

EMU HOSTS WORLD DOWN SYNDROME AWARENESS DAY EVENT



A World Down Syndrome Awareness Day event has been held under the organisation of Eastern Mediterranean University (EMU) Social and Cultural Activities Directorate Student Clubs Unit and with the support of EMU Health Sciences Faculty, Physiotherapy and Rehabilitation Department. Students from Famagusta Special Education and Vocational Training School attended the event, held at the EMU Activity Center on Thursday, 23 March, 2023, between

10:00 and 12:00. During the event organized under the leadership of the EMU Special Education Club, members of American Football Club, Flag Football Club, Beşiktaş Fans Club, Children's Rights Club, Fenerbahçe Fans Club, Gastronomy Club, Folk Dance Club, Psychology Students Club, Backgammon Club, Theater Group and ultrAslan-UNI Eastern Mediterranean members painted banners, decorated cookies, did face painting and played games with the students of the said school. In order to emphasize the importance of physical activity, exercises were carried out with individuals with special needs under the leading of EMU Physiotherapy and Rehabilitation Department academic staff member Assoc. Prof. Dr. Zehra Güçhan Topcu.

During the event which was also participated by EMU Vice Rector for Social and Cultural Affairs Prof. Dr. Deniz İşçioğlu, students of Famagusta Special Education and Vocational Training School had pleasant time.



Doğu Akdeniz
Üniversitesi

Oyuncak

Boyama
Kitabı

Puzzle

Kuru/Sulu
Boya

Top

Resim
Defteri

Oyun
Hamuru

**GELECEĞE
UMUT BIRAK**

*Oyuncağınla Bir Kalbe Dokunmak,
İster Misin?*

**23 MART - 23 NİSAN
CL Meydanı**

KAMPANYA SÖRECİ BOYUNCA KAMPÜS İÇERİSİNDE KURULAN KIZILAY ÖĞRENCİ KULÜBÜ STANTLARINA OYUNCAK BAĞIŞINDA BULUNABİLİRSİNİZ.

TOY COLLECTION CAMPAIGN FROM EMU RED CRESCENT STUDENT CLUB

Red Crescent Student Club operating under the Eastern Mediterranean University (EMU) Social and Cultural Activities Directorate is organizing a toy collection campaign titled "Be Hope for the Future – Would You Like to Touch a Heart with your Toy?" between 23 March 2023 and 23 April 2023. The campaign aims to help and support earthquake-affected children who came to the Turkish Republic of Northern Cyprus (TRNC) by providing them items such as toys, coloring materials, balloons and drawing books which will make them happy. Toys collected between the specified dates will be distributed to children at certain periods during visits. In addition, toys will also be shared at the event to be held together with children on 23 April. In a statement released by EMU Red Crescent Student Club, it was stated "Our primary desire is to be hope for the little warriors of the future who left everything behind and are separated from their homes and toys".

Collection Points will be Set Up in Various Places around EMU

Within the scope of the campaign, it is aimed to collect materials such as toys, drawing books, play dough, coloring book, dry and water color paint, puzzle and ball. The collections points to be set up at EMU Atatürk Square, Foreign Languages and English Preparatory School, Faculty of Law and Faculty of Education will enable everyone to easily collect items which will make the children happy. Two individuals, one from the executive team and one club member, will be responsible at each collection point. Statistics will be maintained by counting toys every evening. In addition, a letter box will be added to the stands and the messages of the participants of the campaign will be collected. In this way, it is aimed to ensure that donors have the opportunity to emotionally connect with the children.

EMU DEPARTMENT OF PHYSICS PROVIDES LAB TRAINING TO GMTMK STUDENTS



Eastern Mediterranean University (EMU) Arts and Sciences Faculty, Department of Physics provided lab training to Famagusta Turkish Maarif College (GMTMK) 12GCE A and B class students on Thursday, 23 March 2023 at 09:00 at EMU Physics Department. Accompanied by GMTMK Physics teachers Sevim Sayan and Hürmüs Arıtay, 28 high school final year students visited EMU Department of Physics where they were welcomed by EMU Arts and Sciences Faculty Dean Prof. Dr. Mehmet Ali Özarslan and, Physics and Chemistry Departments' Head Prof. Dr. İzzet Sakallı. Following a briefing session on the university's faculties and departments delivered by Prof. Dr. Mehmet Ali Özarslan and Prof. Dr. Sakallı, Vice Head of the EMU Physics Department Prof. Dr. Seydhabibollah Mazharimousavi, Physics Department academic staff members and research assistants performed various experiments during the lab training session.



