebiyatı, yalnızca bir anlatım aracı olmanın ötesinde; çocukların dünyayı anlama biçimlerini, duygularını ifade etme becerilerini ve sosyal farkındalıklarını destekleyen güçlü bir iletişim aracı olarak değerlendirilmektedir. Özellikle resimli çocuk kitapları, görsel unsurlar yoluyla çocukların zihinsel temsillerini etkileyebilmektedir. Bu çalışmanın amacı, 3-6 yaş aralığındaki çocuklara yönelik olarak yayımlanmış 26 resimli çocuk kitabının kapak görsellerini içerik analizi yöntemiyle incelemek ve elde edilen bulguları çocuk sosyal hizmeti bağlamında değerlendirmektir. Analizler sonucunda, ayrımcılık, engellilik, ihmal ve istismar, travma, hastalık, davranışsal problemler, aile içi problemler, göç ve nörogelişimsel bozukluklar olmak üzere dokuz ana tema belirlenmiştir. Bu temaların kapak görsellerinde doğrudan betimlemeler veya sembolik anlatımlarla temsil edildiği gözlemlenmiştir. Elde edilen bulgular, çocuk kitaplarının yalnızca eğitici ya da eğlendirici içerik sunan yayınlar olmaktan öte, çocukların yaşadıkları sosyal sorunları tanımlanma, duygusal farkındalık geliştirmelerine ve psikososyal açıdan güçlenmelerine olanak tanıyan önemli araçlar olduğunu ortaya koymaktadır. Bu yönüyle çalışma, çocuk edebiyatı ile sosyal hizmet disiplini arasındaki çok yönlü ve işlevsel ilişkiyi açık bir biçimde ortaya koymakta; sosyal hizmet uzmanlarına yönelik önleyici ve destekleyici müdahale stratejilerinde çocuk kitaplarının nasıl kullanılabileceğine dair önemli bir zemin sunmaktadır.
Yelda Yılmaz Arş. Gör., İstanbul Sabahattin Zaim Üniversitesi, Sosyal Hizmet, yelda.yilmaz@izu.edu.tr	

The article entitled “Content Analysis of Children’s Books for the 3–6 Age Group within the Scope of Child Social Work,” authored by Dr. Öğr. Üyesi Merve DALMAZ from the Department of Social Work of our Faculty in collaboration with Res. Assist. Yelda YILMAZ from Istanbul Sabahattin Zaim University, has been published in the Journal of Turkish Educational Sciences.

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

ARTICLE

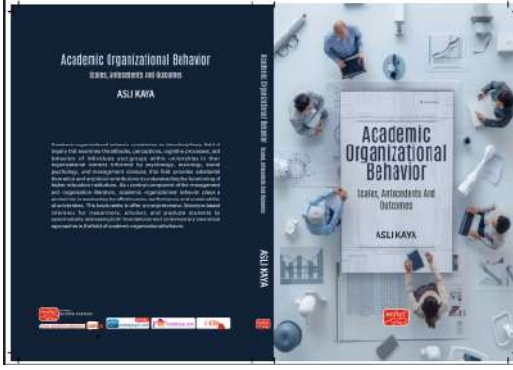


The article titled ‘Quiet Quitting of Staff and Consumer Behaviors in the Age of Digitization’, prepared by Asst. Prof. Aslı KAYA, Asst. Prof. Ömer Faruk ŞARKBAY, Asst. Prof. Ekrem SÜZEN, Asst. Prof. Murat BAŞAL, Prof. Dr. Ahmet MİHMANLI from Istanbul Gelişim University; Asst. Prof. Semiha Kılıçaslan from Malatya Turgut Özal University; Asst. Prof. Saadet Karakuş, Assoc. Prof. Muzaffer Akdoğan, Dr. Rabia Akdoğan from Health Sciences University; and Assoc. Prof. Hakan Çora from Onbeş Kasım Kıbrıs University, has been published in the journal Veredas do Direito.

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



BOOK



Asst. Prof. Aslı KAYA, a faculty member in the Health Management Department of our faculty, has had her book titled "Academic Organizational Behavior" published by Nobel publishing house.

