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BİLKENT NEWS

Tuesday: Rainy 7°C / 16°C
Wednesday: Rainy 8°C / 18°C
Thursday: Rainy 6°C / 17°C
Friday: Rainy 7°C / 13°C

Weekly Newspaper of Bilkent University

In Remembrance of İhsan Doğramacı



February 25, 2023, marked the 13th year since the loss of our beloved founder, Prof. İhsan Doğramacı. On this day, as always, we remember Prof. Doğramacı with deep respect, profound gratitude and great affection.

Fatih İnci Wins METU Parlar Foundation Research Incentive Award



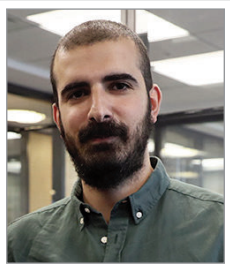
Asst. Prof. Fatih İnci from Bilkent University National Nanotechnology Research Center (UNAM) and the Materials Science and Nanotechnology (MSN) Higher Education Program has been awarded the METU Parlar Foundation's 2022 Research Incentive Award. The award is allocated annually to support scientific research and researchers and promote "scientific production and dissemination of the produced knowledge." Dr. İnci received the award for his work in the fields of health sciences and medicine.

Bilkent Graduate's Company Ranked First Among Software and IT Services



Bilkent graduate Mert Gür (CS '17) founded the mobile gaming company Loop Games in 2019. Loop Games is the developer of Match 3D, Pathereum and Match Tile 3D.

Loop Games, whose team includes seven entrepreneurial Bilkent graduates, Mert Gür (CS '17), Burak Eserol (CS '16), Selin Coşan (CS '16), Cem Bulucu (EE '16), Oğuzhan Oğuz (M.S EE '15), Aziz Fırat Avşar (IE '17) and Gülşebnem Sayın (GRA '18), emerged as the top-ranked software and IT service company in the "Service Export Champions of 2021," an event organized by the Service Exporters Association. The event featured 51 companies operating in 17 subbranches of the service sector.



With a team of just 15 individuals, Loop Games managed to generate a remarkable export revenue of $200 million through their mobile casual game.

Gür said: "As Loop Games, we take immense pride in being the largest software and IT company that exports from Turkey. Our contribution to Turkey's export success of $61.4 billion in 2021 brings us immense happiness. The fact that we achieved this great feat with a mere team of 15 individuals makes us even prouder. We attribute this success to the unwavering hard work and dedication of my teammates, and I would like to express my heartfelt gratitude to each and every one of them who contributed to this success."

Second Edition of "Music Culture in Turkey" Published



The second edition of the book "Music Culture in Turkey," which has been out of print for years, was published by the Presidency of Atatürk Cultural Center at the end of January.

The book covers the congress that was held in Istanbul on May 29–31, 2006, through the support of the Ministry of Culture and Tourism and the organization of Bilkent University, to deal with Turkey's music culture from the perspective of historical process. The congress brought together internationally active and prominent academics and researchers and created a platform for scientific thought. The honorary chairmanship was assumed by Prof. Halil İnalcık. This congress is among "firsts" in terms of its scope and content regarding international events organized in the field of music in Turkey. Throughout the congress, many topics were discussed and information, documents, observations and evaluations that shed light on the music culture of Turkey were produced and shared. This book has privileged value in its field as it presents the results of this important scientific meeting.

"This book contains the proceedings of a very important Congress that Bilkent University organized many years ago," stated Assoc. Prof. Mehmet Kalpaklı, chair of the Department of History. "It is very important in terms of the depth, historicity and diversity of music culture in Turkey."

IR Graduate Receives Gill Jacot-Guillarmod Award



Dr. Gözde Doğan Yalçıner (IR '01) received the US-based Lois Roth Foundation's Gill Jacot-Guillarmod honorable mention award for her diplomatic achievements. She helped link the Turkish government, NGOs and academic institutions to advance cultural heritage preservation, a mission that Turkey and the US share. The diplomatic bridge she worked to build resulted in the signing of a bilateral Cultural Property agreement between the two countries to jointly curb the illegal trafficking of cultural artifacts and protect cultural heritage. Dr. Yalçıner has been managing the US Diplomatic Mission's public diplomacy and cultural programs for the past 15 years. She holds a master's degree from the University of Westminster in the UK in public communication and public relations and a PhD in political science from Hacettepe University. Dr. Yalçıner was also one of the founding members of Radio Bilkent when she was a student at Bilkent.

