Last Week in EMU

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Eastern Mediterranean University

A GATHERING OF DEDICATION AND LOYALTY AT EMU: LONG SERVICE RECOGNITION CEREMONY HELD

Eastern Mediterranean University (EMU) organized a "Long Service Recognition Ceremony" to honor the academic, administrative and working staff who had completed 25-years of service at the University, as well as staff who retired between the years of 2022 and 2026. Held on Tuesday, 20 October 2026, at 2:00 p.m. in Mustafa Afşin Ersoy Hall, the ceremony featured the presentation of commemorative plaques to staff members in recognition of their years of dedicated service to the University.



The event was attended by Prof. Dr. Aykut Hocanın, Chair of the Higher Education Planning, Evaluation, Accreditation and Coordination Council (YÖDAK); Prof. Dr. Mustafa Tümer, Director of Cyprus Evkaf Administration; Recai Ergün, President of EMU Board of Trustees (VYK); EMU Rector Prof. Dr. Hasan Kılıç, YÖDAK Vice Chair Prof. Dr. Hasan Amca, EMU VYK Member Özdinç Akdel, EMU Vice Rectors Prof. Dr. Osman M. Karatepe and Prof. Dr. Ali Öztüren, EMU General Secretary Derviş Ekşici and, academic and administrative personnel.

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EMU RECTOR PROF. DR. HASAN KILIÇ: "MY PARTY IS EMU!"

Addressing allegations concerning himself and Eastern Mediterranean University (EMU) that have appeared in the press and across social media platforms, EMU Rector Prof. Dr. Hasan Kılıç reaffirmed the university's unwavering commitment to institutional autonomy, academic freedom, and impartiality, stressing that these fundamental principles are beyond dispute. Reflecting on his three years in office, Prof. Dr. Kılıç emphasized the substantial progress achieved in steering the university out of its financial and administrative crisis, declaring, "I stand firmly on one side: the side of science, academic freedom, institutional independence, and the future of our university. My party is EMU!"

Recalling that EMU was facing one of the most severe financial and administrative crises in its history when he assumed office, Rector Prof. Dr. Hasan Kılıç stated that he had taken on the role of Rector with the support of 88.54% of his colleagues. Prof. Dr. Kılıç emphasized that, from his very first day in office, his foremost priority had been to steer the university out of the crisis and lead it towards the future it deserves. He further noted that significant sacrifices had been made throughout this process through the collective efforts of university employees, trade unions, and all university stakeholders, with substantial support from the government.

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Emu Department of Banking and Finance Hosts The 9th International Conference on Banking and Finance Perspectives — Page 6-7

EMUCON 26 Excitement at EMU: Student Clubs Come Together In a Festival Atmosphere — Page 14-15

EMU Hosted World Football Tennis Championships — Page 19

A GATHERING OF DEDICATION AND LOYALTY AT EMU: LONG SERVICE RECOGNITION CEREMONY HELD





"EMU's Identity and Reputation Shaped by the Dedicated Efforts of Its Staff"

Speaking at the ceremony, which commenced with a moment of silence and the National Anthem, EMU Rector Prof. Dr. Hasan Kılıç emphasized that the true strength of a university lies in the people who devote their years, knowledge, efforts, and hearts to the institution. Prof. Dr. Kılıç stated that EMU's institutional identity and reputation have been shaped by the dedication and commitment of its academic and administrative staff. Noting that staff members who had retired from EMU or completed 25 years of service had touched the lives of students and made lasting contributions to the University's development, Prof. Dr. Kılıç highlighted the importance of a sense of belonging and loyalty. He underlined that strong institutions are those that honor their past, value the contributions of their employees, and pass on their accumulated knowledge and experience to future generations. Prof. Dr. Kılıç further stated that the awards presented during the ceremony were a reflection of the University's respect and gratitude towards its staff. Thanking all staff members for their dedicated service to the University, Prof. Dr. Kılıç extended his best wishes for health, peace, and happiness to those who had retired, while wishing those continuing their service many more years of success.

"EMU Plays a Significant Role in TRNC Higher Education"

Chair of YÖDAK, Prof. Dr. Aykut Hocanın, expressed his delight at being reunited with the EMU family and extended his appreciation to everyone involved in organizing the ceremony. Highlighting EMU's prominent standing within the TRNC higher education sector, Prof. Dr. Hocanın noted that the University's reputation stems not only from its academic accomplishments but also from its deeply rooted institutional culture and traditions, cultivated through the collective contributions of its academic and administrative staff. He emphasized the need to preserve and further develop this valuable institutional legacy. Prof. Dr. Hocanın further stressed the importance of integrating the principles of truthfulness, integrity, justice, equality, and democracy into all aspects of university operations. Expressing his expectation that EMU would continue to lead efforts to foster a culture of quality in higher education, he also addressed matters relating to institutional oversight and accreditation. Underscoring the significance of formally demonstrating adherence to international quality standards, Prof. Dr. Hocanın wished EMU continued success in its quality enhancement efforts and congratulated the staff members recognized during the ceremony. Following his address, EMU Rector Prof. Dr. Hasan Kılıç presented Prof. Dr. Hocanın with a commemorative plaque in recognition of his 25 years of service at the University.

Late Staff Members Remembered

The ceremony also featured the presentation of commemorative plaques in memory of Assoc. Prof. Dr. Arif Akkeleş, a faculty member who passed away in 2024, and Instructor Canan Koran, who passed away in 2025, in recognition of their dedicated service to the University and to honor their memory. EMU Rector Prof. Dr. Hasan Kılıç presented the plaques to the families of the late staff members.

The ceremony concluded with the presentation of commemorative plaques to EMU staff members in recognition of their 25 years of service or retirement. The plaques were presented by YÖDAK Chair Prof. Dr. Hocanın, Director of the Cyprus Evkaf Administration Prof. Dr. Tümer, President of the EMU Board of Trustees Ergün, EMU Rector Prof. Dr. Kılıç, YÖDAK Vice Chair Prof. Dr. Amca, EMU Board of Trustees Member Akdel, EMU Vice Rectors Prof. Dr. Karatepe and Prof. Dr. Öztüren, and EMU Secretary General Ekşici.














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Her Emek
Bir İz,
Her İz
Bir Değer


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EMU RECTOR PROF. DR. HASAN KILIÇ: "MY PARTY IS EMU!"

"EMU Has Made Significant Progress Towards Overcoming Its Financial Crisis"
Reflecting on the university's past financial difficulties, including severe challenges in meeting salary obligations, Prof. Dr. Kılıç underscored the significant improvements achieved in recent years. Elaborating on EMU's current financial standing, Prof. Dr. Kılıç noted that both regular salaries and 13th-month salary payments are now disbursed on schedule, while social insurance and provident fund contributions are fulfilled in full and on time. He further highlighted that cost-of-living allowances are being provided and that the university has begun reimbursing salary deductions imposed in previous periods. Prof. Dr. Kılıç also pointed to the growth in student enrolment, noting that EMU now has 16,150 active students, a development that has strengthened the institution's confidence in its future. Emphasizing the collective nature of these accomplishments, he attributed the progress achieved to a shared vision, solidarity, and steadfast determination.

"I Have Engaged With Everyone And Worked on Every Platform For The Benefit of EMU"
Prof. Dr. Kılıç stated that, throughout his three-year tenure, he had established contact with all individuals and parties capable of contributing to the advancement of EMU, pursuing initiatives that would serve the university's best interests regardless of political views, official positions, or affiliations. Highlighting his efforts on behalf of EMU in Ankara, Nicosia, and various countries around the world, Prof. Dr. Kılıç emphasized that one of a Rector's fundamental responsibilities is to safeguard and advocate for the interests of their university on every platform. He reaffirmed his commitment to maintaining dialogue and fostering connections that would contribute to EMU's continued development, while steadfastly defending the university's rights and interests.

"None of EMU's Decisions Have Been Made Under Political Instructions"
Placing particular emphasis on the university's institutional independence, Prof. Dr. Kılıç stated that decisions at EMU have never been influenced or dictated by political directives. He firmly asserted that the university has neither received nor acted upon any political instructions and would not do so in the future.

Underscoring that the university's institutional autonomy, academic freedom, and impartiality are non-negotiable principles, Prof. Dr. Kılıç stressed that personal political convictions should never influence institutional decision-making or administrative practices. Acknowledging that holding diverse political opinions is a natural part of democratic life, he emphasized that the essential consideration is to ensure that such views do not interfere with the university's governance and decision-making processes. "This principle lies at the very heart of my approach to university leadership," Prof. Dr. Kılıç concluded.