BOOK



The book titled "Turkish Poetry Atlas," a collaborative project by Asst. Prof. Aslı KAYA, a faculty member of our Faculty's Health Management Department, and Prof. Dr. Hasan KAVRUK, a faculty member at İnönü University, has been published by Telmih Publishing House.

CONFERENCE PARTICIPATION



Prof. Dr. Nefise Semra ERKAN, a faculty member from the Child Development Department of our faculty, gave a presentation titled "Being a Parent at School" at the "Family Conferences: From Past to Present" conference.

PRESENTATION

Dr. Lecturer Merve DALMAZ, a faculty member of the Department of Social Work at our faculty, delivered a presentation titled "Existential Vacuum and Loss of Meaning Among Unemployed Youth from a Logotherapeutic Perspective" at the 5th International Üsküdar Scientific Research Congress.



INTERVIEW

On the Right to the City and Radical Social Work



Faculty members of the Department of Social Work, Dr. Emrah TÜNCER and Dr. Yonca Güneş YÜCEL, held an interview based on the article titled “A Roadmap for Urban Justice: Radical Social Work from the Perspective of the Right to the City and Oeuvre,” published in the book Social Work in the Shadow of Multiple Crises (Nika Publishing, 2024).

The interview explores the role of the concept of the right to the city in our everyday and political relationships with urban space, how this concept can be rethought through the lens of radical social work, and the contemporary significance of Henri Lefebvre’s concept of oeuvre—the art of living in the city—for present-day urban experiences. Throughout the program, current social work practices in Türkiye are critically discussed through concrete examples within the framework of the right to the city.

[You can access the recording of the interview here.](https://apacikradyo.com.tr/podcast/gundelik-hayatın-sosyolojisi/kentsel-adalet-icin-yol-haritasi-kent-hakki-ve-oeuvre)

<https://apacikradyo.com.tr/podcast/gundelik-hayatın-sosyolojisi/kentsel-adalet-icin-yol-haritasi-kent-hakki-ve-oeuvre>

RETHINKING ACCESSIBILITY DURING

WHITE CANE WEEK FOR THE VISUALLY IMPAIRED

Observed every year between January 7–14, White Cane Week for the Visually Impaired draws attention to the right of blind and visually impaired individuals to live independently and to participate in social life on an equal basis. At the heart of the week lies something far more than a symbol: the white cane is a visible expression of safe mobility and independence.

The story of the white cane: A symbol of independence

According to various sources, the symbolic journey of the white cane is linked to a photographer in London who lost his sight in 1921 and painted his cane white so that others could notice him. It is also noted that this approach gained wider acceptance especially from the 1930s onward. Today, the white cane conveys a rights-based message even before it signals any request for help: “I am here, and I move independently.”

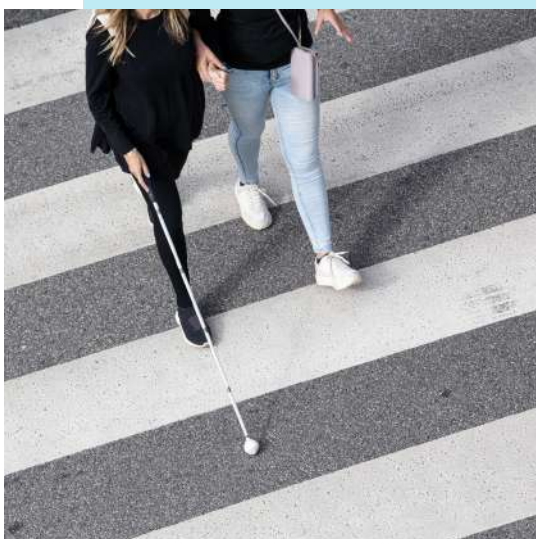
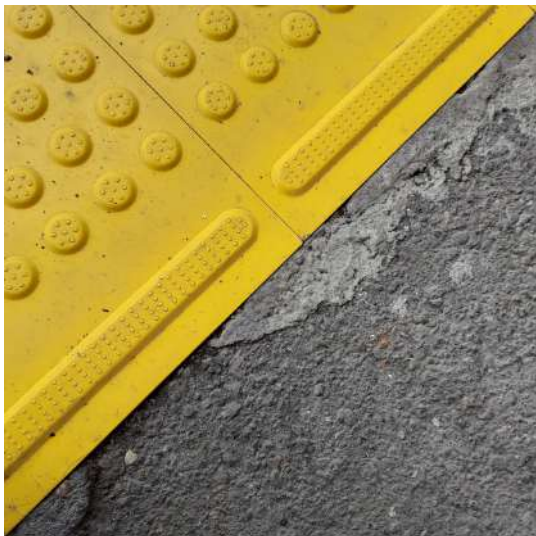
Accessibility: Small adjustments, big safety gains

