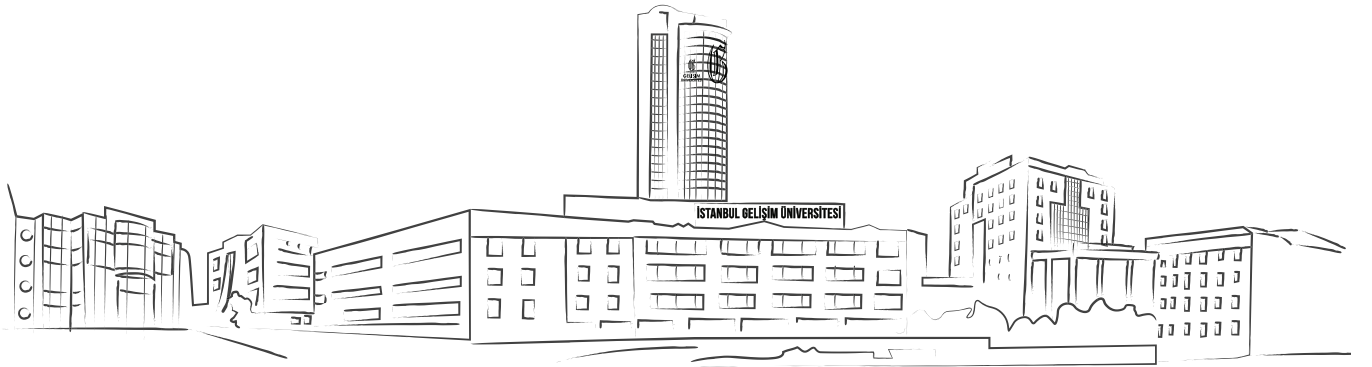




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AGENDA OF PERSONNEL

- **Prof. Dr. İzzet GÜMÜŞ** has been assigned as the Acting Director at the Directorate of the Institute of Graduate Studies in our University on March 30, 2020.
- **Asst. Prof. Dr. Kemal ERKİŞİ** has been assigned as the Vice Director at the Directorate of the Institute of Graduate Studies in our University on March 30, 2020.
- **Lect. Ömer MEŞEDİLCİ** has been assigned as the Vice Director at the Directorate of the Institute of Graduate Studies in our University on March 30, 2020.
- **Anıl ÇETİN** has been assigned as the Secretary of the Institute at the Directorate of the Institute of Graduate Studies in our University on April 04, 2020.
- **Prof. Dr. Tanık ÇAKAR** has been assigned as the Head of the Department of Industrial Engineering at the Faculty of Engineering-Architecture on April 09, 2020.

Note: Personnel birthdays celebrated in the previous bulletins will not be published any more due to the obligations regarding data security within the scope of the Personal Data Protection Law (KVKK).

NEWS

APRIL 06, 2020

Most cited articles started to be listed



The number of citations to the scientific articles of academics working at Turkish universities is increasing. Noting that the number of citations received in the academics' papers in the University, Chairman of the Board of the Trustees Istanbul Gelisim University Abdulkadir Gayretli said: "That academics who have graduated or worked from world-class universities preferred Turkish universities has raised the quality of education, and the publications in Q1, Q2 class journals has encouraged other faculty members."

The website 'Web of Science', which provides comprehensive citation data for many different academical disciplines, has started to list the most cited scientific papers in its field. He drew attention to the number of citations received by the scientific articles published by the faculty members of Istanbul Gelisim University (IGU). The University has stated that the publications titled "Renewable energy consumption in EU-28 countries: Policy toward pollution mitigation and economic sustainability" (Andrew Adewele Alola), "The role of renewable energy, immigration and real income in environmental sustainability target. Evidence from Europe largest states" (Uju Violet Alola, Andrew Adewele Alola), and "A survey on the critical issues in smart grid technologies" (İlhami Çolak) have received over 100 citations in a short time.

You can visit www.gelisim.edu.tr to see the detailed news.

Psychiatrist Assoc. Prof. Dr. Demirkaya: “Adults behave like adolescents”

APRIL 06, 2020



Curfews have been imposed on citizens over 65 and under 20 due to coronavirus. Emphasizing that acting childish puts at risk, Child and Adolescent Psychiatrist Assoc. Prof. Dr. Sevcan Karakoç Demirkaya said that adults behave like ‘adolescents’.