Within the scope of the training, GMTMK students got the change to observe experiments such as "Characteristic X-ray of CU Atom", "Ideal Gas Law", "Half Life of CS Atom", "Electron Spin Resonance", "Young Slits" and "Michelson Interferometer". Following a very productive training session, students had lunch at EMU Table D'hote Restaurant.

EMU DEPARTMENT OF ELEMENTARY EDUCATION ORGANISED A TALK ON PSYCHO-EDUCATIONAL SUPPORT AND SHARING



Eastern Mediterranean University (EMU) Faculty of Education, Department of Elementary Education organized a post-earthquake psycho-educational support and sharing talk with pre-school teachers in Famagusta and İskele regions under the title of "Being a Teacher in Difficult Times". The event, held at the EMU Özay Oral Library Auditorium Hall, was attended by the administrators and teachers of schools specified as practice schools within the scope of OÖEG 424 Teaching Practice – II course, Department of Elementary Education academic staff members and research assistants.



During the conversation, the events experienced in schools after the earthquake, the measures taken and other problems experienced in pre-school education and relevant solutions were discussed. At the end of the event, the participants decided to hold regular talk sessions on this subject, to host the event in different schools, and to develop experience sharing and cooperation amongst teachers.

EMU SCT DELIVERS SOFTWARE AND MICROPROCESSOR COURSE FOR VOCATIONAL HIGH SCHOOL TEACHERS

Upon the request of the Ministry of National Education Department of Vocational Technical Education, Eastern Mediterranean University School of Computing and Technology (EMU SCT) delivered software and microprocessor training for 14 teachers from Dr. Fazıl Küçük Industrial Vocational High School, Karpaz Vocational High School and Iskele Commercial High School. Held on 8-9 March 2023 and 15-16 March 2023, total of 12 hours of training, 3 hours of training each day, was delivered by EMU SCT Electrical and Electronics Technology program academic staff member Mesut Yakup. EMU SCT academic staff member Assist. Prof. Dr. Alper Doğanalp, senior instructor Hasan Özçelikhan and senior instructor Ali Murat contributed to the content preparation process of the training course.



Stating that the course has been a total success, senior instructor Mesut Yakup said that the training course delivered upon the request of the Ministry focused on software and hardware. Saying that the participants of the course were information technology

teachers from the vocational high schools, Yakup expressed that they received positive feedback from the teachers after the course was completed and that as the EMU SCT, they would gladly continue to offer such courses if requested.

AIESEC EASTERN MEDITERRANEAN HELD ANNUAL CONGRESS IN İSKELE

Eastern Mediterranean University (EMU) representative, AIESEC Eastern Mediterranean, held its annual local congress on 18-19 March this year. AIESEC Turkey Outgoing Side Global Volunteer Director Meryem Rana Yurtçiçek also attended the congress, which was held at the İskele Municipality Atatürk Cultural Center between 10:00 am and 9:00 p.m. A statement made by AIESEC Eastern Mediterranean regarding the aims of the congress reads as “We aim to introduce the AIESEC culture to our new members, to enable them to get to know each other, to educate themselves on the subjects they are responsible for at AIESEC, to expand the vision of our members with the speakers we bring, to provide soft and hard skills training and to prepare them for the goals we plan to achieve throughout the year.”

Three Students Find Internship Opportunity

The statement continued as follows: “59 AIESEC members attended the biggest local



congress of recent years, lasted two days and held with the strong support of EMU. After the congress, which had many colorful main moments, was completed, the only branch of our island continued its activities rapidly and succeeded in increasing the number of

students with whom it arranged internship abroad to three in March. We continue to work on different projects, events and seminars. You can visit our office at EMU or stop by our stands at universities to follow up on opportunities.”

NOWRUZ EVENT AT EMU



Eastern Mediterranean University (EMU) Tajikistan, Afghanistan, Pakistan, India, Iran, Kyrgyzstan and Kazakhstan Student Societies operating under EMU International Student Activity and Student Unions Unit organized a Nowruz event on Tuesday, 21 March 2023 at 19:00 at EMU Activity Center.

