

## EXEMPLARY APPRECIATION FROM EMU BOARD OF TRUSTEES



Eastern Mediterranean University (EMU) Board of Trustees has organised a Ceremony of Appreciation for the former presidents and members of the Board of Trustees who have served since the day EMU was transformed from a High Technology Institute into a state university with the statute passed by the Turkish Republic of Northern Cyprus (TRNC) Parliament in 1986. The event took place at EMU Beach Club on Thursday, 20 October, 2022, at 18:00, with the participation of the Turkish Republic of Northern Cyprus (TRNC) President Ersin Tatar. Also present at the ceremony were the TRNC Minister of National Education Nazım Çavuşoğlu, National Unity Party Famagusta MPs Oğuzhan Hasipoğlu and Hakan Dinçyürek, EMU Board of Trustees President Dr. Erdal Özçenk, EMU Rector Prof. Dr. Aykut Hoca'nın, Members of the Board of Trustees and Vice Rectors, as well as the former presidents, members and staff of the EMU Board of Trustees.

### “EMU Has Reached the Present Day With Great Success”

The ceremony started with the opening speeches. Ahmet Aker, who served as the first president of the EMU Board of Trustees between 1986-1987, stated in his speech that he has been closely following the stages that EMU has gone through since its establishment. Noting that they planned EMU as a national institution, Aker stated that the university has achieved great success as the shining star of the Eastern Mediterranean. Noting that the number of students at EMU has increased more than they expected, Aker said that he is happy to have students from many different countries studying at EMU.

### “We Act with a Common Management Vision”

EMU Rector Prof. Dr. Aykut Hoca'nın expressed his pleasure to be together with the President and members of the Board of Trustees, who have made great efforts in the development of EMU. Stating that the point EMU has reached since its foundation is really satisfactory, Prof. Dr. Hoca'nın provided information about the international achievements of the university, its infrastructure and goals. Prof. Dr. Hoca'nın also thanked the current President and members of the Board of Trustees and added that the Rector's Office and the Board of Trustees act with a common management vision.

### “We Will Add New Successes To The Successes For Which You Have Laid The Foundations”

EMU Board of Trustees President Dr. Erdal Özçenk stated that EMU is the pearl of the TRNC, the locomotive of higher education and the apple of the eye of the city of Famagusta, and stated that they organized this night of appreciation to honor their friends who have served in the EMU Board of Trustees. Stating that EMU has gone beyond the borders of the country for 43 years and made itself known to the world in the international arena with its quality, Dr. Özçenk emphasized that the institution has become an international education center. Dr. Özçenk said “You laid the foundations; We promise that we will continue our self-sacrificing efforts so that our university, shining like a star, will carry the torch of science to the world by adding success to its achievements.”





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### “I wish EMU continued success”

TRNC Minister of National Education Nazım Çavuşoğlu stated that when EMU is mentioned, everyone knows that TRNC’s most popular university is referred to. Stating that EMU’s achievements in world rankings make them proud, Minister Çavuşoğlu thanked everyone who contributed to the successful achievements of EMU. Talking about the latest developments and goals in the TRNC higher education field, Minister Çavuşoğlu wished EMU continued success.

### “EMU’s Success is the Country’s Success”

TRNC President Ersin Tatar started his speech at the event by expressing his pleasure for being present at this very meaningful night. President Tatar pointed out that the number of 69 thousand graduates brought up to date is a very large number. Expressing that despite the embargo and restrictions facing the country, EMU’s success is everyone’s success. President Tatar also thanked those who contributed. Stating that the success of EMU should be considered as a great service and gain to the country, President Tatar also added that Famagusta has gained added value with the opening of Maraş. Pointing out that the increase in student flow at EMU in recent years

and the admission of qualified students from third countries is a very important development for the university, President Tatar wanted national values to be protected more and said that EMU should also be placed amongst national values.

After the speeches, TRNC President Ersin Tatar and Minister of National Education Nazım Çavuşoğlu presented a plaque to the former presidents who served on the EMU Board of Trustees. Certificates of appreciation were also presented by Dr. Erdal Özçenk. Afterwards, President Dr. Özçenk presented the former members of the Board of Trustees plaques and certificates of appreciation. While President Özçenk was presented with a plaque by President Ersin Tatar, his certificate of appreciation was presented to him by one of the former presidents, Dr. Özkan Korun. At the ceremony, Prof. Dr. Ata Atun received a plaque and a certificate of appreciation for his father Prof. Dr. İbrahim Hakkı Atun. Prof. Dr. Ata Atun also talked about his father’s memories about the foundation years of EMU. At the same time, EMU Rector Prof. Dr. Aykut Hoca’nın’s father Yusuf Ziya Hoca’nın was also amongst the members who received a plaque and a certificate of appreciation.