Not “helping,” but designing accessibly—White Cane Week brings a rights-based perspective to the forefront, beyond the limits of goodwill. For blind and visually impaired individuals, accessibility encompasses many interrelated factors such as the continuity of sidewalks, the safety of pedestrian crossings, tactile guidance surfaces that support orientation, and information systems.

A brief moment: The same campus, a different route

Class time is approaching. You walk through a crowded corridor and head toward a notice board. You glance at the poster and immediately register the date and the room. The person beside you pauses for a few seconds in front of the board, then turns and asks, “What does that poster say?”

A little further on, there is a directional sign. You follow the arrows and reach the right door without difficulty. The other person moves more slowly at the same point—because the information on the sign is “there,” but it doesn’t reach them. You are in the same place, at the same time. Yet information is not flowing equally to everyone.



A one-minute empathy exercise: Try this today

Take a brief moment during the day and try this small exercise:

- Think of an announcement or event poster without looking at the visual, as if it were only text: “What does it say—how would it be understood?”
- If there were no wayfinding signs in a crowded area, how long would it take you to reach your destination using only sound and tactile cues?

These small exercises make one thing clearer: accessibility is not only about “physical arrangements”; it is also about equal access to information and independent living.

This week’s suggestion:

Watch one story—and shift your perspective

White Cane Week invites us to reconsider things we often, without noticing, accept as “normal”: going somewhere on your own, finding your way, making decisions, sustaining daily life without feeling dependent on others... Ray (2004) fits this week precisely for that reason. Through the life story of musician Ray Charles, the film shows that vision loss does not “detach” a person from life; rather, it requires rebuilding the rhythm of life, relationships, and forms of struggle. Watching the film, one point becomes clearer: the issue is not being “someone who needs help.” The real issue is removing the barriers to independence—an accessible environment, an informed attitude, and an approach free of prejudice. Watching Ray this week can help us see the white cane not merely as a symbol, but as part of the everyday struggle for independence. Note: Some scenes may contain mature themes; viewer discretion is advised.

Good practice examples: When it's done, it works

Initiatives that support accessibility can quickly translate “theory” into everyday life. For example, in information shared by the Istanbul Metropolitan Municipality Transportation Management Center, it is stated that at signalized intersections, an accessible pedestrian button/disabled pedestrian system is used to help pedestrians receive audible and visual information about pedestrian signal phases.

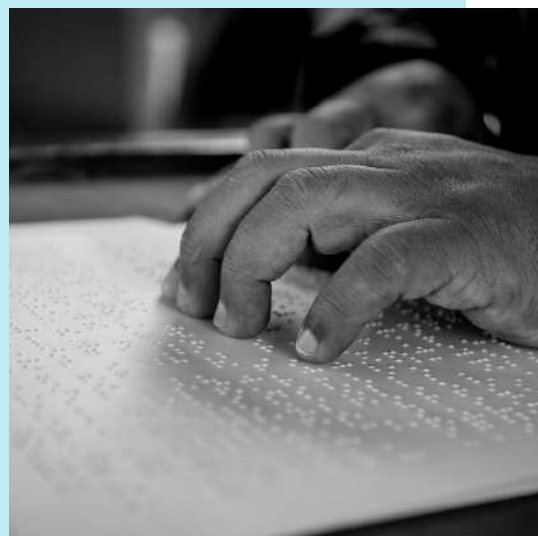
On campuses, measures that strengthen accessibility also stand out. On the Koç University Disabled Student Unit webpage, it is noted that guidance lines have been created to facilitate mobility on campus, and that building elevators are within the scope of an audio guidance system. As an international example, the City of Toronto states on its page regarding Accessible Pedestrian Signals (APS) that, as of May 26, 2023, 1,219 signalized intersections are equipped with APS and that a certain number of intersections are updated with APS each year.