Considered as one of the oldest holidays and meaning "A New Day", Nowruz symbolizes rebirth and affirmation of life in harmony with nature. Nowruz, which marks the beginning of the spring season, is usually celebrated around the world on 20 or 21 March. The President of EMU Tajikistan Student Society President Rakhimjon

Berdiev, President of India Student Society Abbas Fakih, Representative of Kazakhstan Student Society Nurgaisha Abish delivered speeches at the opening of the event. Wishing Nowruz to bring happiness to the world, the students celebrated everyone's Nowruz.

EMU Vice Rector for Social and Cultural Affairs Prof. Dr. Deniz İşçioğlu also attended the event and wished the students health, success and happiness.

Students Attended the Event with Traditional Outfits

Following the speeches, traditional theater, music and dance performances were per-

formed by the student unions. In addition, a promotional video about Kyrgyzstan, Tajikistan and Kazakhstan was shown at the event. Delivering the closing speech of the event, EMU International Student Activity and Student Union Unit member Cemre Mühendisioğlu thanked all the student unions for their part in the preparation and performances during the event.

While the students attended the event with their traditional outfits, they also presented the special dishes of their countries to the taste of the participants.

EMU FACULTY OF HEALTH SCIENCES, PHYSIOTHERAPY AND REHABILITATION DEPARTMENT ACADEMIC STAFF MEMBER RELEASES A MESSAGE ON THE OCCASION OF 21 MARCH WORLD DOWN SYNDROME DAY

Eastern Mediterranean University (EMU) Faculty of Health Sciences, Physiotherapy and Rehabilitation Department Academic Staff member Assoc. Prof. Dr. Zehra Güçhan Topcu released a message on 21 March World Down Syndrome Day. Assoc. Prof. Dr. Topcu's message reads as follows:

“The Importance of Physiotherapy and Rehabilitation in Down Syndrome”

“Down syndrome (DS) is a genetic difference caused by the presence of an extra chromosome in the 21st pair of 23 chromosome pairs. Accordingly, the individual is born with 47 chromosomes, not 46 chromosomes. It should be noted that this is not a disease, does not show a progressive condition and does not cause death. Although the causes are not yet discovered, factors such as advanced maternal age and a history of DS in the previous child increase the incidence. Studies do not provide definitive results regarding pre-pregnancy smoking, drug use, or vitamin deficiency. DS is generally observed in newborns between 1/700-1/1000. However, there is no research on its prevalence in the TRNC.

As the screening methods in pregnancy develop, its frequency decreases, but it should not be forgotten that pregnancy can be continued for reasons pertaining to culture, belief, and so forth.

The more awareness is raised about children with DS, the more they are supported to participate in life. The higher their participation, the higher their quality of life. The most basic goal for people with DS is to reintegrate them into society.”

What are the Common Findings and Symptoms in Individuals with Down Syndrome?”

“A variety of functional and structural differences and/or disorders are observed in individuals with DS. Individuals with DS have special characteristics such as a single line on the palm, a large space between the first and second toes, small feet and hands, small mouth and nasal cavities, flattened nose, and facial features such as slanted eyes.

All individuals with DS have low muscular tonus, resulting in soft bodies, muscle weakness, hypermobility of joints,

and loose connective tissue. All of these can be associated with delays in movement development, balance and coordination disorders. In addition, many individuals with DS also have disorders such as mild to moderate obesity and mental retardation. Also, heart problems, hearing and vision problems, thyroid disorders, respiratory problems, stomach and intestinal diseases can also be seen in individuals with DS. It should be noted that while some individuals with DS do not have any of these medical problems, some may have a few or a large proportion of them.”

Why Physiotherapy and Rehabilitation?”

“The needs of children with Down Syndrome are not different from the needs of other children. They want to explore their environment, play, learn, and laugh. While doing these, the support of health professionals such as physiotherapists, special education teachers and occupational therapists is needed in order to meet the expectations of their age and spend time with their peers. The earlier the person with DS and the physiotherapist meet, the greater the



success. Accordingly, early intervention from infancy is very important. Especially when the consequences of low muscular tonus are considered, baby massage, which physiotherapists will conduct and teach the family from infancy, gains even more importance. In addition, methods that support movement development are an important part of early intervention. Physiotherapists have important roles in four main areas for DS: accelerating gross motor development, improving hand skills, preventing/eliminating balance and coordination problems and increasing respiratory performance. For this purpose, first of all, existing problems are determined by conducting a detailed evaluation, the expectations of the family and individuals with DS are discussed, and the content of the physiotherapy and rehabilitation program is planned in accordance with these.”

