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**GELISIM**  
UNIVERSITY

**WEEKLY PRESS RELEASE**

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# 2021

İstanbul **Gelişim** Üniversitesi ailesi olarak sevgi, hoşgörü ve güler yüzün artacağı sevdiğiniz ile kucaklaşabileceğiniz 2021 yılı temennisi ile **yeni yılınızı kutlarız.**

Istanbul **Gelisim** University family wish you a very happy 2021 year full of love, tolerance and hugs with loved ones. **Happy New Year!**



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## AGENDA OF PERSONNEL

### ACADEMIC

**Asuman Kağıt** has been appointed as a lecturer at the School of Foreign Languages English Preparatory Program as of 28.12.2020.

As of 01.01.2020, **Asst. Prof. Dr. Bilge Turp Gölbaş** has been appointed to the School of Applied Sciences Department of Management Information Systems as a Faculty Member.

**Deniz Şişman**, a faculty member of the Faculty of Economics, Administrative and Social Sciences, Department of Economics and Finance, received the title of Associate Professor.

**Asst. Prof. Dr. Remziye Köse Özelçi**, a faculty member of the Faculty of Economics, Administrative and Social Sciences, Department of Radio, Television and Cinema, received the title of Associate Professor.

Lecturer of the Vocational School of Health Services Optician Program **Erdi Bilgiç** received the title of Assistant Professor at the same program.

Istanbul Gelişim University, School of Applied Sciences, Head of Television Journalism Department, **Asst. Prof. Dr. Yıldız Derya Birincioğlu** received the title of Associate Professor.

**Asst. Prof. Dr. Gül Yücel**, faculty member of the Faculty of Engineering and Architecture Department of Architecture, has received title of Associate Professor

**Mercury danger in seafood... Vedat Milor: "Eating mussels is like eating batteries"**

DECEMBER 28

2020



Increasing pollution levels in the seas increased the risk of heavy metals in seafood. Especially deep-seated swordfish, tuna and shark are dangerous because they contain high amounts of mercury. While experts gave warnings about mercury, which brings many neurological diseases, food critic Vedat Milor, who suffered from mercury poisoning in 2007, also explained that they lived.

Some of the seafood products that are rich in omega-3 and protein and decorate the table do not only benefit but also harm the body. Increasing pollution in the seas triggers the formation of heavy metals in its products. Stating that heavy metal mercury, which causes many neurological diseases such as Parkinson's, Alzheimer's, brain and spinal cord tumors, is mostly

seen in deep fish and shelled products such as mussels and oysters, Asst. Prof. Dr. Murat Doğan said: "There is little problem with smaller fish such as horse mackerel and anchovies. If we take more than 0.05 milligrams of mercury per day, it causes accumulation in our liver, kidneys and brain."

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**Time is running out for the historical Yarımburgaz Cave, Vlora Han and Saint Polyuktos Church**

DECEMBER 28

2020



The Ministry of Culture and Tourism has made the necessary decisions regarding the ugly appearance and damage in the Yarımburgaz cave, which dates back 300 thousand years, the Vlora Han built in the 1800s and the Saint Polyuktos Church built in 520, which is one of the cultural heritage of Istanbul. announced that it was done and shared with the authorities. Asst. Prof. Dr. İlknur Türkoğlu, Cultural Heritage Management Expert, who examines the destroyed artifacts on site, said: "Our citizens need to know and protect their history."

While the approximately 300 thousand-year-old Yarımburgaz Cave, which is one of the important historical monuments and cultural assets of Istanbul, turned into a garbage dump, the Church of Saint Polyuktos dating back

1500 years and Vlora Han, which was built in the 1800s, was damaged due to lack of attention. Cultural Heritage Management Expert Asst. Prof. Dr. İlknur Türkoğlu, who said that historical artifacts should be preserved in order to be transferred to future generations, examined the damaged works on site and answered the questions of DHA. Türkoğlu said: "The important thing here is for the citizen to know and claim his history. Our citizens should think that these buildings are my cultural heritage."

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**20 percent of market workers are depressed****DECEMBER 28****2020**

More than 50 percent of the market employees were negatively affected by the coronavirus, while 20 percent experienced depression and anxiety disorder during this process. In the study conducted in the USA, it was determined that the main reason for this was customer behavior. Psychiatrist Recep Emre Tan stated that people have high levels of anxiety and worry in the pandemic and said, "Market employees are afraid of getting sick and death. Employees should be trained on how to communicate with customers in times of crisis. Customers also need to develop empathy and follow the rules."

The University of Arizona in the USA conducted a study called "Frontline workers in Arizona are at risk: the impact of covid-19 on security, health and financial areas", in which it examined market employees. A total of 3,996 employees who are members of the United Food and Commercial Workers International Association (UFCW) participated in the study, which was conducted through the survey.

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**Cure recommendations from the expert to strengthen immunity against Covid-19****DECEMBER 29****2020**

Stating that it is necessary to strengthen the immune system against the coronavirus danger, Assoc. Prof. Dr. Haluk Saçaklı said: "We have to equip some of our soldiers who will fight against the coronavirus with the latest technological weapons."

