

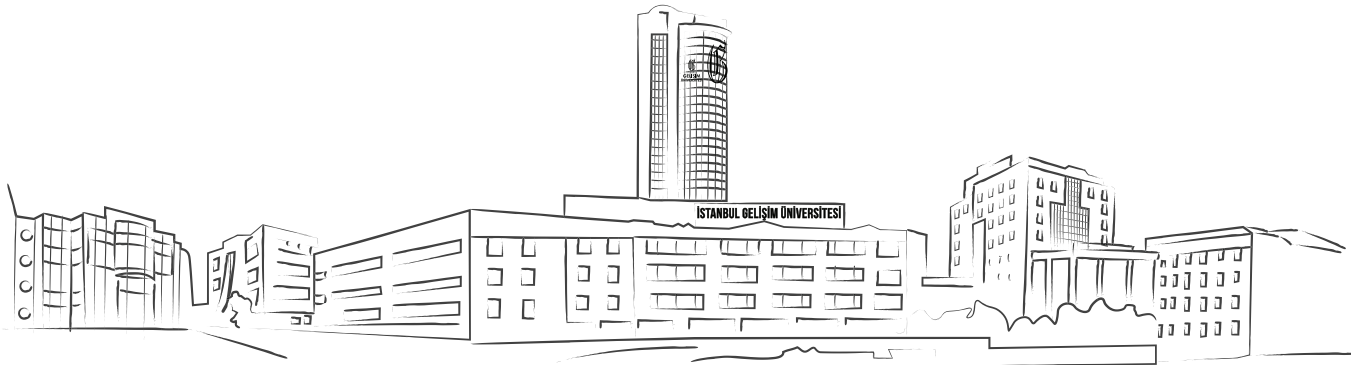


ISTANBUL
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AGENDA OF PERSONNEL

- No record has been registered on **Personnel Agenda** for the dates of 13.04.2020-17.04.2020.

Note: Personnel birthdays celebrated in the previous bulletins will not be published any more due to the obligations regarding data security within the scope of the **Personal Data Protection Law (KVKK)**.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**Coronavirus raised domestic violence worldwide****APRIL 13 2020**

Noting that domestic violence has increased due to coronavirus pandemic worldwide, Lect. Mehmet Başçillar said: "According to the researches, it is stated that there is an increase of 200 percent in cases of domestic violence in China, where coronavirus first appeared, compared to the same month of the previous year, and approximately 50 percent in Brazil."

Mehmet Başçillar, Lecturer at Istanbul Gelisim University the Department of Social Work, pointed out that domestic violence has increased after the coronavirus (Covid-19) outbreak worldwide.

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

The number of international publications increased more than 75 percent in a year**APRIL 13 2020**

According to the Web of Science (WoS) data, Istanbul Gelisim University (IGU) increased the number of international indexed publications from 89 in 2018 to 156 in 2019 and achieved an increase rate of more than 75 percent. IGU has increased the total number of publications in internationally respected citation indexes such as Web of Science and Scopus to 541.

Referring to the fact that Head of Higher Education Council (YÖK) Dr. Yekta Saraç has reorganized 'The Procedures and Principles Regarding the Employment of International Faculty Member' and emphasizing the importance of being internationalized, IGU Chairman of the Board of Trustees Abdulkadir Gayretli said: "Times Higher Education (THE) Awards Asia known as the Oscars for the Higher Education, we shortlisted as finalist from Turkey in 2019. We ranked among the top eight universities in the world in the 'Internationalization Strategy of the Year' category. We have over 1000 native-international academicians and more than 25 thousand native-international students. We reflect our progress to the international publications in recent years. In particular, we put forward an important vision of internationalization."

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

We eat to feel safe**APRIL 14 2020**

Noting that the frequency of emotional eating behavior increases during the coronavirus epidemic process, Expert Psychologist Selin Kalabaş said: "People are eating to feel safe and happy."

Kalabaş stated that eating as a strategy of coping with negative emotions when an individual is not hungry is called "emotional eating behavior", added: "That is, people constantly find themselves in front of the refrigerator even when they are not hungry in this process to keep their negative emotions under control. Especially they eat to feel safe and happy."

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

Why do we watch epidemic movies in this period the most?**APRIL 14 2020**

Psychiatrist Dr. Onur Okan Demirci pointing out that movies on epidemics have become one of the most watched movies according to internet usage data, said: "We reduce the anxiety of the pandemic situation we experience in real life by watching movies on pandemic. Such films can instill people with feelings of control, hope, and courage, and they can work quite well and effectively as a kind of emotion inoculation tool."

Psychiatrist Dr. Onur Okan Demirci from Istanbul Gelisim University told DHA why people have been interested in epidemic films, books and articles recently. Psychiatrist Dr. Demirci mentioned that there is a considerable increase in watching movies in which post-apocalyptic scripts are processed as well as epidemic films when looking at internet data, and added: "We reduce the anxiety of the pandemic situation we experience in real life by watching movies on pandemic. In this process, watching such movies increases our sense of security and reduces our sense of fear. Such processes can turn into a situation where both manufacturers of this industry and consumers like us can benefit mutually. In the fight against these kinds of crises, the film industry can benefit us in managing our anxiety and fears."

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

The first Turkish game to come for the new generation consoles**APRIL 15 2020**

Ufuk Antepioğlu, who came up with his local and national game console project, announced that they started developing games for the new generation consoles this time. Ufuk Antepioğlu, who reached more than 100 countries and 100 thousand of people with the projects they made in the mobile application market, stated that his brother Doğan Antepioğlu also conducts the new game project with him and they want to move their success in the mobile market to the console sector.

Ufuk Antepioğlu, an alumnus of Istanbul Gelisim University (IGU) the Faculty of Engineering and Architecture, the Department of Computer Engineering, stated that his new game project was in the 'polygon' style and stated that he was influenced by two major games that revolutionized in the sector.

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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