## TRNC MINISTER OF PUBLIC WORKS AND TRANSPORTATION PROF. DR. ERHAN ARIKLI VISITS EMU



Turkish Republic of Northern Cyprus (TRNC) Minister of Public Works and Transportation Prof. Dr. Erhan Arıklı visited Eastern Mediterranean University (EMU) Rector's Office on Wednesday, 19 October 2022 at 14:30. TRNC Ministry of Public Works and Transportation Private Secretary Hande Güzoğlu, EMU Board of Trustees members Kadir Yel, Ersun Kutup, Halil Orun and Hasan Esen, Vice Rector for Social and Cultural Affairs Prof. Dr. Deniz İşçioğlu and Vice Rector for Technical and Administrative Affairs Prof. Dr. Serhan Şensoy were present during the visit.

### **“We Aspire that the Contributions to EMU Budget to Increase”**

Speaking during the visit, EMU Rector Prof. Dr. Aykut Hoca stated university's contentedness on the Minister Arıklı's visit to the EMU. Stating that as a state university, EMU always fulfills its duties in terms of education, research and service to the community, Prof. Dr. Hoca emphasized that a significant number of students from the TRNC, the Republic of Turkey and foreign countries preferred EMU in the 2022-2023 Academic Year. Noting that the visit's agenda on the TRNC Ministry of Public Works and Transport, and the Council of Ministers, the government and the state supporting EMU, Prof. Dr. Hoca underlined that beyond being one of the 21 universities in the TRNC, EMU is the oldest and the only state university established by law. Prof. Dr. Hoca touched on EMU's mission including compliance with all legal regulations, setting an example in this regard, taking legal steps regarding the personal rights of faculty members and the guarantees of their employees, organizing plans, projects, programs related to taking steps towards strategic goals, and providing state institutions with advanced manpower. Stating that serving the society is one of the most important duties of EMU, Prof. Dr. Hoca said that EMU not only organizes educational events and seminars but also supports social, cultural, sportive and other activities especially in Famagusta and TRNC in general. Emphasizing that they want to feel more

support of the state in this sense, Prof. Dr. Hoca noted that only less than 1% of EMU's budget has been covered by the state in recent years, and that this situation has limited EMU's activities as a state university. Expressing the university's desire that the state's contribution to the EMU budget to reach higher levels as in the past, Prof. Dr. Hoca pointed out the importance of this in terms of increasing added value. Stating that there were some problems in transportation of students at the beginning of the academic semester, Prof. Dr. Hoca said that they believe that Minister Arıklı will increasingly continue to support EMU to overcome these challenges.

### **“EMU should be Seriously Supported”**

TRNC Minister of Public Works and Transportation Prof. Dr. Erhan Arıklı reminded everyone that he is a local of Famagusta and therefore, he is to follow EMU's struggles. Noting that if EMU is in trouble, Famagusta and therefore the country will be in trouble, Minister Arıklı emphasized that EMU is the flagship of TRNC higher education. Underlining that EMU is an institution that sets an example for other universities and has almost become an idol brand, Minister Arıklı expressed that they are aware of the problems experienced at the university and that the budget in particular is causing serious problems for EMU. Stating that most of the students who come to EMU are scholarship students, Minister Arıklı said that the students contribute very little to EMU, but they have a great contribution to Famagusta and the TRNC, therefore EMU should be seriously supported. Adding that EMU competes not only with universities in the TRNC, but also with foundation universities in Turkey and universities in the Balkan countries, Minister Arıklı pointed out that it is necessary to create opportunities in order to bring students and satisfy them here. Stating that this is not only the duty of EMU but also the state, Minister Arıklı noted that every student who graduates from this university will contribute to the promotion of the country as an honorary

representative of the TRNC in the country they go to.

