



Faculty of Health Sciences



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March

“Every person who grows up with love becomes a good person.”

ilber Ortaylı

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1-7 March: Green Crescent Week / Earthquake Awareness Week

3 March: World Hearing Day

4 March: World Obesity Day

8 March: International Women's Day

12 March - Anniversary of the Adoption of the Turkish National Anthem & Commemoration of Mehmet Akif Ersoy

14 March - Medicine Day

18 March - Gallipoli Victory and Martyrs' Remembrance Day

21 March - World Down Syndrome Day



MARCH

Happy

**International
Women's Day**





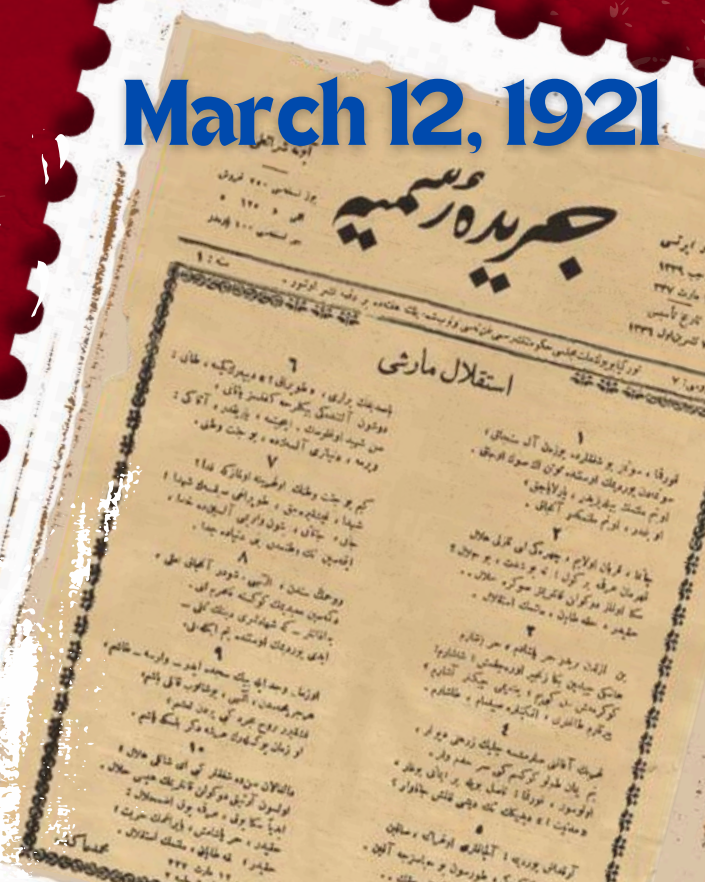
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March 12 Commemoration of the Adoption of the National Anthem and Mehmet Akif Ersoy Day



March 12, 1921





Faculty of
Health Sciences



14 MARCH

To All Healthcare Professionals
Who Work for Health

HAPPY

MEDICINE DAY



March 18, 1915

Gallipoli Victory and Martyrs' Remembrance Day

“The Gallipoli Victory is a remarkable and admirable example that reveals the spiritual strength of the Turkish soldier. You must be assured that it is this noble spirit that won the Battles of Gallipoli.”

Mustafa Kemal ATATÜRK



RAMADAN HAPPY *Holiday!*



*Istanbul Gelişim University
wishes you and your loved ones happy holidays.*



IGU Climbs in World Rankings: A Notable Achievement in Webometrics 2026

The Webometrics World University Rankings, which evaluate universities on the basis of academic performance, scientific output, digital visibility, and open-access policies, have been announced. Istanbul Gelisim University (IGU) posted a standout performance in the 2026 results of this ranking, which reflects higher education institutions' standing on a global scale. In line with its "Research University" vision, IGU placed 1,364th in the world rankings, 28th in Türkiye, and 4th among foundation universities.

Global Visibility and Academic Impact Continue to Grow

With these results, IGU has moved up in both national and international rankings. The university placed 28th in Türkiye and 4th among foundation universities, while ranking 429th in the European standings. IGU also stood out in the core indicator categories used by Webometrics. The university ranked 2,026th in the Impact (visibility) category, 1,878th in Openness (transparency), and 1,866th in Excellence.

Upward Momentum Continues on the Global Stage

Istanbul Gelisim University, maintaining a steady upward trajectory in Webometrics data over the past four years, continues to expand its scientific output capacity, strengthen international academic collaborations, and advance its open-access initiatives.