"Criticism Must Be Grounded In Concrete Facts"
Emphasizing that universities are institutions where diverse perspectives and opinions can be freely expressed, Prof. Dr. Kılıç stated that criticism should be regarded as a natural and integral part of academic life. Nevertheless, he



maintained that it would be inappropriate to call an institution's independence into question on the basis of personal relationships or a single photograph. Stressing that assessments should be founded on concrete facts rather than subjective interpretations, Prof. Dr. Kılıç underscored that EMU's institutional identity and independence should not be subjected to scrutiny or debate based solely on personal opinions.

"I am Ready to Contribute In My Areas of Expertise"
Prof. Dr. Kılıç stated that he maintains relationships with various segments of society and reiterated that his areas of expertise are tourism and higher education. He emphasized that he has never hesitated to share his knowledge and experience whenever his expertise has been sought in these fields and would continue to do so in the future. He further noted that, beyond these areas, the only subject he addresses is EMU.

Underscoring that his actions are guided solely by the university's future and institutional needs, rather than any political agenda, Prof. Dr. Kılıç explained that he had been consulted on matters concerning higher education and the university and had provided the relevant information accordingly. He also affirmed his willingness to extend the same support to other institutions and political parties seeking his knowledge, expertise, or contributions on matters relating to EMU.

"EMU Is a Shared Value of The Turkish Cypriot Community"
EMU Rector Prof. Dr. Kılıç further stated: "EMU does not belong to any political party, group, or individual; it is a shared value of the Turkish Cypriot community. My responsibility towards this university, to which I have devoted 34 years of my life, transcends personal interests and political disputes. What matters to me is not the political views individuals hold, but rather what they contribute to EMU.

Yes, I take a stand. I stand for science, academic freedom, institutional independence, and the future of our university.

My party is EMU!"

THEQC PRESIDENT DELIVERS "QUALITY ASSURANCE AND ACCREDIATION IN HIGHER EDUCATION" CONFERENCE AT EMU

Eastern Mediterranean University (EMU) hosted Prof. Dr. Ümit Kocabıçak, the President of Turkish Higher Education Quality Council (THEQC), who delivered a conference titled "Quality Assurance and Accreditation in Higher Education". The event took place in the Senate Room of EMU Rector's Office building.



Present during the conference were, EMU Rector Prof. Dr. Hasan Kılıç, EMU Vice Rectors Prof. Dr. Osman M. Karatepe and Prof. Dr. Ali Öztüren, Financial Affairs Coordinator Assoc. Prof. Dr. Hasan Özyapıcı, Senate Members and academics.





In his opening address, EMU Rector Prof. Dr. Hasan Kılıç extended a warm welcome to the President of the THEQC, Prof. Dr. Ümit Kocabıçak, expressing his pleasure at hosting him at the university and thanking him for accepting their invitation. Prof. Dr. Kılıç stated that the conference would provide an overview of the current landscape of quality assurance and accreditation in higher education, offering insights into relevant practices and procedures. He further noted that participants would have the opportunity to raise questions and receive answers during the conference, and concluded his remarks by thanking everyone for their participation.

Delivering his remarks at the opening of the conference, THEQC President Prof. Dr. Ümit Kocabıçak welcomed the participants and stated that approximately 11 universities from Cyprus had submitted applications for international institutional accreditation. Following the opening address, Prof. Dr. Kocabıçak delivered a presentation focusing on quality assurance and accreditation in higher education, sharing his insights into recent developments and the impact of artificial intelligence on education. He also provided participants with detailed information on university accreditation applications and the procedures involved in the evaluation processes.

At the end of the event, EMU Rector Prof. Dr. Hasan Kılıç presented a commemorative silver plate to YÖKAK President Prof. Dr. Ümit Kocabıçak.

COLLABORATION PROTOCOL SIGNED BETWEEN EMU AND RAMADAN CEMİL ENTERPRISES





Eastern Mediterranean University (EMU) and Ramadan Cemil Enterprises signed a collaboration protocol aimed at developing academic, professional and institutional cooperation. The protocol was signed by EMU Rector Prof. Dr. Hasan Kılıç and Işın Ramadan Cemil, Executive Board Chair of Ramadan Cemil Enterprises.

Present during the signing session were EMU Vice Rector for Promotion and Institutional Communication Prof. Dr. Ali Öztüren, Rectorate Private Secretary Director Kazım Hakverdi, Director of Ramadan Cemil Enterprises Ayşen Perihan Sezerli as well as Human Resources and Institutional Communication Director Arda Çileker.

The protocol, which aims to strengthen ties between academia and the business world, seeks to further enhance cooperation between the two institutions, expand educational opportunities, facilitate access to higher education for employees and their families, and contribute to the development of a highly qualified workforce.

EMU DEPARTMENT OF BANKING AND FINANCE HOSTS THE 9TH INTERNATIONAL CONFERENCE ON BANKING AND FINANCE PERSPECTIVES







Eastern Mediterranean University (EMU), Faculty of Business and Economics, Department of Banking and Finance hosted the 9th edition of the International Conference on Baking and Finance Perspectives (ICBFO'2026) on 22-23 October 2026, organized with the theme of "Digital Finance: Cryptocurrencies, Fintech and CBDCs" and with the sponsorship of Cyprus Turkish Cooperative Central Bank (KoopBank).

The conference, attended by experts from 17 countries, addressed topics including digital finance, cryptocurrencies, financial technologies, and central bank digital currencies. A total of 50 papers were presented across 10 sessions held as part of the conference.

The conference, co-chaired by Prof. Dr. Nesrin Özataç and Assoc. Prof. Dr. Nigar Taşpınar, commenced with an opening ceremony held on Thursday, 22 October 2026, at 10:00 a.m. in the EMU Senate Room. The opening ceremony was attended by the Turkish Republic of Northern Cyprus (TRNC) Parliament Member Teberrüken Uluçay, Undersecretary of the TRNC Prime Ministry's State Planning Organization Mehmet Ağa, EMU Rector Prof. Dr. Hasan Kılıç, EMU Vice Rector Prof. Dr. Osman Karatepe, EMU General Secretary Derviş Ekşici, Dean of the Faculty of Business and Economics Prof. Dr. Mustafa Besim, department chairs, academic staff members, and representatives from the banking, trade, insurance, and industrial sectors.

Delivering a speech at the opening ceremony, EMU Faculty of Business and Economics Dean Prof. Dr. Mustafa Besim stated that the conference, featuring its ninth edition this year, had become a tradition for the Department of Banking and Finance. Prof. Dr. Besim noted that the conference enabled them to closely follow academic developments in the field of banking and finance. Emphasizing that digital finance had been selected as this year's conference theme due to its status as one of the most rapidly evolving areas in the sector, Prof. Dr. Besim explained that the 50 papers presented at the conference were grouped under four main themes: digital finance, fintech, crypto assets, and artificial intelligence; banking, financial stability, and monetary policy; capital markets, portfolio management, and behavioral finance; and sustainable finance, climate risk, and energy economics. Providing information about the Faculty, Prof. Dr. Besim stated that approximately 1,850 students were enrolled in 41 academic programs offered across four departments. Prof. Dr. Besim concluded his remarks by thanking everyone who contributed to the organization of the conference, as well as the Cyprus Turkish Cooperative Central Bank for its support, and expressed his wishes for a successful conference.

EMU Rector Prof. Dr. Hasan Kılıç highlighted the importance of trust, security, transparency, and accountability in the future of digital finance, noting that digitalization has transformed numerous areas, ranging from payment habits to access to financial services. Stressing the need to evaluate the opportunities and risks associated with cryptocurrencies, financial technologies, and central bank digital currencies in light of scientific evidence, Prof. Dr. Kılıç underscored the significant responsibilities universities bear in this transformation process. He further stated that EMU aims to expand international academic collaborations, strengthen knowledge exchange between academia and the financial sector, and equip students with the knowledge and competencies required for the future.









Following the opening speeches, EMU Rector Prof. Dr. Hasan Kılıç presented plaques to the conference's keynote speakers, Prof. Dr. Erhan Aslanoğlu and Prof. Dr. Anis Samet.

The Future of Digital Finance Discussed

The two-day conference featured both in-person sessions and online sessions conducted via Microsoft Teams. Following the opening speeches, one of the conference's keynote speakers, Prof. Dr. Erhan Aslanoğlu, delivered a presentation titled "Banking and Finance in an Age of Global Uncertainty" in the EMU Senate Room.