### **“Implementing a Public Transportation System”**

Stating that they will fulfill their obligations as the Ministry, and that it is their duty to solve other problems as soon as possible, Minister Arıklı stated that he visited EMU to listen to these problems in person. Mentioning that the most important issue is transportation, Minister Arıklı emphasized that transportation brings a burden to universities and that they have to establish public transportation by taking this burden off the shoulders of universities. Stating that there are good examples in the Republic of Turkey regarding this issue, Minister Arıklı asked the public to follow the support given by the Municipality of Kayseri to them in this regard. Expressing that the ministry can request expert support from EMU in this regard, Minister Arıklı said, “We will implement the public transportation system in a very short time and we will eliminate the public transportation problem on all universities”. Noting that these efforts have reached a certain point, Minister Arıklı stated that they aim to implement public transportation in the next year. Minister Arıklı stated that it is one of their most important duties to provide students with the opportunity to travel and get to know the whole country with these public transportation vehicles, and added by saying: “I found that many students who graduated from Famagusta never went to Lefke or Güzelyurt. I am sad. At the same time, I see that students studying at universities in Nicosia do not go to Famagusta or Iskele. Because there is no public transport. We are working hard to eliminate it. When we eliminate the transportation problem, we will make a serious contribution to our universities”. Following the speeches, Minister Prof. Dr. Arıklı answered the questions of the press members. At the end of the meeting, EMU Rector Prof. Dr. Hoca presented EMU souvenirs to Minister Prof. Dr. Arıklı.



## COLLABORATION PROTOCOL SIGNED BETWEEN EMU AND GIKAD



Eastern Mediterranean University (EMU) Rector's Office and Turkish Cypriot Women Entrepreneurs Association (GIKAD) signed a collaboration protocol with the aim of increasing awareness on gender equality. The said protocol was signed on Tuesday, 18 October 2022 at 11:00 at EMU Rector Prof. Dr. Aykut Hocanın's office. Prof. Dr. Hocanın and GIKAD Director İçim Çağiner Kavuklu signed the protocol on behalf of the institutions. EMU Vice Rector for Academic Affairs Prof. Dr. Hasan Demirel, GIKAD Executive Board members Özlem Latif, Ziyet Şah, Sinem Ahmet Raşit, General Secretary Alara Ataç, Chair of the EMU Center for Women's Studies (CWS) Assoc. Prof. Dr. Süheyla Üçışık Erbilin, CWS assistant Fatma Türüç and assistant Sümeyye Rabia were presented during the signing session.

### “EMU has an Important Role in Serving the Public”

Delivering the opening speech of the signing session, EMU Rector Prof. Dr. Aykut Hocanın noted that as a state university, EMU has important duties to serve the society as well as providing quality education and research. Stating that the university appreciates GIKAD's projects, Prof. Dr. Hocanın said that EMU also prefers to cooperate with organizations with an entrepreneurial spirit while taking part in such projects. Expressing

the multi-dimensional need of the island in terms of entrepreneurship, Prof. Dr. Hocanın underlined the importance of EMU being a part of applied projects. Stating that EMU has also education programs on entrepreneurship and gender equality, Prof. Dr. Hocanın said that this also had an impact on the success of EMU in the world rankings. Saying that they want EMU to contribute to every project aimed at meeting the needs of the Turkish Republic of Northern Cyprus (TRNC), Prof. Dr. Hocanın also reminded that more than half of the executives on the University Executive Board of EMU are successful women who are elected. Prof. Dr. Hocanın emphasized the fact that EMU is one of the best institutions in TRNC a regards to gender equality.

### “We are doomed to Fall Behind if We Leave Our Women Behind”

Also delivering a speech during the signing session, GIKAD Director Dr. İçim Çağiner Kavuklu thanked EMU for its collaboration and said that their aim is to strengthen the

TRNC. Saying that the non-governmental organizations, municipalities, local administrations and universities should work together, Dr. Kavuklu continued her words by saying that it is the time to conducting and implementing projects. Stating that they cannot afford to be left behind on food, climate, gender equality and entrepreneurship, Dr. Kavuklu noted that EMU is the most distinguished university and source of pride in the TRNC with its work in this field. Telling that half of the society is women, Dr. Kavuklu said, “If we leave our women behind, we are doomed to fall behind. That's why our biggest goal is to provide equality between men and women in terms of equal opportunity”. Noting that the education is the most important factor in improving the society, Dr. Kavuklu stated that she believes that their cooperation with EMU will be of great benefit in terms of supporting women in rural areas on behalf of the Entrepreneurial Women's Development Cooperative. Dr. Kavuklu also added that working with the EMU Center for Women's Studies would contribute greatly to their projects.