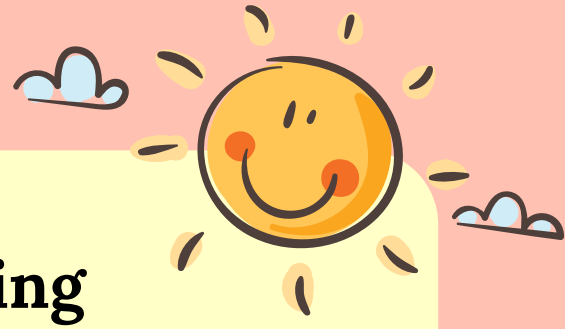
Such data show that accessibility is not a one-off initiative, but a planned and sustainable approach to urban design.

Reminder:

Accessibility begins in the digital world, too

Although accessibility is often associated with physical arrangements, today a significant portion of access to information happens through websites, announcements, PDFs, and social media. When such content is not prepared in a way that blind and visually impaired users can follow via screen readers, information may be “there” yet still effectively inaccessible. Strengthening digital accessibility includes steps such as adding short but descriptive alt text to visuals, using text-selectable documents with defined headings instead of scanned image PDFs, presenting content with a clear heading-subheading structure and readable paragraphs, writing links in a descriptive way rather than “click here,” and considering contrast and readability in designs. These small adjustments can make it easier for blind and visually impaired individuals to access information without needing anyone else’s help, supporting independence in the digital world as well. White Cane Week is not merely a date on the calendar; it is a reminder that invites us to rethink accessibility in every area of daily life. Being able to move safely, access information independently, and participate in social life on equal terms is everyone’s right. Turning awareness into habits that last throughout the year is a shared responsibility for us all...





Official Volunteering Process of Occupational Therapy Students at ÇEKOM Has Started

As part of the collaboration carried out by the Department of Occupational Therapy, Faculty of Health Sciences, Istanbul Gelişim University, an important step has been taken with the European Side Children's Homes Coordination Center Directorate (ÇEKOM).

Under the supervision of Assist. Prof. Beyza Aslı BİLSEL, Lecturer, the official volunteering process of third-year Occupational Therapy students Azra ŞAHİN, Ebrar KİRAZ, and Sena ÜLGİ has officially begun. With the visit conducted within this scope, the orientation and planning phase regarding the volunteering activities to be carried out at ÇEKOM was completed.

Through this volunteering program, it is aimed that students will:

- Support children's activities of daily living,
- Enhance social participation and access to meaningful occupations,
- Contribute to psychosocial support processes from an occupational therapy perspective.



Hocamız Beyza Aslı Bilsel ve Öğrencilerimiz Ebrar Kiraz, Azra Şahin, Sena Ülgi ile Avrupa Yakası Çocuk Evleri Koordinasyon Merkezi Müdürlüğünde Resmi gönüllülük süreç işlemlerimizi başlattık



This collaboration provides an important educational opportunity by enabling students to gain community-based practice experience, observe their professional roles in real-life settings, and develop a strong sense of social responsibility.

As the Department of Occupational Therapy, we will continue to carry out community-oriented initiatives and support our students' professional development through field-based experiences.



16 January World Hygiene Day: The Importance of Food Hygiene



Research Assistant İrem BAŞÖREN from the Department of Nutrition and Dietetics, Faculty of Health Sciences, Istanbul Gelişim University, made statements regarding food hygiene on 16 January, World Hygiene Day, drawing attention to the importance of safe food consumption for public health.

