



ISTANBUL
GELISIM
UNIVERSITY

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JUNE 22 - JUNE 26, 2020

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AGENDA OF PERSONNEL

Asst. Prof. Dr. Erhan DEMİR has been assigned as Vice Dean at the Dean's Office of Dentistry Faculty at our University on June 22, 2020.

The Impact Rankings 2020



NEWS

Regular exercise increases resistance

June 22 / 2020



GELISIM NEWS

Stating that mild and moderate exercise affects the immune system positively, Asst. Prof. Dr. Engin Işık Abanoz said, "Regular moderate exercise increases the resistance against upper respiratory diseases, and the probability of upper respiratory tract infections decreases by 20-30% in people who exercise moderately."

"DURATION AND INTENSENESS OF THE TRAINING IS IMPORTANT"

Dr. Engin Işık Abanoz, Head of Recreation Department from Istanbul Gelisim University, stating that social activities in quarantine were restricted during the coronavirus process, said: "Restriction of our social activities brought health

problems such as weight loss, muscle strength loss, blood pressure, cholesterol and cardiovascular risk as well as a decrease in the immune system due to immobility. Thanks to digital communication, people quickly realized the risk and turned to home exercises. The benefits of exercise in keeping the immune system strong are obvious, but one thing to consider here is the duration and severity of the exercise."

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

Faculty of Dentistry is waiting for its students**June 23 2020**

Istanbul Gelisim University Faculty of Dentistry will admit students for the first time this year. Prof. Dr. Mahir Günday, Dean of the Faculty, who made explanations about the 60-student quota, said: “Our most important principle is to train dentists who are respectful to the values of the society, are human-oriented, ethical, and legally committed. I believe that we will succeed with our valuable students to reach the goals that will contribute to the development of our country and to become a preferred dentistry faculty of our faculty.”

Stating that they aim to be an outstanding dentistry faculty with national and international effectiveness, Günday said: “I believe that as the newest faculty of our university with entrepreneurial spirit and open to development, we will make a difference with its experienced staff, modern clinics and laboratories.”

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

Public information model of public relations comes forward**June 24 2020**

Stating that public investments and regulations, public spots and promotions come forward in the pandemic process, Asst. Prof. Dr. Sarp Bağcan said: “The private sector aims to contribute to the solution through corporate social responsibility (CSR) activities, sponsorship or what it produces.”

“RESULT: WORLD PUBLIC, MAIN THEME: SOCIAL ISOLATION”

Stating that the public, private and public sectors have to act together in the public interest, Asst. Prof. Dr. Sarp Bağcan from Istanbul Gelisim University said: “These messages have been delivered in the interpersonal communication level as well as in the corporate social responsibility, sponsorship, corporate advertising applications close to public spot of the companies, brands and private sector or in the spots of public institutions. In other words, a very important part of public relations and communication activities gathered at the same social level and even at the global focus. In the pandemic of this century, of which vaccine or cure has not yet been found, and community immunity has not occurred even in any country, a “world public” has been created on the subject. The main theme is “social isolation” under the current conditions.”

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

Recommendations for prospective students to take YKS**June 24 2020**

Giving suggestions to prospective students who will take the Higher Education Institutions Exam (YKS), Educator Abdülkadir Gayretli said: “If we are successful in anxiety management and send positive signals to our brain, we can solve questions with an open mind during the exam. It should not be disturbed the brain chemistry with conditions such as “I need to, I have to”. We can overcome stress and anxiety by managing brain chemistry well.”

“WE CAN OVERCOME STRESS AND ANXIETY BY MANAGING BRAIN CHEMISTRY WELL”

Indicating that students should be ready mentally and well-informed for Higher Education Institutions Exam, Istanbul Gelisim University Chairman of the Board of Trustees Abdülkadir Gayretli said: “When the body perceives a threat or as a result of a great arousal, it exhibits a “fight or run” situation. As a result, symptoms such as stomach contraction, hand/foot cooling, sweating, and low blood sugar. Adrenaline is released and the mind is opened, but even if this takes a long time, our energy stores get empty. It is at this very moment that we need to activate our parasympathetic nervous system. Because it provides relief and repairs the body. However, this system always waits for orders from the brain. Therefore, if we are successful in anxiety management and send positive signals to our brain, we can solve questions with an open mind during the exam. It should not be disturbed the brain chemistry with conditions such as “I need to, I have to”. We can overcome stress and anxiety by managing brain chemistry well.”