UNAM's Dr. Ayça Arslan Ergül Awarded JPND Support



Dr. Ayça Arslan Ergül from Bilkent University National Nanotechnology Research Center (UNAM) was awarded support for her project "Unlock the Early Life Pathological Imprinting of Alzheimer's Disease via Lifestyle." The support comes from the EU Joint Programme – Neurodegenerative Disease Research (JPND) as part of the institute's 2022 Project Call on "Understanding the Mechanisms for Non-Pharmacological Interventions." *(Continued on Page 2)*

OPINIONS & FEATURES

Ece Göztepe Appointed to Advisory Board



Prof. Dr. Ece Göztepe, Dean of the Faculty of Law, was appointed to the Advisory Board of the Fundamental Rights Special Interest Group (SIG) of the European Law Institute on January 15, 2023.

The European Law Institute, founded in June 2011, is an independent organization that aims to improve the quality of European law, seeks to initiate, conduct and facilitate research, and makes recommendations and provides practical guidance in the field of European legal development.

UNAM's Dr. Ayça Arslan Ergül Awarded JPND Support

(Continued from Page 1)

Dr. Arslan Ergül will work in partnership with Dr. Daniel Erny from the University of Freiburg, Dr. Ziad Al Nabhani from Bern University Hospital, Dr. Evgenia Salta from the Netherlands Institute for Neuroscience and Dr. Francesca Ronchi from Charité – Universitätsmedizin Berlin.

In this project these five multidisciplinary research groups, spanning fields of neurology, immunology, microbiology and cognitive memory, will work together using cutting-edge omics technologies. Translational approaches with human tissues, gnotobiotic zebrafish and mouse models will also be used in this process. The study aims to pave the way for a generation of improved approaches to prevent and/or treat Alzheimer's disease (AD) later in adulthood.

The EU JPND is the largest global research initiative to tackle the challenge of neurodegenerative diseases. It strives to increase coordinated investment between participating countries in research aimed at finding causes, developing cures and identifying appropriate ways to care for those with neurodegenerative diseases, especially AD.

"Bilkent Sports Games" Step Challenge



Designed to take place outdoors, the Step Challenge is open to all Bilkent students. The event challenges everyone to take 10,000 steps on their activity days.

Participants will need to record their steps using the health app and then send an image of the total to **spor@bilkent.edu.tr**. One of the great things about this event is that individuals can participate on the days and at the times most convenient for their schedules.

Participants are to walk/run at least three and at most five times per week. They need to take at least 10,000 steps each day they choose to exercise, and they will receive five points each time this is accomplished.

- 30 GE points for 60,000 steps
- 40 GE points for 90,000 steps
- 60 GE points for 120,000 steps

Dates: **February 27 – March 26**
Fee: Free
Registration: All Sports Halls,
For more information:
ext. 1993,
spor@bilkent.edu.tr,
sporyasamdir@bikent.edu.tr

Faces on Campus

BY DERSU ALYANAK (PHIL/IV)



Name: Elif Su Özkök MBG\III
What's your favorite quintuple?
a) Movie: "Interstellar"
b) Book: "Deception Point" by Dan Brown
c) Song: "Spread Your Wings" by Queen
d) Food: Hot Chicken Wings
e) City: Venice
What would be your dream job?
"Working as an Astrobiologist in NASA or ESA"
If you were a superhero, what superpower(s) would you have?
"Telekinesis and teleportation"
What I like most about Bilkent: "There are many cats to pet."
The place on campus where I feel happiest is... "the big pool in front of SA."
My favorite thing about Ankara: "Museums such as MTA and the Anatolian Civilization Museum"
If I were another animal, I would be... "a dog."
I have never… "broken a bone."



Name: Doruk Durmaz ME\II
What's your favorite quintuple?
a) Movie: "The Shawshank Redemption"
b) Book: "1984" by George Orwell
c) Song: "The Unforgiven II" by Metallica
d) Food: Cheesecake
e) City: Zurich
What would be your dream job?
"Aeronautical engineer"
If you were a superhero, what superpower(s) would you have?
"Teleportation"
What I like most about Bilkent: "The relatively longer summer break"
The place on campus where I feel happiest is... "the banks around the long pool in front of coffee break."
My favorite thing about Ankara:
"Eymir"
If I were another animal, I would be...
"a panda."
I have never… "done any extreme sports."