The protocol was signed following the speeches. EMU Rector Prof. Dr. Hocanın presented a Turkish Cypriot traditional Lefkara work souvenir to GIKAD Director Dr. Kavuklu.



## PROF.DR. ŞEBNEM HOŞKARA, DIRECTOR OF THE URBAN RESEARCH AND DEVELOPMENT CENTER, REPRESENTED EMU IN BRUSSELS AT THE INTERNATIONAL SOCIETY OF CITY AND REGIONAL PLANNER'S 58<sup>TH</sup> ANNUAL WORLD PLANNING CONGRESS

The International Society of City and Regional Planners (ISOCARP) and the Brussels-Capital Region hosted the 58th World Planning Congress under the theme: "From Wealthy to Healthy Cities" through virtual and in-person presentations. The Virtual Congress was on 22-23 September 2022, and the in-person Congress took place from 3rd October to 6th October 2022 in Brussels, in the historic resorted venue which received the Europa Nostra Heritage award in 2021. ISOCARP's 58th annual World Planning Congress has brought more than seven hundred planners, urbanists, allied professionals in the building professions, and place-makers from 78 countries together in inclusive dialogue to facilitate knowledge exchange. Prof.Dr. Hoşkara, was a member of this year's Congress Team, and she was one of the three coordinators of Track 1 on Healthy



People. Accordingly, she has moderated 5 sessions under this track during the Congress. In addition to her congress team duties, Prof. Hoşkara organized and co-moderated a Special Session on Resilient Public Spaces for Healthy Living (Wednesday, October 5, 16.00-17.30) with the participation of three guest speakers representing ISOCARP,

AESOP Thematic Group for Public Spaces and Urban Cultures (AESOP TG PSUC) and City Space Architecture (CSA). She has also been an invited speaker for a Special Session on Empowering Women, Public Space, and Climate Change, where she gave a talk on 'Women in Public Space: Does Culture Matter?' on Thursday, October 6, 11.00-12.

## FLOWER POEMS PREPARED IN COOPERATION WITH EMU FACULTY OF COMMUNICATION AND SOS CHILDREN'S VILLAGE ASSOCIATION ARE PUBLISHED IN A BOOK

With the cooperation of the Eastern Mediterranean University (EMU) Faculty of Communication and SOS Children's Village Association, an event for SOS Children's Village was held with the support of Emin Çizenel and Hikmet Uluçam, both of whom are the valuable artists of the Turkish Republic of Northern Cyprus (TRNC).

In scope of the said event, children who had limited opportunities for activities during the pandemic period had the chance to take photos by visiting the unique garden of Hikmet Uluçam through the organisation of the artist Emin Çizenel and wrote separate poems for each photo. These poems, written with the encouragement of the artists have been published and distributed at the EMU Printing Office after their cover and page designs were handled by the EMU Faculty of Communication design team

Hosted by the SOS Children's Village Program Director Ahmet Akarsu, EMU Communication Faculty Dean Prof. Dr. Senih Çavuşoğlu and artist Emin Çizenel came together at the SOS

Children's Village Association Nicosia campus to share the published copies of the book full of children's photographs and poems.

Volunteering in the design and printing of the book, Prof. Dr. Çavuşoğlu expressed that as EMU, they attach great importance to community service and social responsibility and added that they are happy to be turning a unique experience into a book. Expressing that they experienced being a child again thanks to the book, Emin Çizenel said, "It was possible to create such a wealth of dreams and then to actually experience it. I hope that we all always need such happiness." SOS Children's Village Program Director Ahmet Akarsu, on the other hand, stated that this work, which was created with unforgettable memories for children, gave them great happiness and thanked EMU Communication Faculty, artists Emin Çizenel and Hikmet Uluçam, for their sincere support.