Food hygiene encompasses all practices aimed at preventing physical, chemical, and biological risks that could threaten human health throughout all stages of food production and consumption. The primary objective is to ensure that food reaches consumers in a safe, healthy, and suitable condition for consumption.

Foodborne infections remain a significant public health issue in both developed and developing countries. The Food and Agriculture Organisation of the United Nations (FAO) and the World Health Organisation (WHO) state that foodborne illnesses resulting from the consumption of contaminated food are among the most common health problems worldwide. Therefore, ensuring food hygiene is of critical importance, particularly in terms of preventing foodborne illnesses.

The first step in food hygiene is making informed and conscious purchasing decisions. It is vital to ensure that food is produced under appropriate conditions, that packaging is intact, and that label information is checked. Products with expired use-by dates or damaged packaging should be avoided; particular care should be taken when selecting perishable foods such as meat, milk, fish, and dairy products. Pasteurised or UHT milk should be preferred over raw milk, and products made from raw milk and unpasteurised milk should not be consumed.

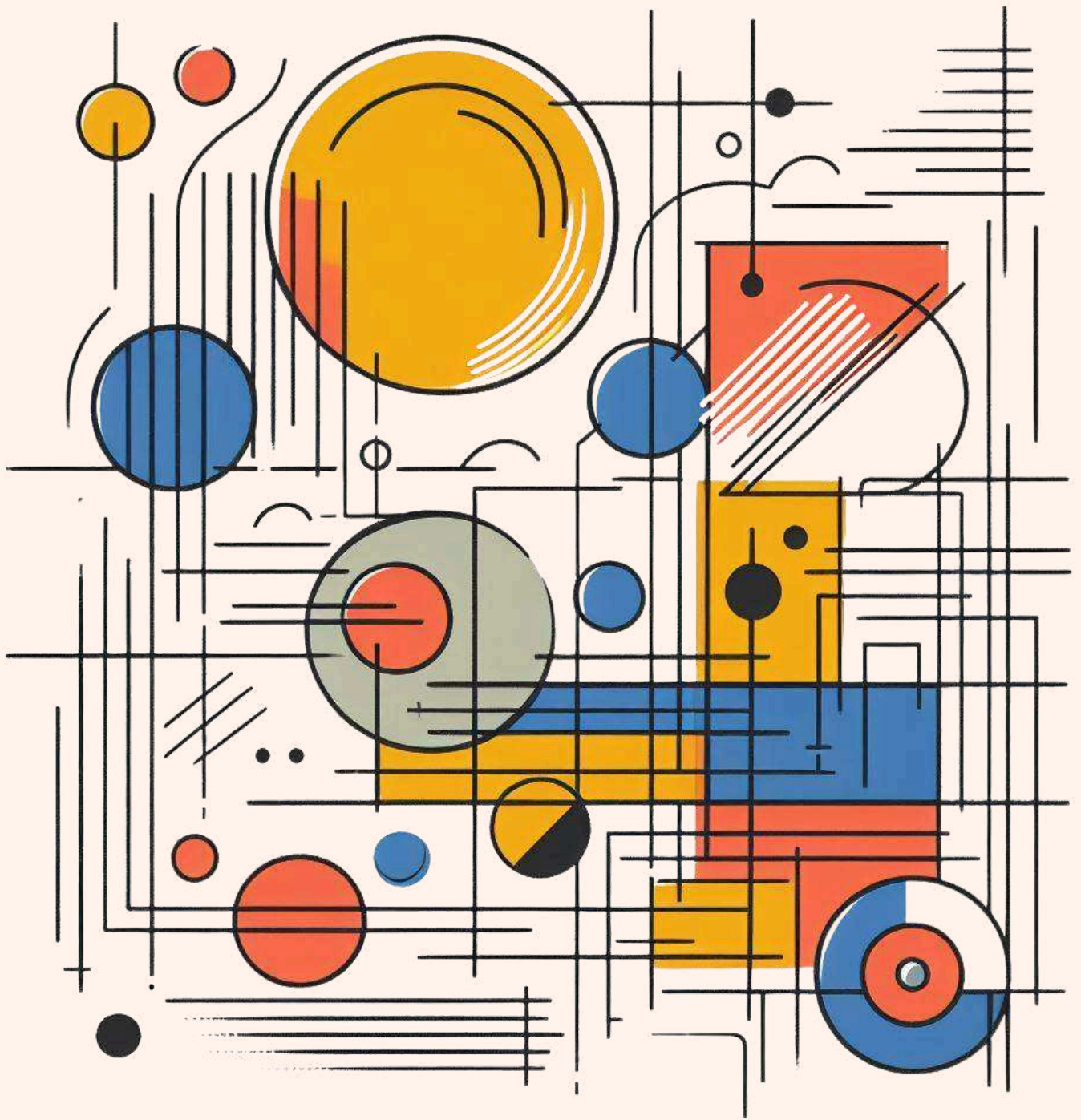
During storage, food must be kept at temperatures and under conditions appropriate to its type. Maintaining the cold chain is a fundamental element in preventing microbiological risks. Perishable foods should be stored under appropriate conditions shortly after purchase, and care should be taken to ensure that frozen products show no signs of thawing.