The simultaneous progress recorded in the world, European, and Türkiye rankings in the 2026 results clearly reflects the momentum in IGU's recent academic and digital performance.





“We Are Seeing the Results of Our Focus on Scientific Output and International Visibility”

In his assessment of the results, Istanbul Gelisim University Rector Prof. Bahri ŞAHİN noted that the university’s efforts focused on academic output and international visibility are bearing fruit, and made the following statement:

“This progress in the Webometrics rankings is the result of our determined approach to expanding the university’s scientific output capacity. We are continuing our work to strengthen our open-access policies, develop our international collaborations, and raise the quality of our academic outputs. The growth in our digital visibility enables the knowledge we produce to reach a wider audience while also deepening our engagement within the global academic network. In the period ahead, we aim to maintain our research-focused approach and advance our position in international rankings even further.”





HEAD OF THE OCCUPATIONAL THERAPY DEPARTMENT AT IGU AND NEUROSURGERY SPECIALIST, PROF. DR. ARIF ÖNDER, WAS HONORED WITH A PLAQUE BY THE ISTANBUL MEDICAL CHAMBER IN RECOGNITION OF HIS 50TH YEAR IN THE PROFESSION.

Throughout his half-century-long professional career, Prof. Dr. ÖNDER has created significant value through his contributions to the field of healthcare, his academic work, and the many students, specialists, and academic staff he has trained. This meaningful achievement is also a source of pride for our institution.

The 50th anniversary plaque presented by the Istanbul Medical Chamber symbolizes not only the duration of a professional career, but also half a century of knowledge, dedication, hard work, and a lifelong commitment to touching human lives.



“RELATIONSHIP AND EMOTIONAL DEPENDENCIES”

W O R K S H O P H E L D

The workshop titled “**Relationship and Emotional Dependencies**”, organized in collaboration with the Istanbul Gelişim University Faculty of Health Sciences Department of Child Development, the Addiction Prevention Coordination Office, and the Dean of Students Office, was held on Thursday, March 5, 2026, at the Gelişim Tower Student Center on the 17th floor.

A workshop on “**Relationship and Emotional Dependencies**” was organized for the students of the Department of Child Development. The workshop, which aimed to help students develop skills in establishing healthy boundaries in interpersonal relationships, recognizing the concept of emotional dependency, and understanding its effects on individuals’ lives, attracted considerable interest.

During the event, Head of the Department of Child Development and Coordinator for Combating Addiction, Assoc. Prof. Nurten ELKİN, and Asst. Prof. Havva SAĞLAM discussed the differences between dependency and attachment in relationships, healthy relationship dynamics, the signs of emotional dependency, and its effects on individuals’ psychological well-being. In addition, case examples were examined together with the students, and discussions were held on situations that may be encountered in daily life.

Supported by interactive activities and group work, the program provided students with the opportunity to share their own experiences and approach the topic from different perspectives. The workshop offered an important experience by contributing both to the students’ professional development and to increasing their individual awareness.

At the end of the program, students stated that establishing healthy boundaries in relationships and developing emotional awareness play an important role both in personal life and professional practice.



From Plate to Future

Sustainable Nutrition Workshop

The “From Plate to Future: Sustainable Nutrition Workshop” organized by the Department of Nutrition and Dietetics at the Faculty of Health Sciences, Istanbul Gelisim University, was held in the Principles and Practices of Nutrition Laboratory with the contributions of invited guests and the participation of students.

During the event, the strong relationship between healthy nutrition and sustainable living was discussed. Together with the participants, the environmental impacts of daily food choices were evaluated; the effects of our food preferences on carbon and water footprints, the importance of consuming local and seasonal foods, and the role of plant-based food choices in sustainability were highlighted.

The event also addressed conscious cooking practices and the efficient use of resources in the kitchen. Within the framework of a zero-waste and circular menu approach, the potential of small choices made in the kitchen to reduce environmental impact was demonstrated to the participants through practical applications.

The workshop aimed to raise awareness of sustainable nutrition and to support the development of knowledge and experience related to environmentally friendly dietary approaches.



BeBIS Program Training II

“BeBIS Program Training II” was held via Google Meet by the Turkish (24 February 2026) and English (27 February 2026) Departments of Nutrition and Dietetics, Faculty of Health Sciences, Istanbul Gelisim University. Dietitian Ramazan BALBAY took part in the event as the guest speaker.

The BeBIS software has been actively used for nearly 20 years and provides significant support for dietitians and dietitian candidates. Developed through the collaboration of dietitians and academics in line with professional ethical principles, the program stands out with its scientific basis.