Another keynote speaker, Prof. Dr. Anis Samet from the American University of Sharjah, delivered his presentation titled "How Banks Respond to Changing Interest Rates: New Evidence and Emerging Challenges" on Friday, 23 October 2026, the second day of the conference, at 10:00 a.m. in Room BEA-5 of the EMU Faculty of Business and Economics.





Conference Papers to Be Published by an International Publisher

Following a separate peer-review process, the papers presented at the conference will be published in the Springer Proceedings in Business and Economics series, indexed in Scopus and Web of Science. Bringing together academics from around the world, the conference provides an academic platform for discussing the latest developments in digital finance, financial technologies, and central bank digital currencies.







EMU FACULTY MEMBER PROF. DR. İZZET SAKALLI ELECTED TO THE COMMITTEE OF THE GRAVITATIONAL PHYSICS GROUP OF THE INSTITUTE OF PHYSICS



INSTITUTE OF PHYSICS

Gravitational Physics Group Committee

Ordinary Member - 2026–2030

Category	Name	Start	End
Chair	Dr Charlie Hoy, MInstP	2025	2029
Ordinary Member	Miss Jessie Hammond	2023	2027
Ordinary Member	Mr John Hughes, MInstP	2025	2029
Ordinary Member	Mr Iain Martin, MInstP	2025	2029
Ordinary Member	Mr Mehmet Baran Ökten, MInstP	2026	2030
Ordinary Member	Professor İzzet Sakalli	2026	2030
Ordinary Member	Professor James Uhomoibhi, CPhys MInstP	2026	2030
Ordinary Member	Dr Naqing Xie, MInstP	2025	2029
Early Career Physicist	Dr Praveen Kumar Dhankar, MInstP	2026	2030
Early Career Physicist	Dr Sergi Sirera, MInstP	2026	2030

Kaynak: iop.org, Gravitational Physics Group, Committee and contact

Eastern Mediterranean University (EMU), Faculty of Arts and Sciences, Department of Physics academic staff Prof. Dr. İzzet Sakallı has been elected by the members of the Gravitational Physics Group of the London-based Institute of Physics (IOP) to serve as an Ordinary Member of the Group's Committee for the 2026–2030 term.

The Institute of Physics (IOP), the professional body for physicists in the United Kingdom and Ireland, organizes scientific events, awards, and scholarships through its specialist interest groups, which focus on various fields of physics. Among these, the Gravitational Physics Group brings together researchers investigating the relationship between gravity and the other fundamental forces, the earliest moments of the universe, and the fundamental structure of matter from both theoretical and experimental perspectives.

Following an invitation extended in April 2026, Prof. Dr. Sakallı submitted his application for candidacy. On 19 August 2026, he was officially notified by the Institute of Physics (IOP) of his election to the Committee, following a vote held among the Group's members. Prof. Dr. Sakallı's four-year term of office commenced on 1 October 2026 and will conclude on 30 September 2030. Upon assuming his new role, Prof. Dr. Sakallı received a welcome letter from Tom Grinyer, Group Chief Executive Officer of the IOP.

The Committee, chaired by Dr. Charlie Hoy of the Institute of Cosmology and Gravitation at the University of Portsmouth, comprises scientists affiliated with institutions in England, Scotland, Northern Ireland, and China. Prof. Dr. Sakallı's name is also included in the list of Committee members published on the IOP's official website.

The Committee held its first meetings of the new term online on 9 October 2026. Discussions focused on proposed speakers and dates for the Group's Annual Scientific Meeting, the process for the Annual Thesis Prize recognizing doctoral dissertations in gravitational physics, preparations for the BritGrav 2027 conference, which brings together gravitational physics researchers from across the United Kingdom, and the Group's long-term objectives.

Commenting on his election, Prof. Dr. Sakallı stated, "Serving on the gravitational physics committee of one of the international physics community's most established organizations represents a significant responsibility for both myself and Eastern Mediterranean University. In this role, I aim to contribute to strengthening collaboration among researchers from different countries and encouraging greater participation of young physicists in the Group's activities."

Prof. Dr. Huriye İcil, Chair of the EMU Department of Physics and Chemistry, congratulated Prof. Dr. Sakallı on his achievement, noting that his appointment would contribute to strengthening the Department's ties with international research networks and creating new opportunities for collaboration among young researchers.

EMU Faculty of Arts and Sciences Dean Prof. Dr. Mehmet Ali Özarslan expressed his pride in Prof. Dr. Sakallı's election to the Committee, emphasizing his belief that this appointment would contribute to strengthening the Faculty's international scientific collaborations.

On the other hand, EMU Rector Prof. Dr. Hasan Kılıç also congratulated Prof. Dr. Sakallı, noting that his appointment to this position within the international scientific community would contribute to enhancing EMU's scientific expertise and international visibility.

Prof. Dr. İzzet Sakallı

Prof. Dr. Sakallı, whose research focuses on black hole physics, Hawking radiation, quasinormal modes, greybody factors, gravitational lensing, and modified theories of gravity, also serves as Coordinator of the Academic Project and Research Development Office (R&D) at EMU. Listed among the world's most influential scientists in Stanford University's Top 2% Scientists rankings (Single-Year and Career-Long Impact), Prof. Dr. Sakallı serves as a reviewer for more than 20 indexed scientific journals in the field of physics. He is also a member of six COST Actions and serves as an Associate Editor for three international journals, two of which are indexed.

"EASTERN MEDITERRANEAN AND PALESTINE ISSUE" PANEL HELD AT EMU WITH THE PARTICIPATION OF DR. ENES EMİNOĞLU - DEPUTY MINISTER OF MINISTRY OF YOUTH AND SPORTS OF TÜRKİYE

Eastern Mediterranean University (EMU) hosted a panel titled "Doğu Akdeniz ve Filistin Meselesi / Eastern Mediterranean and Palestine Issue" organized by the Cyprus-Palestine Initiative. The panel held at LA1 Amphitheatre in the EMU Faculty of Law building, addressed the strategic importance of the Eastern Mediterranean and the historical, political, and humanitarian dimensions of the Palestinian issue.



Moderated by Prof. Dr. Mustafa Tümer, Director General of Cyprus Evkaf Administration, the panel featured Dr. Ener Eminoğlu, Deputy Minister of Ministry of Youth and Sports of Türkiye; and Kemal Özdal, General Director of Sadakataşı Association.

Importance of Social Awareness and Solidarity Emphasized

Speaking during the panel, Dr. Eminoğlu emphasized the importance of conferences, panels, and similar events organized at universities in raising social awareness. Noting that the Palestinian people draw strength from international solidarity initiatives, Dr. Eminoğlu stressed the need to keep the issues concerning Palestine, Jerusalem, and Gaza on the agenda and thanked everyone who contributed to the event.

Özdal, General Director of the Sadakataşı Association, provided information on the humanitarian aid and solidarity initiatives undertaken by the association to support the Palestinian people. Drawing attention to the humanitarian challenges faced in Palestine, Özdal emphasized the need for greater awareness and sensitivity on the part of the international community.



TR DEPUTY MINISTER OF YOUTH AND SPORTS DR. EMİNOĞLU PAYS VISIT TO EMU RECTOR PROF. DR. KILIÇ

Deputy Minister of Youth and Sports of the Republic of Türkiye, Dr. Enes Eminoğlu, who participated as a speaker in the panel titled "Eastern Mediterranean and the Palestinian Issue", organized by the Cyprus-Palestine Initiative and hosted by Eastern Mediterranean University (EMU), paid a visit to EMU Rector Prof. Dr. Hasan Kılıç at his office, accompanied by a delegation.