## EMU FACULTY OF COMMUNICATION DOCTORATE STUDENT YASİN ALP ÇEVİK RECEIVES THE FIRST PRIZE IN PHOTOGRAPHY COMPETITION



Eastern Mediterranean University (EMU) Faculty of Communication Ph.D. Program student Yasin Alp Çevik has been awarded the first prize with his photograph titled "Reflection" in the "See Women Trafficking" themed photography competition organized by the Association for Support from Women to Life (KAYAD). In the event organized by KAYAD within the scope of the European Union Fight Against Human Trafficking Grant Program, the exhibition consisting of 22 works selected from 104 photographs in the context of the "Ignore" project was opened to visitors. Successful photographers were presented their awards at the award ceremony held at İsmet Vehit Güney Art Center. Mustafa Akıncı, the 4th President of the Turkish Republic of Northern Cyprus,

and Mehmet Harmancı, the President of the Nicosia Turkish Municipality, also attended the ceremony. EMU Engineering Faculty, Electrical and Electronic Engineering Department Technician Cem Cengiz won the second prize with his photograph titled "A Hope", while Alev Emre Gülsev was awarded the third prize with her photograph titled "I'm at the End of a Road Quietly Gone". Ayşe Kocaismail won the jury special award with her photo titled "Hope" as a result of the evaluation of the jury committee consisting of Mehmet Göküğü, Prof. Dr. Senih Çavuşoğlu, Meral Akıncı and Ali İhsan Bayar, while the honorable mentions were received by Erkan Çelikeri with his photo "Imagination" and Gülen Gül Coşkun with her photo "İzahi".

### "One of the Biggest Human Rights Violations"

Delivering the opening speech of the ceremony, KAYAD President Meral Akıncı drew attention to human trafficking, which is one of the biggest human rights violations in the world, and in this context, women's trafficking. Referring to the work they have done in this field as KAYAD, Akıncı emphasized the importance of the potential of civil society to achieve social transformation. Akıncı stated that they are working to make the violations of rights visible with the "Ignore" projects and said, "We know that in order to transform, we must first see the problem and understand it correctly. It is essential not to ignore the problems in the fight against trafficking in women, as we did against domestic violence years ago." Akıncı also emphasized that trafficking in women is modern slavery.

### "Seeing Requires Mind and Heart"

The award winners shared their feelings and thoughts with the participants in the organization where the videos prepared for the winning photos were also screened. EMU Communication Faculty PhD Program Student Yasin Alp Çevik, winner of the "See Women Trafficking" photography contest, drew attention to the potential of the said photography exhibition to raise awareness beyond just being looked at. Çevik said, "I wish it would be an exhibition that we see, not just look at. Because looking is an eye movement, seeing requires mind and heart. I wish it to be an exhibition where we put our minds and hearts."

## INTERNATIONAL SUCCESS FROM EMU VISUAL ARTS AND VISUAL COMMUNICATION DESIGN DEPARTMENT STUDENTS



Eastern Mediterranean University (EMU) Communication Faculty, Visual Arts and Visual Communication Design Department postgraduate students Sara Tanha, Nisrine Akerzoul, Mostafa Baigloo and department graduate Belal T. Y. Herbawi's designs appeared among the bests in the "Do the Right Thing" Poster Competition organized by Paris-based, independent and non-profit art institution Poster for Tomorrow. The posters were designed within the scope of the "Workshop II" course taught by EMU Communication Faculty Dean Prof. Dr. Senih Çavuşoğlu. During the competition, which over 6,000 posters from 30 different countries participated in, the message "Let's

be the best person we can" was given to the whole world with posters designed within the scope of the theme.

### "Success is not a Coincidence"

EMU Communication Faculty, Visual Arts and Visual Communication Design Department Master's Program 2021-2022 Academic Year Summer Semester graduate and current doctoral student of the Communication Faculty Sara Tanha from Iran, Visual Arts and Visual Communication Design Department Master's Program students Nisrine Akerzoul from Morocco and Mostafa Baigloo from Iran, Visual Arts and Visual

Communication Design Department Master's Program 2014-2015 Academic Year Spring Semester graduate and current Visual Design Instructor in Palestine Technical University, Kadoorie Belal T. Y. Herbawi from Palestine made the EMU Communication Faculty proud with their achievements. Making a statement on the topic, Communication Faculty Dean Prof. Dr. Senih Çavuşoğlu expressed that it is not a coincidence that EMU Communication Faculty students and graduates achieve various successes in such international competitions every year, and that this is a reflection of the quality education provided at the faculty.

Making a statement on the topic, EMU Visual Arts and Visual Communication Design Department Head Assist. Prof. Dr. Fırat Tüzünkan said; "I wholeheartedly congratulate our postgraduate students who achieved to be listed among the bests in an international competition where such a high participation took place. Moreover, I sincerely thank Prof. Dr. Çavuşoğlu for who supported and contributed to our students during this process".