BeBIS is a scientific and professional computer software program that can calculate the nutritional values of foods, prepared diet plans, and recipes, with a database containing more than 20,000 foods and analysis of over 130 nutrients.

The software assists dietitians in areas such as menu planning and nutrient analysis, while also providing support for individualized weight gain and weight loss charts as well as energy planning.

Within the scope of the event, Dietitian Ramazan BALBAY explained how to use the BeBIS software and its usage steps through his presentation, and also answered questions related to the program.



LEADING FIGURES IN SOCIAL WORK MET WITH STUDENTS ON SOCIAL WORK DAY

Organized in collaboration with the Istanbul Gelisim University Department of Health, Culture and Sports and the Social Work Club, our seminar titled "A Conversation on Social Work Day" was held on March 24th at the K Block Firnas Auditorium Conference Hall. Moderated by the Head of the Social Work Department, Prof. Dr. İsmet Galip YOLCUOĞLU, this meaningful event comprehensively addressed the past, present, and future of the social work profession. Bringing together esteemed names in the field, the organization offered the audience an unforgettable sharing of knowledge and experience.

Taking the floor as the first speaker of the event, Prof. Dr. Taner ARTAN drew attention to the integration of theory and practice in his presentation titled "Theoretical Knowledge and Field Application in Social Work." Artan's enlightening and inspiring presentation, which particularly touched upon the philosophy of "Harambee," was highly appreciated by the audience. Following him, Social Worker Kahraman EROĞLU, in his talk titled "Managing Social Work in Istanbul," shared the historical development of social work in Turkey and his valuable professional experiences gained in the field with the participants. This highly productive and enjoyable event once again emphasized the spirit of solidarity in social work.



BUILDING A CONNECTION WITH THE CHILD: PLAY AND PROJECTIVE TECHNIQUES



İSTANBUL GELİŞİM ÜNİVERSİTESİ
SBF Sosyal Hizmet ve Çocuk Gelişimi Bölümü

SEMİNER
**ÇOCUKLA BAĞ KURMAK:
OYUN VE PROJEKTİF TEKNİKLER**

MODERATÖR:
• Dr. Öğr. Üyesi Merve DALMAZ

KONUŞMACILAR:
• Psk. Dnş. Hilal İLERİ ERTÜRK
Bağlanma Odaklı Oyun Atölyesi

• Dr. Psk. Semih TEZELİ
Projektif Bir Analiz-Manzara Çiz Testi

5 MART 2026
14:00 / 16:00
E BLOK TUSİ KONFERANS SALONU
gelisim.edu.tr

The seminar titled “Building a Connection with the Child: Play and Projective Techniques,” organized by the clubs of the Faculty of Health Sciences, Department of Social Work and Child Development, was held on March 5, 2026, at the E Block Tusi Conference Hall.

Moderated by Asst. Prof. Merve DALMAZ, the event featured Psychologist Counselor Hilal İleri Ertürk, who, in her presentation titled “Attachment-Oriented Play Workshop,” discussed the role of play in establishing a secure bond with children through practical examples. Dr. Psychologist Semih Tezelli, in his presentation titled “A Projective Analysis: Draw-a-Landscape Test,” emphasized the importance of projective techniques in understanding children’s inner worlds.

The seminar, which attracted significant interest from participants, proved to be highly productive in terms of raising awareness and contributing to professional knowledge in the field.



Social Work Students Gain Field Experience: Visits to Esenyurt SHM and Mucize Hayatlar

During the month of March, students from the Department of Social Work at Istanbul Gelişim University, Faculty of Health Sciences, conducted a series of institutional visits to bridge the gap between theoretical knowledge and professional practice. Led by the Head of the Department, Prof. Dr. İsmet Galip Yolcuoğlu, the students first visited the Esenyurt Social Service Center (SHM). During this visit, they had the opportunity to observe public social service models firsthand and received detailed information from experts regarding case management and community support mechanisms.

In a separate session during the same month, the students also visited the Mucize Hayatlar Rehabilitation Center. This visit allowed them to closely examine the rehabilitation processes and social integration projects designed for individuals with special needs. Prof. Dr. İsmet Galip YOLCUOĞLU emphasized the critical role of these field visits in shaping the professional identity of future social workers, noting that witnessing diverse service areas significantly broadens the students' academic horizons. Both visits concluded as invaluable experiences for the candidates of the social work profession.