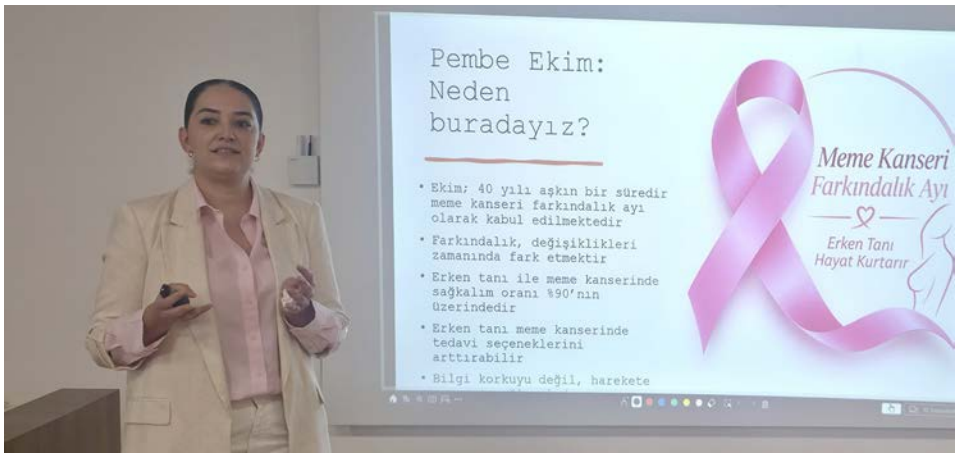
The visit was attended by EMU Board of Trustees (VYK) President Recai Ergün, EMU Rector Prof. Dr. Hasan Kılıç, Vice Rector for Academic Affairs Prof. Dr. Osman M. Karatepe, Vice Rector for Promotion and Institutional Communication Prof. Dr. Ali Öztüren, EMU Secretary General Derviş Ekşici and EMU Rector's Office Private Secretary Kazım Hakverdi.

During the visit, discussions focused on initiatives undertaken by universities for young people, activities aimed at supporting their social and cultural development, and potential opportunities for cooperation in these areas.





BREAST CANCER AWARENESS SEMINAR HELD AT EMU





Vocation School of Information Technologies and School of Computing and Technology operating under the Eastern Mediterranean University (EMU) Faculty of Computer and Information Sciences, co-organized a seminar titled "Breast Cancer Awareness Seminar" which took place at EMU Faculty of Computer and Information Sciences.

Aiming to raise awareness on breast cancer, the seminar featured General Surgeon Dr. Simay Dal Çavuşoğlu under the Ministry of Health and, Asst. Prof. Dr. Güley Bilgi Abatay, Nursing Services Specialist under the Ministry of Health. Symptoms of breast cancer, significance of early diagnosis, as well as emotional and social aspects of coping with the process of cancer were discussed during the event.

Importance of Early Diagnosis and Regular Check-ups Stressed

During the presentation, Dr. Çavuşoğlu used visual materials to explain the potential signs and symptoms of breast cancer, including changes in breast appearance. Through practical demonstrations, Dr. Çavuşoğlu provided participants with guidance on key aspects to consider when monitoring breast health, emphasizing the importance of individuals becoming familiar with the normal appearance and characteristics of their breast tissue to facilitate the early recognition of any unusual changes.

Highlighting the importance of annual routine check-ups for early detection, Dr. Çavuşoğlu underscored the crucial role of medical imaging techniques in identifying suspicious abnormalities even before a lump becomes palpable. Dr. Çavuşoğlu further stressed that young people and men should also be aware of breast health issues and advised individuals to seek medical attention promptly if they notice any changes, rather than overlooking potential warning signs.

Emotional and Social Support in Coping with Cancer Discussed

In her presentation titled "Coping with Cancer," Asst. Prof. Dr. Abatay focused on how individuals diagnosed with cancer and their loved ones can navigate the challenges associated with the disease, highlighting appropriate approaches, attitudes to avoid, and ways of providing mutual support throughout the process.

Adopting an interactive approach to the topics of coping strategies and psychological resilience, Asst. Prof. Dr. Abatay engaged participants in discussions exploring the emotional and social dimensions of living with cancer. Drawing on practical examples, she addressed various strategies that patients and their families can adopt to manage the difficulties they may encounter, while emphasizing the importance of supportive attitudes and behaviors throughout the experience.

The seminar concluded with presentation of plaques to the guest speakers by Asst. Prof. Dr. Hüsnü Bayramoğlu, Vice Dean of EMU Faculty of Computer and Information Sciences, and Asst. Prof. Dr. Güzide Atai, Assistant Director of EMU Vocational School of Information Technologies.







EMU FACULTY MEMBER ASST. PROF. DR. BURAK ALİ ÇİÇEK MAKES SCIENTIFIC EVALUATIONS AT COP17

Eastern Mediterranean University (EMU) was represented at the 17th Conference of the Parties (COP17) to the United Nations Convention on Biological Diversity, held in Yerevan, the capital of Armenia. Asst. Prof. Dr. Burak Ali Çiçek, Chair of the EMU Department of Biological Sciences, Director of the Underwater Research and Imaging Center, and Member of Türkiye's COP31 Advisory Board, participated as a speaker in an international panel organized as part of the conference. The conference, which commenced on 16 October 2026, was scheduled to be completed on Friday, 30 October 2026.



Progress towards Global Biodiversity Targets under Review

One of the key agenda items of the conference is the first global review of the implementation of the Kunming–Montreal Global Biodiversity Framework, adopted in 2022. Within this context, the conference focuses on assessing the progress made towards the 23 global targets that countries have committed to achieving by 2030, as well as identifying gaps and challenges in their implementation. Discussions also address the financial resources and scientific research required to support biodiversity conservation.

Bringing together government representatives, international organizations, scientists, financial institutions, private sector stakeholders, and civil society representatives, COP17 aims to transform global environmental policies into concrete actions.

Biodiversity Conservation in Industrial Investment and Financing Processes Discussed

As part of COP17's Green Zone activities, a panel titled "From Commitments to Action: Achieving Biodiversity Targets in High-Impact Sectors" was held on 23 October 2026. The panel explored ways to safeguard biodiversity during the planning and financing of industrial investments, while also evaluating the steps necessary to translate international commitments to nature conservation into concrete action.

Moderated by Günal Özenirler from 2U1K Consulting, the panel featured scientific insights and assessments from Asst. Prof. Dr. Çiçek. Akın Yalçın from Limak Çimento shared perspectives from the industrial sector, while James Raymond from UK-based Earth Active Ltd. provided insights from the environmental consultancy sector.

Importance of Scientific Knowledge in Investment Decisions Emphasized

Asst. Prof. Dr. Çiçek, who also serves as a member of Türkiye's COP31 Advisory Board, emphasized that biodiversity cannot be assessed solely on the basis of the number of species present in a particular area. He highlighted the importance of examining interactions among species, natural habitats, and the functioning of ecosystems. He further stressed the need to integrate scientific research findings more effectively into investment and financing decisions.

Asst. Prof. Dr. Çiçek also underlined that environmental assessments should not be limited to the impacts of individual projects. He noted that the cumulative effects of multiple investments, pollution, habitat fragmentation, and climate change on the natural environment should be evaluated collectively. In this regard, he emphasized the need for reliable scientific data and clearly defined conservation targets with measurable outcomes.

"Science Must Also Shape Development Itself"

Stressing that industrial activities should not only minimize environmental damage but also contribute to the restoration of nature, Asst. Prof. Dr. Çiçek provided examples involving facilities located in coastal areas. He highlighted the importance of protecting seagrass meadows, maintaining natural water circulation, and preventing pollutants from entering the marine environment.

Asst. Prof. Dr. Çiçek further underlined efforts to restore damaged ecosystems should not be used to justify the destruction of existing natural habitats. Underscoring the importance of incorporating scientific knowledge into the early stages of investment and planning processes, Asst. Prof. Dr. Çiçek concluded his speech with the following remarks: "Science must not merely identify the environmental consequences of development; it must also shape development itself."





29 OCTOBER REPUBLIC DAY CELEBRATED AT EMU







29 October Republic Day was celebrated during a ceremony and an exhibition titled "29 October Republic Day through Photos" organized by Eastern Mediterranean University (EMU), Atatürk Research and Application Center (ATAUM) in collaboration with Atatürk Ideology Club (ADK) and the support of Faculty of Education, Department of Fine Arts Education, Music Teaching Program.

The event, held on Wednesday, 28 October 2026 at 10:00 a.m. in front of the Rector's Office building, commenced with a moment of silence and national anthem. EMU Board of Trustees Acting President Özdinç Akdel, EMU Rector Prof. Dr. Hasan Kılıç, Vice Rectors Prof. Dr. Osman M. Karatepe, Prof. Dr. Sonuç Zorlu and Prof. Dr. Ali Öztüren, EMU General Secretary Derviş Ekşici, academic and administrative personnel, and students were present during the event.



Following a musical performance by Yiğit Çakır, a student of the Department of Fine Arts Education at EMU Faculty of Education, EMU ADK President Görkem Topçu delivered a speech. In his address, Topçu expressed the pride and joy of celebrating the 103rd anniversary of the Republic, emphasizing that 29 October 1923 marked the historic moment when the Turkish nation asserted its independence and its determination to shape its own future, proclaiming this resolve to the entire world. Describing the Republic as an invaluable legacy that carries the principles of freedom of thought, equality, science, and modernity forward to future generations, Topçu underscored the responsibility of young people to safeguard this heritage and contribute to the nation's continued advancement under the guidance of reason and science.