"Poster for Tomorrow" competition aims to encourage everyone both from the design community and others to make posters on topics that have huge effects on the society. With the "Poster for Tomorrow" competition, more than 1,000 exhibitions on 5 continents were hosted with 40 thousand posters from more than 150 countries over the last 10 years.



## “CREATING TOGETHER” EVENT WITHIN THE SCOPE OF THE EMU ART DAYS



Organized by the Eastern Mediterranean University (EMU) Social and Cultural Activities Directorate and EMU Art Coordinator Zehra Şonya with the contributions of EMU Public Relations and Media Directorate, the “EMU Art Days” events continued with the “Creating Together” event for primary school students. The event organized within the framework of the “Portraits, Styles and Stories Project” conducted by the EMU Rector’s Office took place on Thursday, 20 October 2022 at 10:00 at the Rauf Raif Denktaş Culture and Congress Center. EMU Vice Rector for Social and Cultural Affairs Prof. Dr. Deniz İşçioglu attended the workshop where 15 primary school students aging between 7 and 11 from Eastern Mediterranean Doğa Primary School and EMU personnel participated. After visiting the exhibition area at the Rauf Raif Denktaş Culture and Congress Center, the students made collage at the workshop, which was held under the instructor of EMU Art Coordinator Zehra Şonya.

### “Esaretten Özgürlüğe” Theatre Play on the 26th of October

EMU Art Days are to continue with various theatre plays. The theatre play titled “Esaretten Özgürlüğe” (From Captivity to Freedom) starring Turkish Cypriot Theatre Artist Hüseyin Köroğlu and Şenay Saçbükür will be staged at the Rauf Raif Denktaş Culture and Congress Center on Wednesday, 26 October 2022 at 19:30. The play written by the Theatre AŞHK and directed by Hüseyin Köroğlu is about the period starting from the occupation of Anatolia in 1918 to the proclamation of the Republic in 1923. The play tells how people, under the leadership of Mustafa Kemal Atatürk, escaped from captivity and reached freedom by writing epics. In a statement made by the EMU Rector’s Office, the participation in the theatre play will be off-charge and open to the public.





## EMU DR. FAZIL KÜÇÜK FACULTY OF MEDICINE'S STATEMENT ON BREAST FEEDING



Eastern Mediterranean University (EMU) Dr. Fazıl Küçük Faculty of Medicine, Newborn Intensive Care/Pediatrics Specialist and Dr. Fazıl Küçük Medicine Faculty Clinical Practice and Research Center Chair Assoc. Prof. Dr. Nilüfer Güzoğlu wrote an article on the breast feeding. Assoc. Prof. Dr. Güzoğlu's statement reads as follows:

### Supporting Breastfeeding and Relactation

In addition to the nutrients it contains, breast milk is a very valuable nutrient with immune-boosting factors, hormones, growth factors, prebiotics, probiotics, and nucleotides. The mother's milk is special for every infant. The content of breast milk in preterm infants differs from that in term infants, and as the infant grows, the content of breast milk changes according to the needs of the infant.

### Is it possible to breastfeed after taking a break for a while?

Breast milk may be discontinued for different reasons. If the baby was born prematurely and stayed in the intensive care unit for a long time, or if the baby has been treated in the hospital for a long time due to different diseases, breast milk may decrease over time. On the other hand, if the mother is unable to breastfeed her baby due to difficulties in breastfeeding, illness or accident, breast milk may stop.

In these cases, it is possible to restart breastfeeding. This process, which we call relactation, is the process of restarting breastfeeding so that the mother can continue to breastfeed after the cessation of breast milk for any reason. It can be challenging and time consuming, but it is a successful process. In the literature, it is reported that even adoptive women start producing breast milk and breastfeed their babies with the right techniques.

As the Dr. Fazıl Küçük Medicine Faculty Clinic, we are also working on a project in collaboration with the Faculty of Health Sciences to support breastfeeding and ensure relactation.

### How is relactation done?

First of all, it is important that the mother

is convinced. Skin-to-skin contact between mother and baby, not upsetting the mother, supporting the mother, encouraging the mother are very important factors in restarting breast milk production.

While prolactin provides milk production, the hormone oxytocin provides the milk ejection reflex that pushes milk from the duct and nipple. The baby's sucking on the breast and expressing milk by hand or pump send signals to the pituitary gland in the brain for the production of the hormone prolactin. In order for the hormones to be adequately secreted, the baby needs to suckle eight or ten times a day or the breast should be milked by hand/pump, and each procedure should take 10 to 30 minutes.