ACADEMIC STUDIES

PAPER PRESENTATION

ACADEMIC CONTRIBUTION TO THE 4TH NATIONAL SPEECH AND LANGUAGE THERAPY STUDENT CONGRESS

The 4th National Speech and Language Therapy Student Congress, hosted by the Department of Speech and Language Therapy, Faculty of Health Sciences at Istanbul Kent University, with the support of the Association of Speech and Language Therapists and the Foundation for Barrier-Free Education, was completed with high participation, attracting a total of 1,450 attendees and representing a significant scientific event in the field.

Esra Erol, Research Assistant in the Department of Speech and Language Therapy, Faculty of Health Sciences at Istanbul Gelişim University, served as a session chair in a session dedicated to studies in stuttering, contributing to the facilitation of scientific discussions. Additionally, she presented an oral paper entitled “Comparison of Temperament Characteristics Between Adults With and Without Stuttering,” thereby contributing to the scientific content of the congress. Students from Istanbul Gelişim University also participated actively in the congress, engaging in scientific sessions and gaining academic knowledge and professional experience relevant to their field.



The congress, held at the Kağıthane Campus, comprised 13 scientific sessions, 11 oral presentation sessions, and 2 poster presentation sessions, bringing together academics, researchers, and students from various universities across Türkiye. The program addressed a wide range of topics, including brain studies in speech and language therapy, developmental stuttering therapies, acquired language disorders, autism spectrum disorder, speech sound disorders, voice disorders, motor speech disorders, and swallowing disorders, reflecting the multidisciplinary and contemporary scope of the field.

Workshop on “Less Talked-About New Generation Addictions” Held

Within the scope of the collaboration between the IGU Addiction Prevention Coordination Office and the IGU Student Deanship, a workshop titled “Less Talked-About New Generation Addictions” was held on the 17th floor of Tower, led by Assoc. Prof. Dr. Nurten ELKİN.



During the workshop, examples of new-generation digital addictions and concepts such as Nomophobia, FoMO, and Netlessphobia were discussed, and students’ questions were answered.

In the workshop, ELKİN explained that Nomophobia is a condition frequently encountered today as a disease of the technological age, characterized by anxiety and discomfort caused by the absence of smart devices used for virtual communication, such as tablets, mobile phones, and computers. In the most general sense, nomophobia can be defined as the fear of being without a smartphone. In clinical psychology, nomophobia is described as the involuntary and irrational fear a person experiences when they cannot access their mobile device or communicate through it.

Fear of Missing Out (FoMO): Today, especially young people spend a large portion of their time in the virtual world by sharing content, following the agenda and their friends, and updating their statuses. Individuals’ constant updating behavior on social networks has led to a new behavioral disorder defined as Fear of Missing Out (FoMO). This condition is considered a type of addiction that causes people to spend excessive time on social networks by constantly checking their phones or tablets due to fears such as “Did I miss something?”, “What did someone post just now?”, or “Am I left out of the conversation?”. Research indicates that individuals who experience FoMO often feel lonely in their lives and try to compensate for the love and affection they feel they lack through interactions and posts on social networks.

Netlessphobia: The internet, which occupies a significant place and importance in people’s lives, has almost become a part of the individual. As the internet has taken on such a meaningful role, it has led to the development of dependence on it and the emergence of the fear of being without it.

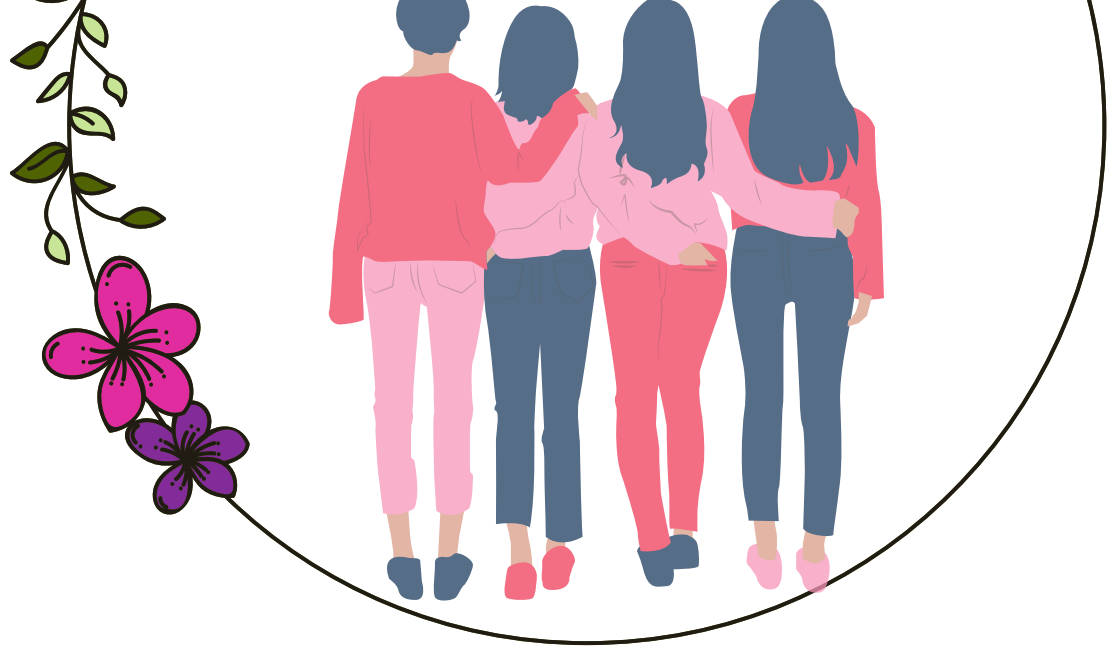
Violence Can Sometimes Be Invisible – Monitoring Is Critical!