The preparation and cooking stages are among the most critical steps in food hygiene. Personal hygiene rules must be followed during this process, and raw and cooked foods must be prepared using separate equipment to prevent cross-contamination. Foods of animal origin must be cooked to a sufficient internal temperature, and consumption of raw or undercooked foods should be avoided.

During the serving stage, food must be served at the appropriate temperature, hygienic serving equipment must be used, and food must not be left at room temperature for long periods. Leftover food must be stored under appropriate conditions, and hygiene rules must be observed when consuming it again.

Food hygiene is a comprehensive approach encompassing proper purchasing, appropriate storage, safe preparation and cooking, hygienic serving, and the habit of reading labels. This approach plays a fundamental role in preventing foodborne illnesses and protecting public health.





CULTUREART
LITERATURE

The modern world is like a vast highway whose lights never go out, enormous and flowing without pause. Everyone is in a hurry. Everyone has to get somewhere, achieve something, or at least appear to have achieved it. And right at the heart of this dizzying speed, Mary Douglas's striking question rings in our ears like the sound of a sudden, painful brake: "Whom does society render invisible?" The answer is far more ruthless than we imagine: society renders invisible those who slow it down.

In today's world, being poor, falling ill, or suffering is not merely a misfortune; it is also a kind of offense committed against the system. The poor disrupt the scene when they stand in front of that gleaming shop window. The sick are a malfunction in the carefully scripted scenario of a "healthy and dynamic" life. And those who suffer are like an unwanted spoiler in our cheerful Instagram feed. So that the success story we have so meticulously constructed is not interrupted, we push everything that falters out of the frame. When Mary Douglas said, "Dirt is matter out of place," she was in fact describing precisely this kind of social cleansing. A homeless man standing at the entrance of a luxury shopping mall is "dirt" to the security guards and the customers there. The issue is not that his clothes are unclean. He is dirty because, by standing in that glittering, fast, and wealthy "place," he betrays its story. He is not "in his place." He is an unsettling footnote, whispering to us that the world is not quite so perfect after all. And footnotes, because they slow down the main text, must be erased immediately.

Here, the cold reality Jean Baudrillard warned us about in *The System of Objects* comes into play. We no longer relate to people, but to the statuses they signify. If a person is not "functional"—that is, if they are not producing, not consuming, and not adding speed to that glittering cycle—they should be set aside like a broken household appliance. In this universe where objects are sanctified, the fragile human being is unfortunately treated as an "old model" item (the academic world offers a much harsher version of this logic). Just think: why do we unconsciously quicken our steps when walking down the busiest streets of the city? Why do we avert our gaze and cling to our phones when we see someone lying on the ground? Because if we stop, the story will be disrupted. If we stop, that person's pain will take a piece out of our comfort. Poverty and grief are perceived in the modern mind as if they were contagious diseases. As though, if we touched that sorrow, our simulation of happiness would crack and our speed would be cut.

Yet when we look behind those shining shop windows with the eye of truth, we see the real reality: they are the ones who polish those windows. They are the ones who mix the mortar of those skyscrapers, sweep those streets, carry the burden of that "flawless" life on their backs—and yet are forbidden from entering the frame.