If there is not enough milk production to meet the needs of the baby, it can be ensured that the baby is breastfed from the breast with low-cost, easy-to-apply breastfeeding support systems. Breastfeeding aids provide skin-to-skin contact as well as teaching the right grip and holding the breast.

Proper nutrition of the mother, adequate fluid consumption and rest are also necessary to restart breast milk production. In addition, galactagogues, also known as milk enhancers, can be used when necessary.





## EMU DR. FAZIL KÜÇÜK MEDICINE FACULTY RELEASES A STATEMENT ON 20 OCTOBER WORLD OSTEOPOROSIS DAY

Eastern Mediterranean University (EMU) Dr. Fazıl Küçük Medicine Faculty academic staff member and Marmara University Physical Therapy and Rehabilitation Major academic staff member Assoc. Prof. Dr. Canan Şanal Toprak released a statement on the occasion of 20 October, World Osteoporosis Day. The statement reads as follow:

“Osteoporosis is an important systemic disease with a decrease in the quantity, quality and strength of bones and an increased risk of fracture.

Although it is generally known as a disease of postmenopausal women and old age, it can also be seen in young individuals and men with risk factors for bone health, and even after a simple fall or impact, it greatly increases the risk of breaking a bone. As the life expectancy increases day by day, the development of osteoporosis and osteoporosis-related fractures is increasing.

These fractures can cause pain, disability, postural disorders and many problems that make daily activities extremely difficult. The disease generally has no specific symptoms. Therefore, many patients do not know they have osteoporosis until they have a fracture, and even after an

osteoporosis fracture, about 80 percent of patients do not receive a diagnosis and treatment for osteoporosis. That’s why osteoporosis is described as a “silent” disease.

Unfortunately, according to the International Osteoporosis Foundation, one in every three women above 50 years and one in every five men will experience a fracture due to osteoporosis during their lifetimes. For this reason, 20 October is referred as “World Osteoporosis Day” with the intention of drawing attention and raising awareness about this common and important disease.

Osteoporosis is a serious condition but it should be kept in mind that it can be prevented and treated. You can also help protect and improve your bone health with a healthy and balanced diet and regular exercise, and you can make your treatment more effective with early diagnosis by meeting with your doctor in terms of osteoporosis risk factors, screening and diagnosis.

Let’s take a step for your bone health on the 20th of October, World Osteoporosis Day!”





## EMU CUP TENNIS TOURNAMENT TO BEGIN



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**EMU CUP**

**OPEN TENNIS TOURNAMENT**

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Eastern Mediterranean University (EMU) Cup Tennis Tournament organized by the EMU Sports Affairs Directorate will be held between 24 October and 9 November, 2022 at EMU Tennis Courts.

Non-athletic individuals who do not hold a license will be able to submit free-of-charge applications for the tournament which is to be organized with different categories

including, +18 women and men, +35 women and men, double women, double men and mixed categories. According to the statement released by the EMU Sports Affairs Directorate, the applications can be made until Saturday, 22 October 2022. Individuals wishing to participate in the tournament can apply to the event by contacting EMU Tennis Team Coach Aydın Kayol (0548 860 94 72).

### This Week's Academic Publications

Source: Web of Science

#### Faculty of Arts & Sciences

- 1- Pantig, Reggie C., and Ali Övgün. "Dehnen halo effect on a black hole in an ultra-faint dwarf galaxy." IET Image Processing (2022).
- 2- Rani, Noosheza, and Arran Fernandez. 2022. "An Operational Calculus Formulation of Fractional Calculus with General Analytic Kernels." ELECTRONIC RESEARCH ARCHIVE 30 (12): 4238-55.
- 3- Awuya, Michael A, Gbenga O Ojo, and Nazim I Mahmudov. 2022. "Solution of Space-Time Fractional Differential Equations Using Aboodh Transform Iterative Method." JOURNAL OF MATHEMATICS 2022 (September).
- 4- Pantig, Reggie C, and Ali Övgün. 2022. "Dehnen Halo Effect on a Black Hole in an Ultra-Faint Dwarf Galaxy." JOURNAL OF COSMOLOGY AND ASTROPARTICLE PHYSICS, no. 8 (August).

#### Faculty of Business & Economics

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