Held in the context of March 8, the event addressed the institutional responsibilities of social work in the fields of women and children, along with field experiences and intervention practices.

Organized through the collaboration of the Department of Social Work and related application and research centers, the event titled “Women and Children: Institutional and Field Experiences in Social Work” was held with strong student participation. The program explored social work practices concerning women and children within both a conceptual framework and one grounded in field experience. Moderated by Associate Professor Dr. Anıl AL-REBHOLZ, the event featured Social Worker **Gülistan ASLAN** as the guest speaker. Within the context of International Women’s Day on March 8, the gathering stood out as an important platform highlighting the gender-sensitive, rights-based, and empowering dimensions of social work.

In his opening and moderating remarks, Associate Professor Dr. Anıl AL-REBHOLZ lined the historical and political significance of March 8, the nearly 50-year legacy of feminist struggle in Türkiye—gaining visibility since the mid-1970s—and the first March 8 celebration held in 1976. He also emphasized the intervention possibilities of the feminist social work approach in the fields of women and children. Highlighting that feminist social work develops interventions by recognizing the gendered nature of social relations and practices, he framed the core discussion around a model of social work centered on equality, empowerment, and social justice. He also raised the question of what kinds of action plans and empowering interventions a feminist-based social work approach can develop to promote the well-being of women and children.





In her presentation, Social Worker Gülistan Aslan offered a comprehensive evaluation of child neglect and abuse, child protection mechanisms, case processes, violence against women, institutional support structures, and intervention methods. Addressing the field of child welfare within the framework of the “best interests of the child” principle and Law No. 5395 on Child Protection, she examined in detail the physical, educational, emotional, medical, sexual, and economic dimensions of neglect and abuse. She explained how processes such as reporting, social assessment, risk analysis, protective measures, and monitoring operate in child cases, and also discussed the functions of institutional mechanisms such as Child Advocacy Centers (ÇİM), Child Support Centers (ÇODEM), children’s homes, specialized children’s home sites, and Child Services Coordination Centers (ÇEKOM).

In the section focusing on women, violence against women was discussed in terms of physical, psychological, economic, sexual, and cyber violence. Aslan explained the cycle of violence and the stages of intervention in women’s cases under the headings of risk assessment, safety planning, restraining orders, shelter/support, and monitoring. She also introduced students to institutional support mechanisms such as Violence Prevention and Monitoring Centers (ŞÖNİM), women’s shelters, Provincial Directorates of the Ministry of Family and Social Services, social service centers, and the ALO 183 helpline. Within the scope of Law No. 6284, the functioning of protective and preventive measures and the role of social workers in these processes were discussed through case examples. Particularly striking in her presentation were her emphasis on the realities encountered in the field: “Violence can sometimes be invisible” and “The monitoring process is critical.” She stressed that trauma often manifests in behavior, that withdrawal is frequently linked to fear and helplessness, and that in social work interventions, not only the initial contact but also sustained monitoring is decisive.



During the Q&A session, students asked questions particularly about how social workers make decisions in the face of ethical dilemmas in case-based practice, how they maintain professional boundaries, and how professionals working intensively with traumatic cases can support their own well-being.

In this respect, the event not only made institutional mechanisms in the fields of women and children more visible, but also created a productive space for discussing the emotional burden of social work practice, its ethical responsibilities, and the dimension of professional resilience.