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DEGREES AND PROGRAMS



EVERY WEEKDAY A NEW PROGRAM

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16 JUNE

20.00 **MECHATRONICS ENGINEERING & ECONOMICS AND FINANCE**

MODERATOR: ASST. PROF. DR. FESTUS VICTOR BEKUN - UMEDJON HAITMURADOV
GUEST: ASST. PROF. DR. KHALID O. MOH. YAHYA
GUEST: ASST. PROF. DR. LUKMAN OLOGUGUN AYINDE

23 JUNE

20.00 **ARCHITECTURE & CHILD DEVELOPMENT**

MODERATOR: ASST. PROF. DR. FESTUS VICTOR BEKUN - UMEDJON HAITMURADOV
GUEST: ASST. PROF. DR. MOHAMMAD BAHARVAND
GUEST: PROF. DR. WILLIAM MOSIER

30 JUNE

20.00 **INDUSTRIAL ENGINEERING & POLITICAL SCIENCE**

MODERATOR: ASST. PROF. DR. FESTUS VICTOR BEKUN - UMEDJON HAITMURADOV
GUEST: ASST. PROF. DR. IMEDI SARFAE
GUEST: ASSOC. PROF. ANNAMARIA CSISZER

7 JULY

20.00 **ELECTRICAL ELECTRONICS ENGINEERING & INTERNATIONAL RELATIONS**

MODERATOR: ASST. PROF. DR. FESTUS VICTOR BEKUN - UMEDJON HAITMURADOV
GUEST: ASST. PROF. DR. AHMED AMIN SOLYMAN
GUEST: ASST. PROF. DR. KEISUKE WAKIZAKA

14 JULY

20.00 **COMPUTER ENGINEERING & INTERNATIONAL LOGISTICS AND TRANSPORTATION**

MODERATOR: ASST. PROF. DR. FESTUS VICTOR BEKUN - UMEDJON HAITMURADOV
GUEST: ASSOC. PROF. SHEHZAD ASHRAF
GUEST: ASSOC. PROF. ALIREZA ARSHADI

21 JULY

20.00 **CIVIL ENGINEERING & BUSINESS ADMINISTRATION**

MODERATOR: ASST. PROF. DR. FESTUS VICTOR BEKUN - UMEDJON HAITMURADOV
GUEST: ASST. PROF. DR. MASOUD DERAKHSHANDEH
GUEST: ASST. PROF. DR. SETARE NOROZPOUR
GUEST: PROF. DR. ZAFAR U. AHMAD

28 JULY

20.00 **ENGLISH LANGUAGE AND LITERATURE & GASTRONOMY**

MODERATOR: ASST. PROF. DR. FESTUS VICTOR BEKUN - UMEDJON HAITMURADOV
GUEST: ASST. PROF. DR. TARIK EL-HADARY
GUEST: ASSOC. PROF. REHAB AHMED MOHAMED

4 AUGUST

20.00 **PSYCHOLOGY & SOCIAL WORK**

MODERATOR: ASST. PROF. DR. FESTUS VICTOR BEKUN - UMEDJON HAITMURADOV
GUEST: ASST. PROF. DR. AMAN SADO ELEM
GUEST: ASST. PROF. DR. ASHIFA KARIVELPAMBIL MOHAMMED ASHRAF

11 AUGUST

20.00 **PHYSIOTHERAPY & SOCIOLOGY & AVIATION**

MODERATOR: ASST. PROF. DR. FESTUS VICTOR BEKUN - UMEDJON HAITMURADOV
GUEST: ASST. PROF. DR. MOTAZ ALAWNA
GUEST: ASST. PROF. DR. HIBA GHANEM
GUEST: PROF. DR. OSMAN ERGUVEN VATANDAS

IGUZEB

Istanbul Gelisim University Distance Education



Due to COVID-19, distance education process has started in universities in accordance with the decision taken by the **Council of Higher Education (YÖK)**. Istanbul Gelisim University **Distance Education Unit (IGUZEB)**, which has been operating since 2016, works at full capacity in order to continue the educational life of students efficiently in this process, with its technical infrastructure and experience.