EMU FACULTY OF HEALTH SCIENCES ACADEMIC STAFF MEMBER RELEASES A STATEMENT ON THE OCCASION OF “RESPECT FOR THE ELDERLY WEEK”

Eastern Mediterranean University (EMU) Faculty of Health Sciences, Nutrition and Dietetics Department academic staff member Assist. Prof. Dr. Asiye Yeter Başaran made a statement on the occasion of the 18-24 March ‘Respect for the Elderly Week’. Assist. Prof. Dr. Basaran’s message reads as follows:

“Adequate and Balanced Nutrition is the Cornerstone of Aging Healthy”

“In line with the increasing rate in the elderly population in the world and in our country, 18-24 March is known as the ‘Respect for the Elderly Week’ and activities are held on these dates in order to raise awareness towards old age and elderly health. According to the World Health Organization, ‘65 years and over’ is considered as old age. ‘Aging’ is known as the transition from youth to old age. Although aging is specific to the individual, it varies from person to person both mentally, physically and socially. The concept of old age can vary according to many factors among individuals, as well as between societies and according to different cultures. Therefore, when the word ‘elderly’ is mentioned in society,

people who need care, whose social relations are weak, therefore not happy, and who are unwilling to change, come to mind. However, the evaluation of the positive aspects of old age such as wisdom and experience with the elderly who have a healthy, active and successful aging process are ignored.

Today, the concept of ‘aging of societies’ has become important. One of the cornerstones of the healthy aging of society is optimal nutritional status. Inadequate and unbalanced nutrition causes obesity, sarcopenia, fragility and chronic diseases, negatively affecting the lives of individuals and even shortening their life spans. In this context, it will be beneficial for elderly individuals to gain adequate and balanced nutrition habits so that they can lead a healthier and better quality life both physically and mentally. In order to ensure a healthy diet, it is important to consume at least three main meals a day and to maintain the appropriate body weight, as well as food diversity. Compliance with a nutrition program consisting of cereals, legumes and seasonal vegetables and

fruits to ensure adequate fiber intake becomes even more important for elderly individuals. At the same time, it should not be forgotten that sugar and sugary foods should be limited while reducing the amount of saturated fat, foods high in salt and sodium content due to chronic diseases frequently observed in elderly individuals. In addition to these, emphasis should be placed on the consumption of milk, yoghurt and cheese, which are sources of calcium, provided that they are low-fat. Adequate water consumption should be included in the daily diet of elderly individuals, as in all age groups.

In order to raise social awareness about adequate and balanced nutrition, training supported by media, both written and visual, local organizations and universities, including dietitians, should be made widespread and implemented throughout the country. For this, local and national action policies and plans should be developed. In order for this situation to be sustainable, the relevant institutions (municipality, association, etc.) should contribute to the successful aging process by ensuring the socialization



of individuals. During these practices, elderly people who are examples of successful aging should also be benefited from. Elderly people are usually cared for by themselves or their family members. The state should provide financial support to the professional person or family members who help these people with their health and social care. Thus, it is possible for the elderly to have a successful aging process without leaving the environment they are accustomed to. As a result, it should not be forgotten that it is important to educate young and middle-aged individuals about nutrition and healthy living because these individuals will be our elders who act as a bridge between the past and the present and carry our culture and values to the future.”

“SERGİDE BİR GÜN” BOOK LAUNCH AT EMU



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Aktiviteler Müdürlüğü

DAÜ İLE KİTAP BULUŞMALARI 2023

"SERGİDE BİR GÜN"

KİTAP TANITIM VE İMZA GÜNÜ



DAÜ SANAT KOORDİNATÖRÜ:

ZEHRA ŞONYA

YAZAR:

CEYDA ALÇIOĞLU KOZAL

EĞİTİM DANIŞMANI:

DOÇ. DR. EDA YAZGIN

TARİH: 28 MART 2023, SALI

SAAT: 17:30

YER: AKTİVİTE MERKEZİ SALONU



Sürdürülebilir Kalkınma için
KÜRESEL AMAÇLAR



4 NİTEKLİKLİ
EĞİTİM



Activities Directorate. The second event of the series to be carried out all year long with the slogan of “Book on the Path Way of Knowledge” focuses on “Sergide Bir Gün” (A Day at the Exhibition) which was published by EMU Press in 2022. “Sergide Bir Gün” book launch will be held on Tuesday, 28 March 2023 at 17:30 at EMU Activity Center Hall.