Expressing that although adolescence seems to be between the ages of 12 and 18 or 10 and 21, there are also emerging concepts of adulthood and late adolescence, Demirkaya said: “This age extends to 30, and the psychological adolescence process is lifelong in some people regardless of the chronological age. As adults continue to ‘act like adolescents’ and live in ‘personal fables’ that are far from the reality of the world, this outbreak will be very difficult to control.”

You can visit www.gelisim.edu.tr to see the detailed news.

Measure against coronavirus: Do these to avoid touching your face

APRIL 07, 2020



Psychiatrist Onur Okan Demirci said that this habit can be reduced by taking 1-minute exercises or taking notes while one of the main measures to be taken in the coronavirus pandemic affecting the world is not to touch the face.

According to experts, touching the face with hands many times during the day unconsciously increases the risk of coronavirus transmission. Pointing out that hand cleaning is very important to deal with the virus, experts say that hand cleaning can be useless as long as we touch our faces with hands. Emphasizing that researches show that people touch their faces 9 to 23 times an hour under normal conditions, Psychiatrist Onur Okan Demirci said that the anxiety and stress created by the coronavirus may increase this rate. Stating that some exercises can be done so that we do not touch our faces, Demirci said: “We can do 1-minute

exercises. Since we have been doing these behaviors for quite some time, these urges will not be interrupted at once. Our goal is to gradually reduce this behavior. If you are a note taker, you can easily decrease these urges distinguishably. It is not possible to give a time for this; it may vary from person to person. But it will decrease over time to a minimum.”

You can visit www.gelisim.edu.tr to see the detailed news.

The elderly should be vaccinated against flu and pneumonia

APRIL 08, 2020



While coronavirus affects the elderly the most, it is important to protect the elderly who live in nursing homes.

Lecturer from Istanbul Gelisim University Gerontologist Sila Ayan listed the most common infections in nursing homes and elderly nursing homes and described ways to prevent them. Stating that the most common infections are urinary system infections, pneumonia, pressure sores and influenza, Ayan emphasized that protective methods should be directed towards the individual and the environment, said: “Two important vaccines to be given to the elderly over 65 are influenza (flu) and pneumococcal (pneumonia) vaccine. Besides the personal hygiene of the elderly, it is also important to clean the environment and increase the immunity. Increasing immunity includes subheadings such as nutrition, physical activity, providing sleep patterns,

increasing productivity, providing the necessary psychological support for the elderly.”

You can visit www.gelisim.edu.tr to see the detailed news.

The pandemic also affected profession choices: 6 out of 10 students changed their preferences

APRIL 09, 2020


Stating that the coronavirus pandemic also affects students' choice of profession, Chairman of the Board of Gökkuşuğu College, Abdulkadir Gayretli said: "6 out of 10 students have changed their preferences. The students started to prefer professions that they could work more about the healthcare or from distance."

The subjects for the Higher Education Institutions Exam (YKS) and High School Placement Exam (LGS) have been determined. The YKS date for the 12th grades has been changed and postponed to July 25 - 26. Despite this delay, students will be responsible for only the first semester of 12th grade curriculum in addition to 9th, 10th and 11th grade curricula at YKS. Although the date of the exam, which is June 7, 2020 for 8th grades, has not changed, the scope of the exam has been restructured to be the first semester MEB (the Ministry of

National Education) curriculum. Stating that 8th and 12th grade students are prepared for the exams within the current subjects, Chairman of the Board of Gökkuşuğu College, Abdulkadir Gayretli said: "The coronavirus outbreak will also affect university preferences. Students are now changing their professional preferences."

You can visit www.gelisim.edu.tr to see the detailed news.

Breathing 30 times deeply may clean your trachea

APRIL 10, 2020


Emphasizing that the immune system can be strengthened by proper breathing, Quality Life Specialist Asst. Prof. Dr. Haluk Saçaklı said: "If you breathe incorrectly, you cannot remove toxic substances from the body. You should breathe correctly in every process you can achieve and think of it. But until it becomes a habit, open the room glass and breathe deeply 30 times so that you clear your entire trachea when you wake up in the morning. Before going to bed in the evening, open your window, breathe 30 times as in the morning, clean your trachea before bedtime and get ready for sleep."