In her address, Dr. Devran Kaya from EMU-ATAUM stated that they had gathered to commemorate the 103rd anniversary of the proclamation of the Republic, highlighting the arduous struggles and challenges that paved the way for its establishment. Providing an overview of the historical developments leading to the proclamation of the Republic, Dr. Kaya emphasized that the Republic serves as a safeguard of national sovereignty, democracy, national consciousness, reason, individual identity, equal opportunities, women's rights, modern legal principles, education, economic development, civilized life, and peace.

Speaking next, EMU Rector Prof. Dr. Hasan Kılıç expressed the pride and enthusiasm of celebrating the 103rd anniversary of the Republic, emphasizing that the Republic represents far more than a form of government, serving as one of the fundamental pillars of reason, science, education, equality, and modernization. Highlighting the vital role of universities in advancing scientific thought, fostering the free exchange of ideas, and nurturing young individuals with a strong sense of social responsibility, Prof. Dr. Kılıç stated that EMU regards upholding Atatürk's principles and reforms, preserving the nation's historical heritage, and passing these values on to future generations as among its fundamental responsibilities. Underscoring the importance of strengthening the future of the Republic through science, education, and freedom of thought, Prof. Dr. Kılıç extended his appreciation to everyone who contributed to the organization of the event.

Following the opening speeches, the event commemorating the 103rd anniversary of the proclamation of the Republic featured a photographic exhibition highlighting the historical significance of the Republic and the enduring legacy of Gazi Mustafa Kemal.







EMU RECTOR PROF. DR. HASAN KILIÇ CELEBRATES 29 OCTOBER REPUBLIC DAY



Eastern Mediterranean University (EMU) Rector Prof. Dr. Hasan Kılıç released a congratulatory message on the occasion of 29 October – Republic Day. The said message reads as follows:

"29 October 1923 marks a historic turning point when the Turkish nation powerfully demonstrated its determination to shape its own destiny, and its struggle for independence culminated in the establishment of the Republic. The National Struggle, led by Gazi Mustafa Kemal Atatürk and his comrades-in-arms, stands as one of the most profound expressions of our nation's unwavering commitment to freedom, independence, and sovereignty

Today, we celebrate the 103rd year of the Republic of Türkiye with immense pride and enthusiasm. Exactly 103 years ago, the Great Leader Mustafa Kemal Atatürk established the Republic, crowning the flame of independence that he, together with his comrades-in-arms and the Turkish nation, had ignited. Describing the Republic as the form of government most compatible with the character and traditions of the Turkish nation, which refused to yield to oppression and impositions, Gazi Mustafa Kemal Atatürk proclaimed the establishment of the Republic of Türkiye on 29 October 1923, guided by the fundamental principle that "Sovereignty Unconditionally Belongs to the Nation."

The Republic represents far more than a system of governance; it stands as a cornerstone of reason, scientific progress, education, equality, and the pursuit of modernity. The fundamental values of democracy, equality, justice, and freedom upon which the Republic was founded continue to serve as guiding principles for individuals and society alike. The Republic entrusted to us by Atatürk carries with it a profound responsibility to build a brighter future, drawing inspiration and strength from the legacy of our past.

Universities are among the principal institutions responsible for carrying this legacy forward. They are centers of intellectual and scientific advancement, where critical thinking is cultivated, diverse perspectives are openly discussed, and cultural and artistic heritage is preserved and enriched. Beyond imparting professional knowledge and expertise, universities play an essential role in educating future generations with a strong sense of social awareness, civic responsibility, and commitment to society.

As Eastern Mediterranean University, we remain steadfast in our commitment to understanding and upholding Atatürk's principles and reforms, preserving our historical heritage, and passing these enduring values on to younger generations. Guided by Atatürk's vision of advancing beyond the level of contemporary civilization, we continue to pursue our academic and institutional endeavors with science, research, freedom



of thought, and social responsibility at their core. We regard preserving his principles, keeping them alive, and ensuring their meaningful transmission to future generations as among our foremost responsibilities.

On this meaningful occasion, I pay my deepest respects and express my heartfelt gratitude as I commemorate Gazi Mustafa Kemal Atatürk, the founder of our Republic, his comrades-in-arms, all the heroes of the National Struggle, and everyone who made sacrifices for our homeland. I extend my warmest and most sincere wishes to all on the occasion of 29 October Republic Day."

PROF. DR. OSMAN M. KARATEPE ISSUES A MESSAGE ON BEHALF OF EMU-ATAUM ON THE 103RD YEAR OF THE 29 OCTOBER REPUBLIC DAY

On behalf of Eastern Mediterranean University (EMU) Atatürk Research and Application Center (EMU-ATAUM), EMU Vice Rector for Academic Affairs Prof. Dr. Osman M. Karatepe released a 29 October – Republic Day message on the occasion of the 103rd anniversary of the founding of the Republic of Türkiye. The said message by Prof. Dr. Karatepe reads as follows:

"The form of government of the Republic of Türkiye was officially established with the proclamation of the Republic on 29 October 1923, a historic occasion celebrated with great enthusiasm and excitement throughout the country.



The proclamation of the Republic represented one of the most significant achievements in the Turkish nation's struggle for independence and sovereignty, marking the political culmination of the National Struggle. This historic transformation brought about a fundamental shift in the understanding of sovereignty, replacing the notion that political authority belonged to an individual or a privileged group with the principle that sovereignty belongs unconditionally and unequivocally to the nation.

The Republic symbolizes Türkiye's rebirth and transformation into a modern state following the struggle for independence led by Mustafa Kemal Atatürk in the aftermath of the occupation of the country following the First World War. In this respect, 29 October marks not merely the proclamation of a new form of government, but also serves as a powerful expression of the Turkish nation's independence, its determination to shape its own destiny, and its unwavering commitment to building a shared future. Republic Day is therefore an occasion not only to reflect on this profound historical legacy, but also to commemorate with respect the leadership of Gazi Mustafa Kemal Atatürk, the founder of the Republic, and all those who contributed to the National Struggle.

Gazi Mustafa Kemal Atatürk expressed his unwavering belief in the enduring legacy of the Republic with the following words: "My humble body will one day inevitably turn to dust, but the Republic of Türkiye will live on forever."

The Republic, which Atatürk described as "my greatest achievement," represents far more than a form of government; it is a fundamental political and social accomplishment embodying the ideals of equal citizenship, the rule of law, freedom of thought, education, and social progress. The Republic aspires to foster a social order in which citizens can coexist without discrimination or marginalization, generations are raised with freedom of thought, knowledge, and conscience, and peaceful relations and mutual respect serve as guiding principles. Türkiye's standing as a respected member of the modern international community is also closely linked to the preservation and continued advancement of these fundamental values.



The responsibility of all citizens, particularly the younger generations to whom Atatürk entrusted the Republic, is to understand, uphold, and pass on its fundamental values to future generations. This responsibility extends far beyond commemorating the achievements of the past. It also encompasses strengthening democratic culture, embracing reason and scientific thought, fostering social solidarity, and steadfastly pursuing the Republic's vision of modernization and progress. On this meaningful occasion, we proudly celebrate the 103rd anniversary of the founding of the Republic of Türkiye and commemorate with profound respect, gratitude, and appreciation the Great Leader Gazi Mustafa Kemal Atatürk, the founder of our Republic, his heroic comrades-in-arms, all the heroes of the National Struggle, our veterans, and those who sacrificed their lives for our nation."

EMUCON 26 EXCITEMENT AT EMU: STUDENT CLUBS COME TOGETHER IN A FESTIVAL ATMOSPHERE



Organized for the second time this year under the leadership of the Fantasy Fiction Club, operating under the Eastern Mediterranean University (EMU) Student Development, Events and Sports Affairs Directorate, and with contributions from various student clubs across the university, EMUCON 26 transformed into a vibrant student club festival, featuring a wide range of colorful activities and a lively atmosphere.

Held for the first time last year and organized for the second time this year, the event served as a platform where students could showcase their creativity, exchange ideas, and experience the joy of collaborative engagement. Brought to life through the collective efforts of EMU's student clubs, EMUCON 26 brought together diverse disciplines and interests, fostering a culture of solidarity, creativity, and active participation across the campus. Providing student clubs with an opportunity to promote their activities and engage directly with fellow students, the event offered participants a rich and engaging experience through a wide variety of activities.