The book, written by Ceyda Alçioğlu Kozal, came to life in the context of the “Portraits, Styles and Stories” project carried out by the EMU Rector’s Office. The book started out from the exhibition of portraits by Cypriot artists in line with the project’s aims. While targeting the art of portraiture, styles and techniques, “Sergide Bir Gün” also tries to instill in children the culture of visiting exhibitions in a creative environment. Containing information about the art of portraiture and the artists in the exhibition, the book tries to convey the teachings of looking at the works, interpreting and making sense of the works in a fun and active way.

The editor and project curator is EMU Art Coordinator Zehra Şonya and educational counsellor is EMU Education Faculty academic staff member Assoc. Prof. Dr. Eda Yazgın. During an interview to be held about the book, Zehra Şonya will convey information and goals about the project. In the interview where Ceyda Alçioğlu Kozal will talk about the book writing process, Assoc. Prof. Dr. Eda Yazgın will also share her evaluation of the book in the context of education and open it for discussion.

“Book Meeting with EMU 2023” and awareness with the cooperation of Eastern Mediterranean University (EMU) Press and, Social and Cultural

events are being organized with the aim of increasing reading culture

STUDENTS OF EMU TOURISM FACULTY ATTEND CAREER DAYS ORGANISED AT THE ARKIN İSKELE HOTEL

Eastern Mediterranean University (EMU) Faculty of Tourism attended Arkin Group Career Days held at The Arkin İskele Hotel and met with hotel managers. During the event, which took place with the intense participation of the Faculty of Tourism students, the students had the opportunity to meet with the managers of three different branches, namely The Arkin Colony Hotel, The Arkin İskele Hotel and Arkin Palm Beach Hotel.

During the event, members of the staff working in different fields of service such as Human Resources, Food & Beverage, Sales and Marketing, Guest Relations, Spa & Wellness, Housekeeping, Animation, Purchasing, IT, Accounting, Security, Front Office, Kitchen and Technical unit were available to answer questions. Students also had the chance to explore the physical spaces and infrastructural facilities by wandering around the hotel building and outdoors. Students had the opportunity to present their CVs while leaving their job application forms at the event.

In a statement on the subject, EMU Tourism Faculty Dean Prof. Dr. Hasan Kılıç, put forth that the

Arkin Group Career Days event was successful and the students gained many valuable information. Prof. Dr. Kılıç also emphasized that the students had the opportunity to meet with industry leaders at the event and learn about the operation and the realities of the business life. Stating that the event will be a step for students to reach their career goals, Prof. Dr. Kılıç added that students had the chance to learn about different departments of hotel businesses, apply for jobs and connect with professionals.

Prof. Dr. Kılıç stated that the introductory meetings held with the managers of three different branches of Arkin Group helped the students find out more about the job opportunities in the sector and were also supportive in the job application process of the students. Emphasizing that during the event, the students had the chance to learn about the different aspects of the hotel service areas and that they had the opportunity to explore the infrastructure and physical spaces by walking around the hotel building. Prof. Dr. Kılıç added that students have the opportunity to acquire the skills and information essential to reach their career goals.



EMU FLIES HIGH IN FUTSAL AND BASKETBALL

Women's and men's teams operating under Eastern Mediterranean University (EMU) Sports Affairs Directorate continue to achieve great success in leagues and tournaments they participate throughout the country.

EMU Futsal Men's Team defeated Rauf Denktaş University with a score of 9-2 in the inter-university futsal competitions organized by the Northern Cyprus University Sports Federation (KKÜSF). During the matches that took place at Lala Mustafa Kemal Paşa Sports Complex, Near East University won against Atatürk Teacher Academy with a score of 5-3, Cyprus Health and Social Sciences University defeated American University of Cyprus with a score of 6-1 and lastly, Final International University finished the match with a score of 2-0 played against with 15 Kasım University.