Haluk Saçaklı from Istanbul Gelisim University, who stated that an adult breathes 11-14 minutes per minute in resting conditions, added: "Approximately 15-20 billion dead cells are transported daily in the body. In order

for the body to overcome all these burdens, blood needs to carry enough oxygen to organs and tissues. Therefore, the lymphatic system will work very well so that it can throw off such a big excavation. A good breathing is required for the lymphatic system to function well."

You can visit www.gelisim.edu.tr to see the detailed news.

THINGS TO KNOW



ABOUT NEW CORONAVIRUS



All necessary measures are taken for the **coronavirus** revealed in Turkey and the World at **Istanbul Gelisim University**. **Things to know about coronavirus are as follows:**

What are the new coronavirus symptoms?

- The most common symptoms are **fever, cough and respiratory distress**.
- In severe cases, **pneumonia, severe respiratory failure, kidney failure and death** may occur
- Incubation period is between **2 and 14 days**.

How is the virus transmitted?

- It can be transmitted by the contact of the droplets caused by **coughing and sneezing** with the contact of the **mouth, nose and eyes** of other individuals in certain environment and by touching the surfaces where the droplets adhere and taking hands **into the mouth, nose or eyes**.

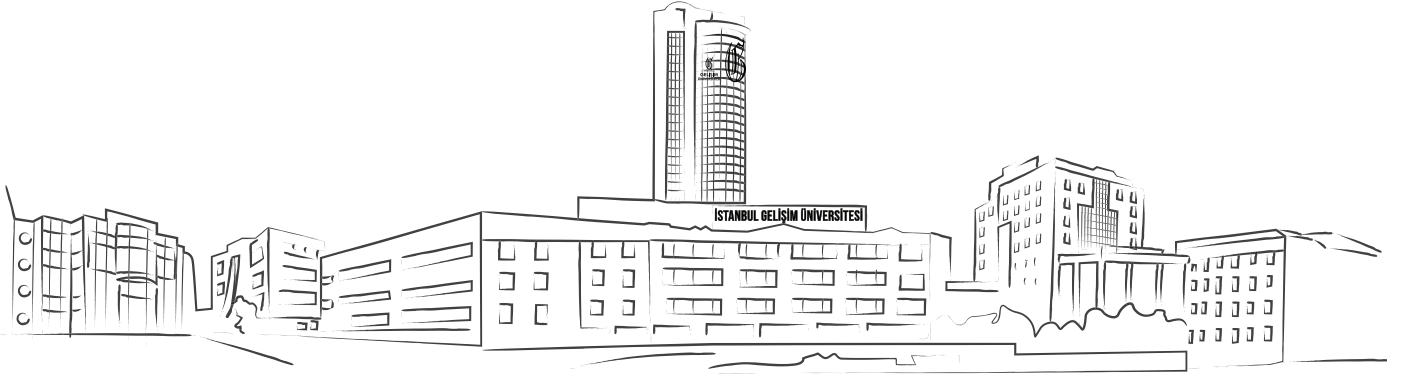
What to do to be protected from the virus?

- When **coughing or sneezing**, the mouth and nose should be covered with a **disposable tissue**, if there is no handkerchief, the mouth should be closed with the **upper sleeve or elbow**, not with the palms.
- **Handshaking and hugging** should be avoided.
- **Mouth, nose and eyes** should not be touched with dirty hands.
- Hands must be washed for **at least 20 seconds** in accordance with the **Handwashing Instructions** found in the toilets. In the absence of water and soap, **alcohol-containing hand antiseptics** should be used. **Cologne of 70-80 degrees** also serve as disinfectants.
- Offices and classrooms must be **ventilated hourly**.
- Places frequently used by many people such as common areas and door handles should be **disinfected every 2 hours**.
- Hands **must be washed** after using **public transportation**.
- Because the virus progresses faster in people with low immune system; **a balanced and healthy diet** is required. Foods **must be washed thoroughly** before consumption.

What to do if there are symptoms?

- If you have come from countries with infections **in the past 14 days**, apply to the **nearest healthcare facility** by wearing **a surgical mask**.
- If you are **coughing, have a fever and have difficulty at breathing**, apply to the **nearest healthcare facility** by wearing **a surgical mask**.
- **Always wear your mask** when you are in the same room with **a person who is recommended insulation** at home.





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