Name: Ilgaz Terzi MBG\III
What's your favorite quintuple?
a) Movie: "Three Colours: Red"
b) Book: "Oyasumi Punpun" by Inio Asano
c) Song: "Jockey Full of Bourbon" by Tom Waits
d) Food: Vegan Beer
e) City: İzmir
What would be your dream job? "Having an art studio and drawing from morning till night"
If you were a superhero, what superpower(s) would you have? "I would be invisible so I could steal from the rich to give to the poor."
What I like most about Bilkent: "Being at the same altitude as Dikmen makes me feel like I'm at home."
The place on campus where I feel happiest is... "the SB building laboratory."
My favorite thing about Ankara: "Warm sunsets in Dikmen"
If I were another animal, I would be... "a kingfisher."
I have never… "watched 'Lord of the Rings.'"

NEWS & FEATURES

Seven Benefits of Practicing Yoga Before Going to Sleep



1. Reduces anxiety and worries.
2. Helps establish a bedtime routine.
3. Improves circulation.
4. Stimulates weight loss.
5. Relieves pain in muscles and joints.
6. Helps prevent sleeplessness.
7. Increases energy in the morning.

The Physical Education and Sports Center recommends doing Yoga every day before going to sleep.

For more information on Yoga sessions: **spor@bilkent.edu.tr**

What are the benefits of Pilates?



- Corrects posture disorders.
- Facilitates concentration, improves ability to maintain balance.
- Reduces joint pain.
- Increases bone density.
- Strengthens abdominal, lower back and hip muscles.
- Prevents injuries.
- Improves mobility of the spinal column.
- Develops flexibility.
- Improves (corrects) body posture.
- Improves the capacity of circulatory and respiratory systems.
- Increases muscle rate, reduces fat rate.
- Ensures motivation and focus.

The Physical Education and Sports Center recommends doing Pilates 3 – 4 days a week.

For more information: **spor@bilkent.edu.tr**

"Sports as a Way of Life" Sporting Everywhere

The "Sports as a Way of Life" Sporting Everywhere activity allows students to continue to stay active wherever they are.

Participants are expected to do ten different movements, with a maximum of four repetitions, two times a week. They are asked to record the activity and send the movie to: **spor@bilkent.edu.tr**. Participants receive five points each day they perform a maximum of one complete activity. This activity runs **March 6 – April 4**.

- Squats (20 reps)
- Glute Bridge (20 reps)
- Lunge (20 reps)
- Dead Bug (20 reps)
- Knee Up (20 reps)
- Push-up/Wall Push-up (20 reps)
- Jumping Jacks (20 reps)
- Arm Circles (30 secs)
- Burpee (12 reps)
- Plank (30 secs)

Participants are encouraged to warm up and stretch for a minimum of ten minutes before the activity. Wearing sports shoes during the exercises is recommended. Exercises should be performed with a rest of 30 – 45 seconds between each set.

For instructions regarding exercises, email: **spor@bilkent.edu.tr** to receive directions regarding exercises.

Students will receive the following GE 250-251 points for participating:

- 40 Sporting Everywhere Points = 20 GE250/1 Points
- 60 Sporting Everywhere Points = 30 GE250/1 Points
- 80 Sporting Everywhere Points = 40 GE250/1 Points

Registration: All Sports Halls,

For more information: **ext. 1993**, **spor@bilkent.edu.tr**, **sporyasamdir@bilkent.edu.tr**

Spring Semester "Bilkent Sports Games" Tournaments

The Physical Education and Sports Center is organizing basketball, football and volleyball tournaments as part of "Bilkent Sports Games" this spring. For those who wish to participate, it is time to get friends together and organize a team.

To register, fill out a team information form at the Physical Education and Sports Center before **March 15**. At the end of the semester, the top four teams in each tournament will receive awards.

Students taking GE 250/251 who play in three matches will receive 20 points for the course.

3-on-3 Basketball
Registration Deadline: **March 15**
Place: Main and Dormitories Sports Halls
Team Members: Minimum 3 / Maximum 6

5-on-5 Basketball
Registration Deadline: **March 15**
Place: East Campus Sports Hall
Team Members: Minimum 5 / Maximum 10

6-on-6 Football (Men)
Registration Deadline: **March 15**
Place: Main – East Campus Mini Football Field and Stadium
Team Members: Minimum 6 / Maximum 10

4-on-4 Volleyball
Men and Women (Coed)
Registration Deadline: **March 15**
Place: East Campus Sports Hall
Team Members: Minimum 4 / Maximum 10

For more information: **ext. 1993**, **spor@bilkent.edu.tr, sporyasamdir@bilkent.edu.tr**

Physical Education and Sports Center Offers Virtual Training Series

The Physical Education and Sports Center aims to help students improve their mental comfort and physical development during this intensive educational period. They are offering high-quality, energetic sports training videos that feature expert trainers. Participants are invited to get moving with these training videos, which will help them gain habits integral to living a healthy life.