The event concluded with film and resource recommendations aimed at deepening students' awareness of social work practice in the fields of women and children. Various works focusing on trauma, children's rights, case management, and working with children, as well as related film suggestions, were shared with participants. Among the attendees were Head of the Department of Social Work Prof. Dr. İsmet Galip YOLCUOĞLU; Vice Head of Department and Deputy Director of the Social Responsibility Application and Research Center, Assist. Prof. Dr. Emrah TÜNCER; faculty members Assist. Prof. Dr. Yonca Güneş YÜCEL and Assist. Prof. Dr. Merve DALMAZ; Research Assistant Fatma Türkân ÖZIRMAK; Head of the Department of Sociology and Director of the Social Responsibility Application and Research Center, Assist. Prof. Dr. Ayşe AYDIN; Head of the Department of Health Management and Executive Board Member of the Social Responsibility Application and Research Center, Assist. Prof. Dr. Aslı KAYA; Deputy Director of the Gender Studies Application and Research Center, Assist. Prof. Dr. Seyra KESTEL; as well as executive board members Assist. Prof. Dr. Nazar BAL, Assist. Prof. Dr. Bilge İPEK, and Assist. Prof. Dr. Aydan ÜNLÜKAYA ÇEVİRİCİ.

In this sense, the event not only provided a platform for sharing knowledge and experience but also stood out as a significant gathering that made interdepartmental and inter-center academic collaboration visible, while encouraging students to reflect on the institutional structures, legal foundations, ethical dimensions, and field realities of social work in the areas of women and children.

GREEN CRESCENT STAND OPENED AT IGU

As part of Green Crescent Week (1-7 March), a Green Crescent stand was set up on March 4, 2026, at the entrance area of Tower J Block on the campus of Istanbul Gelisim University (IGU) by the Addiction Prevention Coordination Office.

The event was organized by Assoc. Prof. Dr. Nurten ELKIN, the Addiction Prevention Coordinator at IGU. Within the scope of the stand, the activities of Green Crescent in combating addiction were introduced. Informational materials were presented on tobacco, alcohol, substance, technology and behavioral addictions.

Through the stand activity, it was aimed to raise awareness and consciousness about different types of addiction among university students, as well as academic and administrative staff and all individuals present on campus. The importance of a healthy lifestyle free from addictions was emphasized, accurate information about risk factors leading to addiction was shared, and participants were informed about preventive and protective approaches.

As part of the event, Sultan OZTURK, Social Service Specialist from YEDAM Avcılar, and Emine TOPRAK, the Avcılar Branch Representative of the Green Crescent, were present at the stand and provided the necessary information. In addition, the counseling and support services offered by Green Crescent were introduced, and individuals in need were guided to the appropriate resources where they could seek help.

Through this event, a contribution was made to strengthening the sense of shared responsibility in society in the fight against addiction.



"TALKING ABOUT ADDICTIONS: A SPECIAL YEŞİLAY WEEK PANEL" HELD AT ISTANBUL GELİSİM UNIVERSITY



The Rector, Bahri ŞAHİN, who delivered the opening speech of the panel, emphasized that combating addiction cannot be reduced solely to individual willpower. He stated that this process represents a multidimensional responsibility encompassing families, educational institutions, and society as a whole. Highlighting that universities are not merely institutions producing academic knowledge, ŞAHİN underlined their critical role as centers that develop solutions to social problems, raise awareness, and educate young people. He drew attention to the importance of contributing to the fight against addiction through scientific research, fieldwork, and social responsibility projects, and noted the necessity of strengthening university–public sector collaboration. He also stressed that protecting the young population is among the top priorities and emphasized the need to increase early awareness efforts and support preventive policies.

Dr. Fatih TÜRKMEN, District Health Director of Avcılar and President of Avcılar Green Crescent, evaluated ongoing fieldwork in his speech. He highlighted the importance of preventive and protective activities carried out within primary healthcare services. He stated that the fight against addiction is conducted in a coordinated and multidimensional manner in the field, emphasizing that awareness activities targeting especially young people and families have been increased and that early intervention plays a decisive role in the success of the process.

The panel was moderated by Assoc. Prof. Dr. Nurten ELKİN, Coordinator of the Addiction Prevention Unit at Istanbul Gelisim University. In her presentation titled “Addictions as a Public Health Issue,” she evaluated the effects of addiction on public health. Referring to the activities carried out by the coordination unit, she stated that addiction deeply affects not only physical and mental health but also family structure, social relationships, education, and working life. She emphasized the importance of preventive efforts, noting that early intervention, awareness activities, and inter-institutional collaboration play a critical role. She also stressed the need to strengthen community-based strategies and increase educational programs aimed at protecting young people.