The things we say "ruin our story" are, in fact, life itself. In the end, the order we have built is a vast illusion. We cannot eliminate pain, poverty, and illness by rendering them "invisible," by pushing them to the edges of the city. We only dull our own conscience. For the true speed of a society is not measured by how fast those at the front run, but by whether it reaches out and holds the hand of the slowest one at the back—the one who stumbles and says, "Wait for me."

If our story falls apart when we look into the face of someone who is suffering, then let it fall apart. Perhaps that story was a lie from the very beginning.

Health Tourism: The Rising Star of the Healthcare Sector

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Holding On to “Maybe”

There are some books that are not simply read. Maybe is such a book for me. When I finished it, what stayed with me were not sentences, but a feeling. As if someone had gently touched my shoulder and said, “Don’t rush.” It speaks from a place that moves forward with questions rather than answers, that values the process more than the outcome. And it does so not loudly, but almost in a whisper. “We don’t know what tomorrow will bring.” This sentence can sometimes feel unsettling. Because uncertainty triggers our need for control. And yet maybe reminds us of the calm hidden within that uncertainty. A small word, maybe—but it carries a deep breath inside it. Because maybe tells us that we don’t have to be certain. That we can be wrong, that our minds can change, that we can stop in the middle of the road and reconsider our direction. In that moment of breathing space, I often thought of this: children already know this. We adults forget.

For children, life is made up mostly of possibilities. One game falls apart, another begins. One thing doesn’t happen, something else does. But as we grow older, we start labeling everything. Good, bad, right, wrong. The word maybe gently loosens these labels. In *The Little Prince*, no one really gives you a “lesson,” and yet as you read, you end up looking at yourself. Perhaps it’s the same here. It doesn’t tell you what you should do. It simply leaves you alone with yourself. And in that silence, you begin to hear your own questions. In this moment of pause, a scene from the film *Inside Out* also comes to mind—the moment when Sadness is necessary. Those times when trying too hard to be happy only makes us feel more trapped, but when we accept the emotion as it is, we finally feel relief. Maybe opens up exactly this emotional space. If we need to be sad in that moment, then we should be sad. Everything does not have to be okay. Some things are simply lived through and gain meaning over time.

This is what I want to teach our children as well: not to look only at the “now” of what is happening. To understand that an event does not have just one face. That sometimes everything can turn upside down, inside out. That something which hurts today may open another door tomorrow. Instead of saying, “This turned out badly,” being able to say, “Maybe it’s not over yet.” Because life is rarely just about the result. It is made of in-between states. Many feelings settled in my mind. Like not rushing. Like not having to solve everything immediately. Like this: not knowing can also be a stopping place. Waiting is also an action. And sometimes the healthiest answer is truly, “I don’t know.” In the end, I realized this: what I noticed was not some great truth. But maybe that is exactly what we need. Not grand statements, but small, gentle words that make us feel better. Having the courage to say “maybe.” Because we don’t know what tomorrow will bring. But maybe... maybe something beautiful will happen.



Hayrense ÜNLÜ
Master's Student in
Child Development



**Faculty of
Health Sciences**

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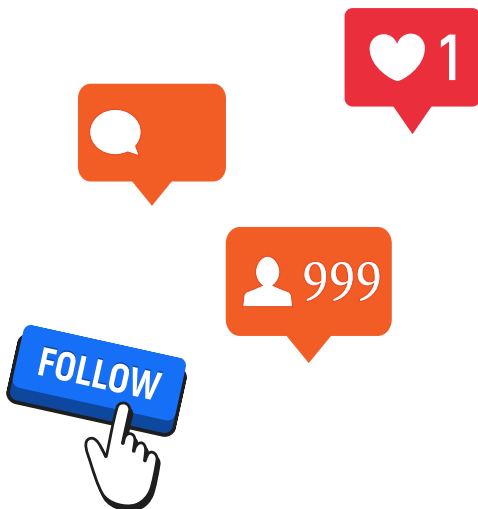
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