EMU Vice Rector Prof. Dr. Sonuç Zorlu, who was unable to attend the event, shared the following remarks in a written message: "Highlighting the significance of EMUCON'26 being organized for the second consecutive year through the efforts of students, Prof. Dr. Zorlu emphasized the event's contribution to fostering a vibrant campus culture at EMU. She noted that the event offered students a valuable opportunity to showcase their talents, establish new friendships, and engage with diverse cultures. Drawing attention to the important role student clubs play in enriching university life, Prof. Dr. Zorlu expressed her appreciation to all

























the clubs and university units that contributed to the organization of the event and wished students an enjoyable day filled with lasting memories."

Making an address at the opening of the event, EMU Rector Prof. Dr. Hasan Kılıç stated that the event was a clear reflection of the vibrant and dynamic atmosphere of EMU and its campus. Underscoring the importance of curiosity in university life, Prof. Dr. Kılıç emphasized that every new idea begins with the question "What if?", while creativity is driven by the question "Why not?". Noting that stands representing a wide range of interests and activities had been set up, Prof. Dr. Kılıç highlighted how the event brought students together around their shared interests. Expressing his hope for a successful event, Prof. Dr. Kılıç extended his gratitude to everyone who contributed to its organization.

Following the opening speech, the event continued with a piano recital on the main stage, immersing participants in the enchanting atmosphere of music. Following a performance by Grup Vavien, operating under the Music Club, Entrikaband took to the stage, treating the audience to an energetic concert filled with enjoyable and memorable moments. One of the most exciting highlights of the event was the Tekken 8 tournament final, which was broadcast live on the LED screen at the main stage. The final match, followed with great enthusiasm and excitement by participants, featured moments of intense competition. At the conclusion of the tournament, the top-ranking contestants were rewarded for their achievements with shopping vouchers presented by Feed Me.

Diverse Interests, One Shared Festival

As part of EMUCON 26, themed activity areas were established in line with the fields of interest and activities of student clubs, covering Entertainment, Art, Technology, Science, Humanities and Social Sciences, Health and Lifestyle, Sports, and Awareness. Through workshops, dance performances, musical performances, promotional activities, and interactive events held in these areas, students had the opportunity to discover new interests and gain firsthand insight into the activities of various student clubs.

Food and beverage stands, along with souvenir stalls set up throughout the event venue, further contributed to the festive atmosphere. Stage performances, competitions, and various themed activities held throughout the day encouraged active participation, enhancing the vibrant and dynamic atmosphere of EMUCON 26.

Strong Collaboration from Student Clubs

Organized through the collective efforts and contributions of student clubs, EMUCON 26 once again highlighted the importance of collaboration and collective creativity in university life. Providing an inclusive environment where students could freely express themselves, showcase their talents, and engage with diverse perspectives, the event also demonstrated the valuable contributions of student club activities to the wider university community.

EMU REACTIVATES ITS PRESENCE IN ACM'S INTERNATIONAL STUDENT NETWORK

Eastern Mediterranean University (EMU) has reactivated its presence within the student network of the Association for Computing Machinery (ACM), one of the world's largest and most established international scientific and professional organizations in the fields of computer science and information technology. As the first university in Cyprus to establish an ACM Student Chapter, EMU has resumed the activities of its EMU ACM Student Chapter, operating under the Directorate of Student Development, Events and Sports Affairs.

A Visit to EMU Rector

EMU ACM Student Chapter Members Sabri Alperen Kılıç, İpek Ramazanoğlu, Hayrunnisa Dabakcı and Ali Vahid Aydıner, in accompany by their academic advisor Prof. Dr. Yıltan Bitirim, paid a visit to EMU Rector Prof. Dr. Hasan Kılıç. EMU Rector's Coordinator Prof. Dr. Tolga Çelik was also present during the meeting.

Strong Ties with the International Computing Community

Established in 1947, the ACM plays a significant role in advancing scientific research, fostering professional development, and promoting international collaboration in the fields of computer science and information technology. ACM Student Chapters, which operate as officially affiliated student organizations within universities, provide students with valuable opportunities to connect with the global computer science and computing community. Officially listed among the active student chapters on ACM's website, the EMU ACM Student Chapter is one of only 10 ACM Student Chapters across Türkiye and Cyprus. This international student network also includes chapters established at prominent universities such as Bilkent University, Koç University, and Middle East Technical University (METU).

From Technical Training to International Collaboration

The EMU ACM Student Chapter aims to organize a wide range of activities, including technical training sessions, workshops, seminars, hackathons, coding and programming competitions, with the objective of enhancing students' knowledge, skills, and perspectives in the fields of computer science and technology while supporting their academic and professional development. The Chapter also plans to organize events that will bring students together with representatives from academia and industry, providing valuable opportunities for interaction and knowledge exchange.

Through ACM's extensive international network, students will be encouraged to establish connections and foster collaboration with ACM Student Chapters in different countries, as well as academics, researchers, and professionals in the computing industry. Furthermore, the Chapter aims to encourage students to engage more actively with ACM's scientific publications, conferences, educational opportunities, academic



resources such as the ACM Digital Library, and various international activities.

Open to Students from Various Academic Departments

The EMU ACM Student Chapter aims to operate as an interdisciplinary student organization, welcoming not only Computer Engineering students but also EMU students from various academic departments who share an interest in technology and computer science. Through a diverse range of activities, the Chapter seeks to enhance students' technical knowledge while fostering essential skills in leadership, teamwork, event organization, communication, and professional networking.

With the reactivation of the Chapter, EMU aims to strengthen its students' connections with the international ACM community and facilitate their access to academic and professional opportunities on a global scale.

EMU SCIENCE COMMUNICATION OFFICE HOLDS SCIENCE CAFE EVENT THEMED "MORE THAN AN IDENTITY: MIXED MARRIAGES"







The Science Cafe event series organized by the Eastern Mediterranean University (EMU) Science Communication Office has commenced with the first event of the 2026–2027 Academic Year. The event titled "More Than an Identity: Mixed Marriages, Citizenship Challenges Faced by Children Born of These Unions, Discrimination and the Struggle for Rights" took place on Thursday, 15 October 2026 at 7:00 p.m. at Famagusta Bandabuliya. EMU Rector Prof. Dr. Hasan Kılıç, academic and administrative personnel, students and members of the public attended the said event.

The talk event featured Asst. Prof. Dr. Can Azer, EMU Faculty of Law academic staff member and Chairperson of the Association of Uncredentialeds. During his presentation, Asst. Prof. Dr. Azer discussed the underlying causes and consequences of the challenges faced by children born of mixed unions in obtaining citizenship of the Republic of Cyprus and accessing identity documents. Emphasizing that the issue extends beyond administrative procedures or the acquisition of official documents, Asst. Prof. Dr. Azer highlighted its significance in terms of children's access to their rights, the principle of equality, and the prevention of discrimination.

The event also addressed the current status of the issue, providing insights into initiatives undertaken to date, available legal avenues for seeking redress, and ongoing efforts pursued through international mechanisms. Possible strategies for resolving the issue were also discussed, with particular emphasis on the importance of pursuing legal action and social advocacy in tandem.

The event attracted strong interest from participants, with questions from the audience addressed during the session. The discussion continued in an interactive format, encouraging an exchange of views aimed at fostering a broader understanding of the challenges faced by children born of mixed unions and promoting public awareness of the issue. The EMU Science Communication Office extended its gratitude to Famagusta Municipality for its contributions and support in organizing the event, as well as to all participants for their attendance and engagement.

BREAST CANCER AND NUTRITION: FOCUSING ON THE RISK FACTORS WE CAN CHANGE

Eastern Mediterranean University (EMU), Faculty of Health Sciences, Nutrition and Dietetics Department Chair Asst. Prof. Dr. Gözde Okburan commented on breast cancer and nutrition. The statement released by Asst. Prof. Dr. Okburan reads as follows:



"Breast cancer continues to be the most commonly diagnosed cancer among women worldwide. According to data from the International Agency for Research on Cancer (IARC), an agency of the World Health Organization (WHO), approximately 2.3 million women worldwide were diagnosed with breast cancer in 2022. Data from the Ministry of Health of the Turkish Republic of Northern Cyprus (TRNC) indicate that breast cancer ranked first among cancer cases reported in women in the country in both 2019 and 2020.