In the first session of the panel, Social Worker Sultan ÖZTÜRK from Avcılar YEDAM discussed behavioral addictions and online gambling addiction. Clinical Psychologist Berna BALTACI ÖZSUCU, also from Avcılar YEDAM, addressed alcohol addiction from scientific and clinical perspectives.

In the second session, Specialist Dr. Rabia BALCI from the Avcılar District Health Directorate shared up-to-date data on tobacco addiction. Psychologist Emrah AKARSU from the Addiction Counseling Unit of Esenyurt District Health Directorate emphasized the importance of counseling services in combating addiction.

The program concluded with a plaque presentation ceremony.

SOSYOLOJİ BÖLÜMÜ 13-20 MART İYİLİK HAFTASI SOSYAL HİZMET BÖLÜMÜ

DÜNYA NEREDEN BAŞLANARAK KURTARILABİLİR?
İyilik ve Etik Üzerine Söyleşi

DR. ÖĞR. ÜYESİ NAZAR BAL
Moderatör

SEZİ KALKAVAN
Şimdi Derneği Kurucusu

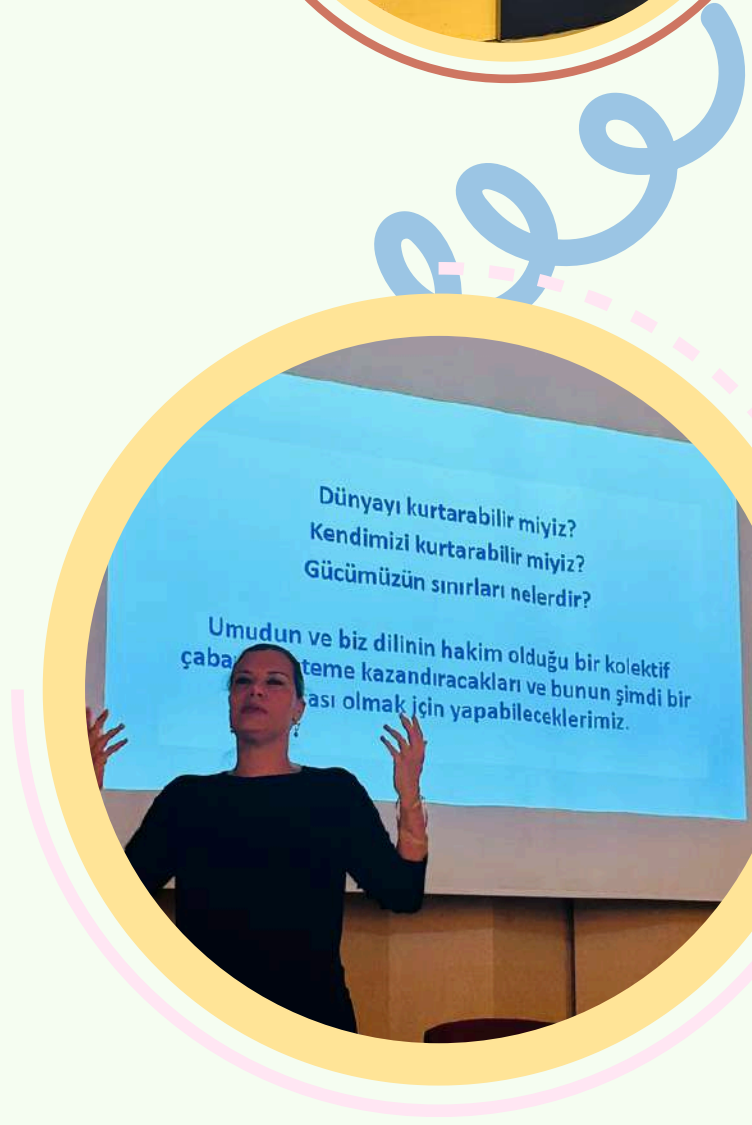
17 MART 2026 13:30-15:30

WHERE CAN THE WORLD BE SAVED FROM? A TALK ON GOODNESS AND ETHICS



As part of Kindness Week (March 13–20), the event titled “Where Can the World Be Saved From? A Talk on Goodness and Ethics,” organized by SSUAM in collaboration with its sociology and social work departments, was held on March 17, 2026, at the K Block Firmas Auditorium. During the event, Sezi KALKAVAN, under the moderation of Dr. Nazar BAL, emphasized that goodness begins with an individual’s inner balance, and—drawing from her volunteer experiences in different geographies—highlighted the transformative power of small yet sincere acts of kindness that sustain hope despite the world’s challenges.