At the same time, EMU Futsal Women's Team achieved another success by defeating Near East University with a score of 2-1 during the match that took place on Monday, 20 March 2023. In the last futsal tournament organized by KKÜSF, EMU's both women's and men's teams were champions of the tournament.



EMU women's and men's futsal team also aims to get the title of championship in this year's tournament.

Double Success in Basketball

EMU Men's Basketball Team defeated Near East University with a score of 66-55 in the closing match of the 8th week of Basketball METGİN UNİLİĞ, achieving their fourth

victory in the league. Competing in the Inter-university Women's League, the EMU Women's Basketball Team also defeated Near East University with a score of 66-43. EMU Women's Basketball Team continued its success by winning the match against Bahçeşehir Cyprus University with a score of 65-10 in the competition held in Nicosia on 22 March, 2023.

This Week's Academic Publications

Source: *Web of Science*

Faculty of Tourism

1- Karatepe, Osman M, Raheleh Hassannia, Tuna Karatepe, Constanta Enea, and Hamed Rezapouraghdam. "The Effects of Job Insecurity, Emotional Exhaustion, and Met Expectations on Hotel Employees' Pro-Environmental Behaviors: Test of a Serial Mediation Model." INTERNATIONAL JOURNAL OF MENTAL HEALTH PROMOTION 25, no. 2 (2023): 287-307.

2- Tabrizi, Reza Sharbaf, Osman M Karatepe, Hamed Rezapouraghdam, Elisa Rescalvo-Martin, and Constanta Enea. "Green Human Resource Management, Job Embeddedness and Their Effects on Restaurant Employees' Green Voice Behaviors." INTERNATIONAL JOURNAL OF CONTEMPORARY HOSPITALITY MANAGEMENT, (Early Access)

Faculty of Arts & Sciences

1- Al-Refai, Mohammed, and Arran Fernandez. "Generalising the Fractional Calculus with Sonine Kernels

via Conjugations." JOURNAL OF COMPUTATIONAL AND APPLIED MATHEMATICS 427 (2023).

Faculty of Pharmacy

1- Tavakoli, Mohsen, Seyyed Abolghasem Ghadami, Hadi Adibi, and Hayrettin Ozan Gulcan. "Synthesis of Benzylidene-Benzofuranone Derivatives as Probes for Detection of Amyloid Fibrils in Cells." JOURNAL OF BIOMOLECULAR STRUCTURE & DYNAMICS, (Early Access)

Faculty of Engineering

1- Yang, Zhicheng, Dogus Hurdoganoglu, Saeid Sahmani, Abubakar Abdussalam Nuhu, and Babak Safaei. "Nonlocal Strain Gradient-Based Nonlinear in-Plane Thermomechanical Stability of FG Multilayer Micro/Nano-Arches." ARCHIVES OF CIVIL AND MECHANICAL ENGINEERING 23, no. 2 (March 2023).

2- Darbandi, Mehdi, Hamza Mohammed Ridha Al-Khafaji, Seyed Hamid Hosseini Nasab, Ahmad Qasim Mohammad AlHamad, Beknazarov Zafarjon Ergashevich,

and Nima Jafari Navimipour. "Blockchain Systems in Embedded Internet of Things: Systematic Literature Review, Challenges Analysis, and Future Direction Suggestions." ELECTRONICS 11, no. 23 (2022).

Faculty of Health Sciences

1- Kilic, Huelya Firat, Berna Arifoglu, and Nazmiye Kizilkaya. "The Relationship between Successful Aging and Health Literacy in Older Adults." PERSPECTIVES IN PSYCHIATRIC CARE 2023 (2023).

2- Akcali, Kamil, and Sevinc Tastan. "The Effects of Flipped Classroom Model on Knowledge, Behaviour and Health Beliefs on Testicular Cancer and Self-Examination: A Randomized Controlled Trial Study." HEALTH EDUCATION RESEARCH, (Early Access)

Faculty of Medicine

1- Guzoglu, Nilufer, Meryem Albayrak, and Didem Aliefendioglu. "Evaluation of Patients with Neonatal Thrombosis." INDIAN JOURNAL OF PEDIATRICS, (Early Access)

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