Numerous factors beyond our control, such as age, genetic predisposition, and hormonal characteristics, play a role in the development of breast cancer. At the same time, lifestyle-related factors, including body weight and dietary habits, also influence the risk of developing the disease. Therefore, focusing on habits that we can modify in our daily lives is essential for reducing the risk of breast cancer. Nutrition plays a particularly important role in this regard. However, rather than focusing on individual foods, it is necessary to consider overall dietary patterns.

The Relationship between Obesity and Breast Cancer

The association between excess body weight and breast cancer is particularly pronounced in postmenopausal women. Following menopause, adipose tissue becomes one of the primary sources of estrogen production. An increase in body fat can lead to changes in hormonal and metabolic balance while also contributing to chronic inflammation. These changes are believed to influence the risk of developing breast cancer.

Therefore, maintaining a healthy body weight is one of the key controllable factors to consider in breast cancer prevention. The goal should not merely be to lose weight, but rather to achieve and maintain a healthy body weight over the long term.

The Role of Nutrition in Breast Cancer Prevention

When examining the relationship between nutrition and breast cancer, rather than asking, "Which foods can prevent cancer?", we should first consider, "What are my overall dietary habits?" This is because the impact of nutrition on health is not determined by any single food, but rather by a combination of factors, including total energy intake, dietary diversity, fiber consumption, and the degree of food processing.

In this context, the Mediterranean diet stands out as one of the dietary patterns associated with breast cancer prevention. Characterized by a high intake of vegetables, fruits, whole grains, legumes, nuts, and olive oil, along with protein sources such as fish, and a limited consumption of red meat and highly processed foods, this dietary pattern has been supported by scientific evidence suggesting that it may help reduce the risk of developing breast cancer.

One of the noteworthy findings in this field came from a study published in the International Journal of Cancer in 2017. The study, which followed more than 62,000 women aged 55–69 in the Netherlands over a period of approximately 20 years, found that postmenopausal women who adhered more closely to the Mediterranean diet had an approximately 40% lower risk of developing estrogen receptor-negative (ER-negative) breast cancer. However, the study did not identify a similarly significant association with overall breast cancer risk or estrogen receptor-positive (ER-positive) breast cancer.

These findings highlight why dietary patterns should be evaluated within a broader context rather than focusing on individual foods. Labeling broccoli, turmeric, green tea, or any other food as a "miracle food" that prevents cancer goes beyond what current scientific evidence supports. The key lies in establishing a balanced, varied, and sustainable dietary pattern that incorporates a wide range of nutritious foods and can be maintained over the long term.

A comprehensive review published by the World Cancer Research Fund (WCRF) in 2025 further supports this approach. Strong scientific evidence suggests that adopting a combination of healthy lifestyle habits, including maintaining a healthy body weight, increasing physical activity, following a diet rich in vegetables, fruits, and dietary fiber, and limiting the consumption of red and processed meat and sugar-sweetened beverages, may help reduce the risk of developing breast cancer.

In short, when it comes to breast cancer prevention, the emphasis should be placed not on incorporating a single supposedly "protective" food into one's diet, but rather on establishing a comprehensive pattern of healthy eating habits and maintaining these habits consistently over the long term.

Conclusion: Sustainable Habits Rather Than Individual Foods

Breast cancer is a multifactorial disease, and no single food or dietary pattern can completely prevent its development. However, maintaining a healthy body weight, following a balanced diet, adopting the key principles of the Mediterranean diet, limiting alcohol consumption, and incorporating regular physical activity into daily life can help reduce modifiable risk factors.

The key is not to add a single supposedly "protective" food to our diet, but rather to make healthy choices an integral part of our everyday lives. After all, a healthy lifestyle is not built on one good decision, but on the cumulative impact of healthy choices made consistently, day after day.

Eat well, live healthy."

EMU STUDENTS SUPPORT STRAY ANIMALS ON CAMPUS

Eastern Mediterranean University (EMU), Faculty of Communication, Department of Public Relations and Advertising students carried out a meaningful social responsibility project as part of their Social Responsibility course (PRAD-303). Supervised by Asst. Prof. Dr. Umut Ayman and coordinated by EMU Community Involvement Center, the project aimed at providing food support to stray animals residing on campus.



As part of the project, students Bora Salatan, Davut Atayev, and Toprak İlerici donated three boxes containing a total of 10 kilograms of wet dog food to help meet the nutritional needs of stray dogs living on campus.

In addition to contributing to the feeding and well-being of stray animals on campus, the project aimed to raise public awareness of animal welfare and foster a stronger sense of volunteerism and social responsibility.

EMU FACULTY OF HEALTH SCIENCES ISSUES A STATEMENT ON ARTHRITIS AWARENESS WEEK

Eastern Mediterranean University (EMU), Faculty of Health Sciences, Department of Physiotherapy and Rehabilitation academic Assoc. Prof. Dr. Sevim Öksüz issued a statement on "Arthritis Awareness Week". The statement by Assoc. Prof. Öksüz reads as follows:

The Answer Is Not Inactivity, but Moving the Right Way!

Arthritis is a broad term used to describe a range of conditions that can cause chronic joint pain, swelling, tenderness, and restricted mobility. Rather than being merely a natural consequence of ageing, arthritis can affect individuals of all ages, potentially impairing their mobility, daily activities, and overall quality of life. These conditions include osteoarthritis (degenerative joint disease), rheumatoid arthritis, psoriatic arthritis, gout, and ankylosing spondylitis.

In individuals with arthritis, pain and restricted mobility can affect not only physical health but also sleep patterns, professional life, social relationships, and psychological well-being. Avoiding movement due to pain may gradually lead to reduced muscle strength and physical endurance, limited joint mobility, and increased difficulty performing daily activities. Consequently, physical inactivity can further aggravate existing functional limitations and adversely affect an individual's independence.

It is important to remember that living with arthritis does not mean giving up physical activity. Early diagnosis, appropriate medical treatment, and individually tailored physiotherapy interventions can help preserve joint function and improve quality of life. Physical activities designed to accommodate the specific characteristics of the condition help maintain mobility and muscle strength, enabling individuals to lead more active and independent lives.

One of the most common misconceptions about arthritis is that movement inevitably increases pain, that increased pain necessarily indicates joint damage, and that remaining inactive is essential to protecting the joints. However, physical activity tailored to the specific characteristics of the condition can help maintain muscle strength, joint mobility, and physical endurance. To ensure long-term adherence to exercise, it is important to choose activities that align with an individual's interests, needs, and physical capabilities. In this regard, physiotherapists play a vital role in guiding individuals towards developing safe and sustainable exercise programs.

Physiotherapy plays an essential role in the management of arthritis. Physiotherapists aim to improve individuals' mobility, support pain management, and facilitate the performance of daily activities. Physiotherapy interventions may include muscle-strengthening exercises, range-of-motion exercises, balance and coordination training, and postural education. Activities such as walking, swimming, aquatic exercises, and appropriate resistance training can help improve physical capacity and support overall health. However, the type and intensity of exercise should be determined according to the type of arthritis, the individual's symptoms, the extent of joint damage, and their physical capabilities. Exercise programs may also need to be adjusted, particularly during periods of disease flare-ups.

Another important aspect of physiotherapy is supporting individuals in moving safely and independently in their daily lives. In addition to interventions aimed at facilitating activities such as walking, climbing stairs, sitting down and standing up, and personal care, individuals are also taught movement techniques that reduce stress on the joints. Making appropriate adjustments to daily activities, planning rest periods, and using energy efficiently can help individuals manage their everyday lives with greater ease and comfort.

Small changes in daily lifestyle habits can also make a significant contribution to maintaining joint health. Engaging in regular physical activity, avoiding prolonged periods of inactivity, and maintaining a healthy body weight are among the most important of these habits. Changing positions at regular intervals rather than remaining in the same position for extended periods, avoiding excessive strain on the joints during daily activities, and using appropriate



movement techniques when lifting or carrying heavy loads can help protect joint health. Furthermore, refraining from modifying or discontinuing prescribed medical treatment without consulting a physician is an essential aspect of arthritis management.

Living with arthritis does not mean giving up movement or independence. The goal is not merely to ease pain, but also to preserve individuals' mobility, encourage their active participation in daily life, enable them to maintain their independence as much as possible, and improve their overall quality of life. With accurate information, appropriate medical treatment, and individually tailored physiotherapy programs, individuals can learn to move safely and confidently rather than allowing fear of movement to limit their lives. Remember, the key to protecting your joints is not inactivity, but moving correctly and mindfully. After all, movement is an essential part of life, and physiotherapy plays a vital role in helping individuals maintain that movement safely.