Organized within the scope of Kindness Week (March 13–20) under the leadership of the Social Responsibility Application and Research Center (SSUAM) and the disciplines of sociology and social work, the event “Where Can the World Be Saved From? A Talk on Goodness and Ethics” took place on March 17, 2026, at the K Block Firmas Auditorium. The gathering stood out as an effort to move the concept of goodness beyond a purely theoretical discussion and embed it into everyday life.





The guest speaker of the talk was Sezi Kalkavan, with moderation by Dr. Lecturer Nazar Bal. Kalkavan began her speech by noting that the desire to change the world often leads people to neglect the relationship they have with themselves. According to her, goodness becomes possible through an inner balance established before it is directed outward; confronting oneself and recognizing one's limits and responsibilities are the most fundamental steps in this process. In the later part of her talk, Kalkavan focused particularly on the concept of trust and addressed the phrase, "If you trust, you become trustworthy," not merely as a wish but as a way of relating. In her view, trust is not a feeling to be expected from others; rather, it is a foundation first built within one's own actions, words, and intentions. Trusting someone also requires being transparent, taking responsibility, and acting consistently. Therefore, a relationship of trust is not formed through one-sided expectations but through mutual effort and continuity. Kalkavan emphasized that this approach is as decisive for the internal balance of societies as it is for relationships between individuals.

Referring briefly to her volunteer work in different regions, Kalkavan stated that goodness often gains meaning through small but consistent steps. In her account, goodness emerged not through grand projects but as a practice reflected in everyday relationships, the language people use, and the responsibilities they take on. When she said, "The world is a difficult place," she expressed it not as a statement of despair but as a reality that reminds individuals of their responsibility to do their best. This perspective, which stood out throughout the talk, clearly reflected Kalkavan's worldview: the world can be transformed not through a single grand intervention, but through small yet genuine acts of kindness cultivated in individual lives. According to her, every sincere step taken by a person becomes part of an ever-growing accumulation of goodness in the world—even if it does not directly touch someone else's life.



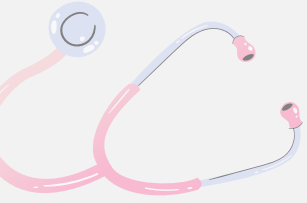


CULTURE-ART-LITERATURE

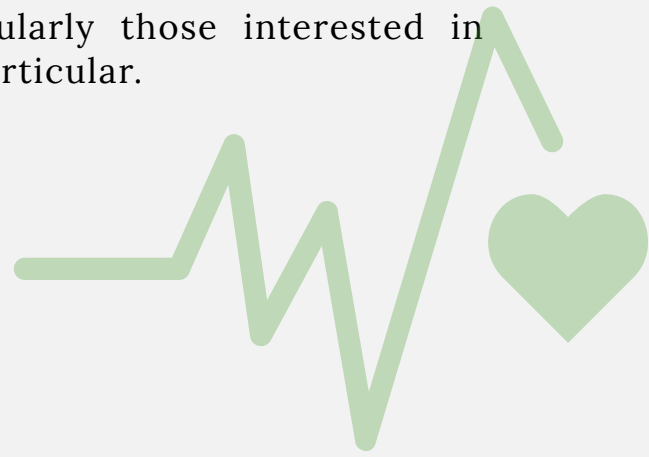
DEVELOPMENT READINGS

Sociology of Health: A Holistic Approach

Editor
Habibe Gülsüm
Müftüler



It is evident that the significance of health has been sustained both historically and in contemporary contexts. The COVID-19 pandemic, which has spread across numerous countries worldwide, has underscored the importance of not only individual health but also public health. Accordingly, in the 21st century, scholarly attention to fields such as the sociology of health, preventive healthcare, and public health is expected to increase. In this book, the sociology of health is examined through a holistic and multidimensional perspective, with the aim of providing, at least in part, solutions to contemporary challenges. It is anticipated that this book will be beneficial to a broad audience, particularly those interested in societal issues in general and health in particular.





**Faculty of
Health Sciences**

ISTANBUL GELISIM UNIVERSITY ALUMNI TRACKING SYSTEM

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

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

What Are the Steps to Join METSIS?

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



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



LinkedIn -
IGU ALUMNI AND
MEMBERS COORDINATOR

Dear IGU Alumni,
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