For the training series please visit **https://www.youtube.com/@bilkentuniversitysportcent8383**

The Sporting Life

Name: Mert Cula
Department: Department of Economics
How often do you exercise?
Three times a week
How has regular exercise affected your life?
In addition to being fit from regular exercise, I also get a muscular appearance by reducing the fat ratio in my body. I am able to control my weight. And, by changing my body perception, my self-confidence improves.
What do you suggest to those who are just taking up a sport or starting to exercise?
Set Goals:
Since the purpose of each exercise is different, they must decide whether they want to lose weight, improve fitness, or build muscle.
Finalize the Program:
After setting their goals, they will need to finalize a sports program with an expert to determine which days they will do which exercises.
Modify Food Menu:
They must accept that they can no longer eat whatever they want. It is important to team a nutrition program with any sports program.
Be Resolute:
There is something more important than just doing sports and that is doing sports regularly. Choosing a gym that is close to your home or school will help you with determination.
Patience Above Everything:



Hurrying and wanting to reach goals immediately can reduce motivation. Working patiently for goals will make it easier to reach them.
What are the first three things that come to mind when you hear the word "sports"?
Pleasure, confidence and relaxation
Which Bilkent sports facilities do you use?
Sports Halls.
Have you taken any courses or participated in any activities?
I have been in various basketball clubs since I was seven years old. I played in Türk Telekom, and later I got a scholarship from a school in America thanks to basketball. I continue my sports life with the sports knowledge I gained from these teams.

Bilkent CALENDAR



WORKSHOPS

Monday, March 6, 13
"Performans Kaygısı ve Sosyal Anksiyete," by Göksu Gülpınar, in EA-409, **6 p.m.** Organized by the Psychological Counseling and Development Center.

Tuesday, February, 28
Tuesday, March 7, 14
"Duygu Regülasyonu," by Beliz Kemik, in EA-409, **6 p.m.** Organized by the Psychological Counseling and Development Center.

Wednesday, February 22
Wednesday, March 1, 8, 15
"Stres Yönetimi," by Irmak Tuğcu, in EA-409, **6 p.m.** Organized by the Psychological Counseling and Development Center.

Thursday, February 23
Thursday, March 2, 9, 16
"Sağlıklı Romantik İlişki Nedir, Ne Değildir?" by Meltem Can Atay Aytaç, in EA-409, **6 p.m.** Organized by the Psychological Counseling and Development Center.

Friday, February 24
Friday, March 3, 10, 17
"Psikolojik Dayanıklılık," by Ceren Gürdere, in EA-409, **6 p.m.** Organized by the Psychological Counseling and Development Center.

TALKS

Tuesday, February 28
"Street-level Governing: Researching Politics from Below Turkey," by Elise Massicard (French National Center for Scientific Research), in hybrid format, at FEASS, A-130, **12:30 p.m.** Organized by POLS. Please contact the department for Zoom information.

Wednesday, March 1
"Walter Pater and Literature as a Sensory Experience," by Dr. David Coombs (Clemson University), via Zoom, **5:30 p.m.** Organized by ELIT.

SEMINARS

Wednesday, March 1
"Numerical Solution of Coupled Highly Nonlinear Partial Differential Equations Describing Multi-Phase Multi-Component Compressible Fluid Flow in Porous Media, with Industrial Application to Gigantic Systems," by Ali H. Doğru (Aramco Fellow), at FS, SA-141, **3:30 p.m.** Organized by MATH.

Thursday, March 2
"Finiteness Principle," by Alexander Goncharov (Bilkent University), at FS, SA-141, **3:45 p.m.** Organized by MATH.

Friday, March 3
"Introduction to Stabilizer Formalism," by Selman İpek (Bilkent University), at FS, SA-141, **2:30 p.m.** Organized by MATH.

Friday, March 3
"Spatiotemporal Brain Dynamics During Sleep and Wake," by Dr. Pınar Özbay (Boğaziçi University), via Zoom at **5:30 p.m.** Organized by UMRAM.

CONCERTS

Saturday, March 4, 8 p.m.
Bilkent Concert Hall
We Believe in the Healing Power of Music!
Benjamin Yusupov, conductor
L. van Beethoven | Egmont Overture, Op. 84
E. Satie | Gymnopédies (Orc. C. Debussy)
G. Mahler | Adagietto
L. van Beethoven | Symphony No. 7, A Major Op. 92
For tickets:
https://ticket.bilkent.edu.tr/
http://bso.bilkent.edu.tr

For information about meetings and activities of university departments or student clubs, please see their websites or social media accounts, or contact them directly via telephone or email.



BİLKENT NEWS

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