EMU HOSTED WORLD FOOTBALL TENNIS CHAMPIONSHIPS





Eastern Mediterranean University (EMU) hosted the World Football Tennis Championship organized in collaboration with the Federation International Football Tennis Association (FIFTA) and Football Tennis Federation of the Turkish Republic of Northern Cyprus (TRNC). Held on 20-24 October 2026 at EMU Lala Mustafa Paşa Sports Complex, the championship concluded with the final matches followed by an awards ceremony.

Bringing together 167 athletes and 10 executives from Iraq, Pakistan, Romania, France, Moldova, Türkiye, Hungary, TRNC, Denmark and Slovakia, the tournament features matches in 13 different categories.

"Honored to be Hosting the Championship"
Delivering a speech at the awards ceremony, EMU Rector Prof. Dr. Hasan Kılıç expressed that it was a great honor for the university to host such an international event. Prof. Dr. Kılıç also expressed his hope that football tennis would be included in the Olympic Games and that athletes from the TRNC would have the opportunity to compete at the Olympics.

Songur Expresses Gratitude to Supporting Institutions
Şevket Songur, President of FIFTA and the TRNC Football Tennis Federation, expressed his pride in hosting the championship in the TRNC and extended his gratitude to the Prime Ministry, the Sports Department, Famagusta Municipality, and EMU for their valuable contributions. Congratulating the participating countries, Songur stated that, in line with FIFTA's decision, they would continue their efforts to promote and expand football tennis worldwide.

Following the speeches, FIFTA and TRNC Football Tennis Federation President Şevket Songur presented gifts to EMU Rector Prof. Dr. Hasan Kılıç and EMU Board of Trustees (VYK) Member Özdinç Akdel in appreciation of the university's hospitality and support in hosting the championship.

Romania Secures First Place in All Categories
Romania claimed first place in all 13 categories of the championship, while France received the Fair Play Award. Denmark finished second and Iraq third in the women's singles, doubles, and triples, as well as the junior men's doubles and triples categories. In the junior men's singles category, Denmark secured second place, followed by Moldova in third.

In the U21 mixed doubles category, Iraq finished second and Denmark third, while Moldova claimed second place and Denmark secured third in the U21 mixed triples category.

In the senior men's singles category, Moldova secured second place, while Iraq finished third. In the senior men's doubles and triples, as well as the senior mixed triples categories, Iraq claimed second place, followed by Moldova in third. Meanwhile, Denmark finished second and France third in the senior mixed doubles category.

The awards were presented to the winning teams by EMU Rector Prof. Dr. Hasan Kılıç, EMU Board of Trustees (VYK) Member Özdinç Akdel, FIFTA and TRNC Football Tennis Federation President Şevket Songur, and other protocol members.



















EMU VYK MEMBER ÖZDİNÇ AKDEL MAKES A STATEMENT ON FOOTBALL TENNIS WORLD CHAMPIONSHIP: "A UNIVERSITY'S GATEWAY TO THE WORLD"

Eastern Mediterranean University (EMU) is hosting the Football Tennis 2026 World Championships this year. EMU Board of Trustees (VYK) Member Özdinç Akdel made a statement highlighting the contributions that hosting the championship will make to the country, EMU students, and the city of Famagusta. In his statement, Akdel remarked as follows:

"The gathering of athletes from Iraq, Pakistan, Romania, France, Moldova, Türkiye, Hungary, the TRNC, Denmark, and Slovakia at our University holds profound significance. As these athletes come together on the same field, they remind us that pursuing our own aspirations should go hand in hand with respecting the rights, efforts, and presence of others. I consider our University's role in facilitating this international gathering, together with its commitment to promoting healthy living as a shared institutional priority, a meaningful demonstration of its sense of responsibility towards the future.

As a member of the EMU Board of Trustees, when reflecting on this event, I find myself asking the following question: What benefits does hosting such a gathering bring to the University itself and the wider community it serves?

The theme of the "Year of Healthy Living and Sports," highlighted by our Rector in his opening address, particularly caught my attention as I reflected on this question. I must emphasize that I consider this initiative highly significant in shaping the University's vision for the future. I firmly believe that this approach, which places young people's health, lifestyle habits, and social development at the forefront of the University's priorities, embodies a forward-looking vision that will further enrich our educational philosophy.

We often evaluate the success of universities based on student enrolment figures, scientific publications, international rankings, and financial indicators. Like anyone entrusted with administrative responsibilities, I also attach great importance to these measures. However, to truly understand a university's value to society, we must also consider the kind of life it fosters on its campus. What habits do young people develop during their time here? How do they build relationships with themselves and those around them? How does the University contribute to their ability to lead healthy and meaningful lives?

The strength of the "Year of Healthy Living and Sports" theme lies in its ability to transform these questions into matters of institutional responsibility. Making regular physical activity, collaboration, solidarity, and personal well-being integral parts of campus culture represents a long-term educational goal. The value of this vision will be reflected in the extent to which it positively influences students' everyday lives throughout the year.

I consider the Football Tennis World Championships a concrete example of this approach in action. When athletes from different countries come together on the same playing field, they bring with them diverse languages, cultures, and personal experiences. However, for the competition to take place, they must establish common ground. By embracing shared rules, respecting one another's efforts, and participating in the same sporting challenge, they demonstrate that individuals from different backgrounds can work together while preserving their unique identities.

This represents an important aspect of the institutional culture that universities should seek to cultivate. Students broaden their perspectives through the people they encounter and the experiences they acquire. Even a brief exchange with an athlete from another country can challenge long-standing assumptions and encourage a fresh perspective on that nation. In this respect, sport extends beyond physical development, providing valuable opportunities to foster social connections and enhance mutual understanding.

The playing field itself also presents important questions. Can we uphold the rules when our determination to win grows stronger? Can we accept responsibility in the face of failure? Are we capable of appreciating our opponents' achievements? How do we react when a teammate makes a mistake? The answers to these questions reveal not only our individual character but also the values and principles that shape our ability to live together in harmony.

From this perspective, I believe that the concept of healthy living encompasses a much broader meaning. Nurturing individuals who take care of their physical well-being, recognize their own limitations, demonstrate solidarity with others, and engage in competition with fairness and integrity is among the valuable contributions a university can make to society. What makes the vision outlined by our Rector particularly meaningful to me is its emphasis on recognizing physical, mental, and social development as interconnected dimensions of human well-being.

I believe that one of our responsibilities as members of the Board of Trustees is to establish a meaningful connection between the University's present needs and its long-term contributions to society. The responsible management of the University's resources, the efficient operation of its facilities, and the achievement of meaningful outcomes through its activities are undoubtedly important. However, when evaluating these outcomes, we must also take into consideration the positive lifestyle habits students develop, the international relationships established, and the growing ties with the wider community.

In this respect, EMU's sports infrastructure plays a valuable role in facilitating an international gathering. The facilities and resources developed by the University over the years are being transformed into a shared space that brings together people from different countries. One of the lasting benefits of hosting this championship could be its potential to inspire our students to engage in sporting activities, make greater use of the University's sports facilities, and explore new sporting disciplines.



Another aspect I consider particularly important is the opportunity for every athlete and guest visiting Famagusta to discover the city through their own personal experiences. From the moment they arrive until the day they depart, the hospitality they receive, the friendships they form, and the experiences they gain will leave a lasting impression of our country. A well-organized event, carefully maintained facilities, and a helping hand extended whenever needed will serve as tangible reflections of our University's institutional values.

When the championship comes to an end, the winners will be announced, the trophies will be presented, and the teams will return to their respective countries. However, we will still have important questions to reflect upon: What kind of experience have we provided for our students? What new relationships have we laid the foundations for? And how can we build on the excitement generated by this event to foster a more active, engaging, and healthier campus life?

As a member of the EMU Board of Trustees, I believe that the true value of hosting this championship lies in the answers to these questions. This is also where I see the lasting significance of the "Year of Healthy Living and Sports" vision: in transforming the excitement of a few days of sporting competition into habits and relationships that will enrich young people's lives for years to come. The athletes gathered on the same field today remind us that pursuing our own aspirations should go hand in hand with respecting the rights, efforts, and presence of others. I regard our University's role in bringing about this international gathering, together with its commitment to promoting healthy living as a shared institutional goal, as a meaningful reflection of its responsibility towards the future."

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