IGUZEB has made that its vision to increase the knowledge and experience of our faculty members to the level of **international e-learning standards** with the use of distance education technologies aiming the life-long and unlimited learning awareness of distance education as student-centered, independent of time and place. In this context, it continues to work on digital content development with technologies based on e-learning, by providing the necessary technical support to existing **associate, undergraduate and graduate programs** carried out within our university.

In this challenging process that our country and the world live, our students can follow their lessons with the distance education system and access **the course content such as video, notes, test** prepared by our faculty members with the support of digital infrastructure. They can view their homework and deliver their homework to their lecturers through the same system.

The system provides the opportunity to attend live classes and communicate simultaneously with their lecturers, and then watch the course video again. Our students can enter the exams of the courses they are responsible for online. In the exam system, **questions and time have been meticulously prepared** in accordance with this infrastructure. All these materials are accessed through a computer, tablet or mobile device with internet connection. If our students have any questions about the process, after they send support requests, our personnel will help them.

As IGUZEB, we work to provide the most efficient education by using of all the possibilities of **digital technology** in order to avoid interruption of education.



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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.





PROTECTION AGAINST VIRUS IS IN OUR HANDS



THE MOUTH AND NOSE SHOULD BE CLOSED WITH PAPER TOWEL DURING COUGHING AND SNEEZE. IF YOU DO NOT HAVE ANY WIPE, THE INSIDE OF THE ELBOW SHOULD BE USED.



CLOSE CONTACT SHOULD AVOID LIKE HANDSHAKE AND HUGGING.



IT SHOULD BE STAYED AWAY FROM CROWDED ENVIRONMENTS.



DO NOT TOUCH THE MOUTH, NOSE AND EYES WITH DIRTY HANDS.

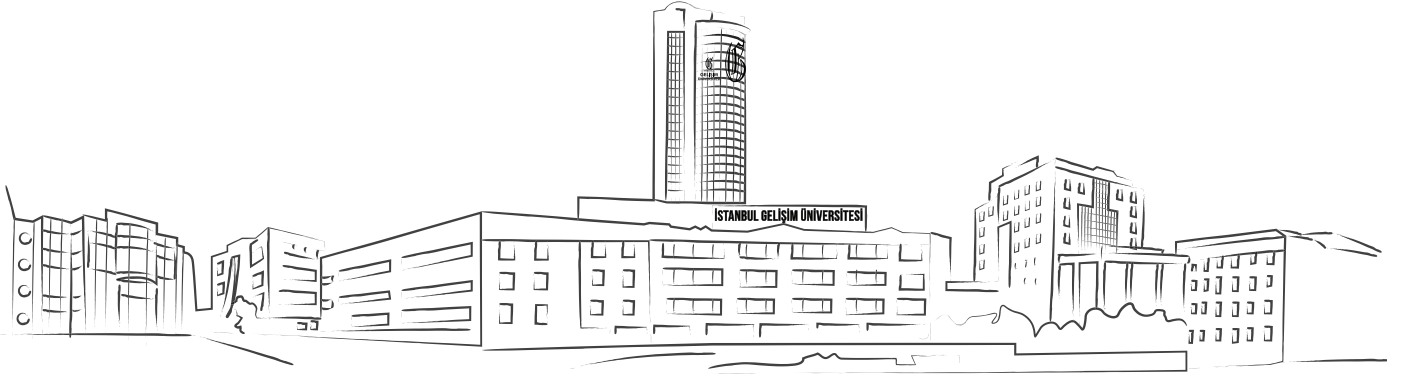


HANDS MUST BE WASHED WITH WATER AND NORMAL SOAP FOR AT LEAST 20 SECONDS.



ALCOHOL CONTENT HAND ANTISEPTICS SHOULD BE USED IN CASE OF THERE IS NO WATER AND SOAP.





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