Emphasizing that nutrition is very important during the pandemic process, Istanbul Gelişim University Quality Life Specialist Assoc. Prof. Dr. Haluk Saçaklı said: "As long as we eat a balanced and natural diet, we have the chance to strengthen the immune system. We have to equip some of our soldiers who will fight against coronavirus with the latest technological weapons. I especially want to call young people, stay away from fast food habits. In all respects, it causes your immune system to collapse. Let mothers care about

cookware in this process we live in."

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**Experts evaluate the free trade agreement signed with the UK****DECEMBER 30****2020****GELISIM NEWS**

Free Trade Agreement signed between Turkey and the UK. The trade agreement includes all industrial and agricultural products. Evaluating the historical agreement International Economics and Economic Planning Specialist Dr. Yahya Can Dura said: "UK is Turkey's second largest exporting countries after Germany. In this respect, the steps taken to improve commercial relations with the UK and to increase foreign trade volume are very valuable."

Head of the Istanbul Gelisim University International Trade and Finance Department Asst. Prof. Dr. Yahya Can Dura made some explanations on the Free Trade Agreement signed between Turkey and UK. Dura said: "The agreement explains how the relations between two countries will be shaped

after Brexit, also provides opportunity for potential export products."

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**Exercises from the specialist to strengthen immunity****DECEMBER 30****2020****GELISIM NEWS**

Stating that the immune system is impaired due to being inactive during the pandemic process, Assoc. Prof. Dr. Haluk Saçaklı said, "Not exercising increases the negative factors of coronavirus in the body."

Stating that light exercises should be done in order to keep the immune system strong, Quality Life Specialist Assoc. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University said: "While light exercises strengthen our immune system, exercises with high intensity can harm our immunity contrary to what is known. As the intensity of the sport increases, the rate of some waste materials accumulating in the muscles begins to increase in parallel. These waste materials that accumulate in our body naturally cause our immune

system to collapse."

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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.



**ISTANBUL GELISIM UNIVERSITY  
EVENT SCHEDULE**

DATE	TIME	TYPE OF EVENT	TITLE OF EVENT	LOCATION OF EVENT	DEFINITION	ORGANIZER
04.01.2021 / 10.01.2021						
4.01.2021	14:30	Talk	Cinema of the Digital	Google Meet	Will be held with the participation of Asst. Prof. Dr. Emre Ahmet Seçmen.	Faculty of Economics, Administrative and Social Sciences / Department of Public Relations and Publicity
4.01.2021	16:00	Talk	Alumni speaks	Google Meet	Our Graduate Buse Yüksel Will Be Held To Share Their Experiences With Students.	Health, Culture and Sports Department / Industrial Engineers Club
4.01.2021	18:00	Talk	Peer Education	Microsoft Teams	It Will Be Held With The Purpose Of Raising Awareness Of Club Members About Basic Disaster, First Aid Awareness and Red Crescent Issues.	Health, Culture and Sports Department / Young Red Crescent Club
5.01.2021	11:00	Seminar	Digitalization in Public Relations	Google Meet	Bilal Boğa Will Be Participated to emphasize the importance of digitalization in Public Relations.	School of Applied Sciences
5.01.2021	10:30	Talk	An Assessment on the History of Documentary Cinema	Google Meet <a href="https://meet.google.com/umm-hkeq-odd">https://meet.google.com/umm-hkeq-odd</a>	It will be held with the participation of Assoc. Prof. Dr. Özlem Arda	Dean of Faculty of Economics, Administrative and Social Sciences / Head of Radio, Television and Cinema Department
5.01.2021	13:30	Talk	Interview with CNN Türk News Manager İdris Arıkan on Television Journalism	Google Meet <a href="https://meet.google.com/udk-ghs-drc">https://meet.google.com/udk-ghs-drc</a>	It will be held with the participation of CNN Türk News Manager İdris Arıkan.	Dean of Faculty of Economics, Administrative and Social Sciences / Head of Radio, Television and Cinema Department
5.01.2021	15:00	Seminar	Learning and Innovation Competencies	Google Meet <a href="https://meet.google.com/bet-kruh-ckq">https://meet.google.com/bet-kruh-ckq</a>	It Will Be Held With The Purpose Of Introducing 21st Century Competencies.	Career Development Center
6.01.2021	10:00	Seminar	Club Promotion Event	Google Meet	It Will Be Held To Introduce The Development Club To Our New Members.	Health, Culture and Sports Department / Development Club
6.01.2021	13:30	Seminar	Exercise and Sport Psychology Laboratory in the world and Turkey: Turkish case ESPAL	Google Meet <a href="https://meet.google.com/fup-ujrd-puy">https://meet.google.com/fup-ujrd-puy</a>	It will be held with the participation Assoc. Prof. Dr. İhsan Sarı	Department of Health, Culture and Sports / Exercise Training for Health and the Leaders of Sports Club

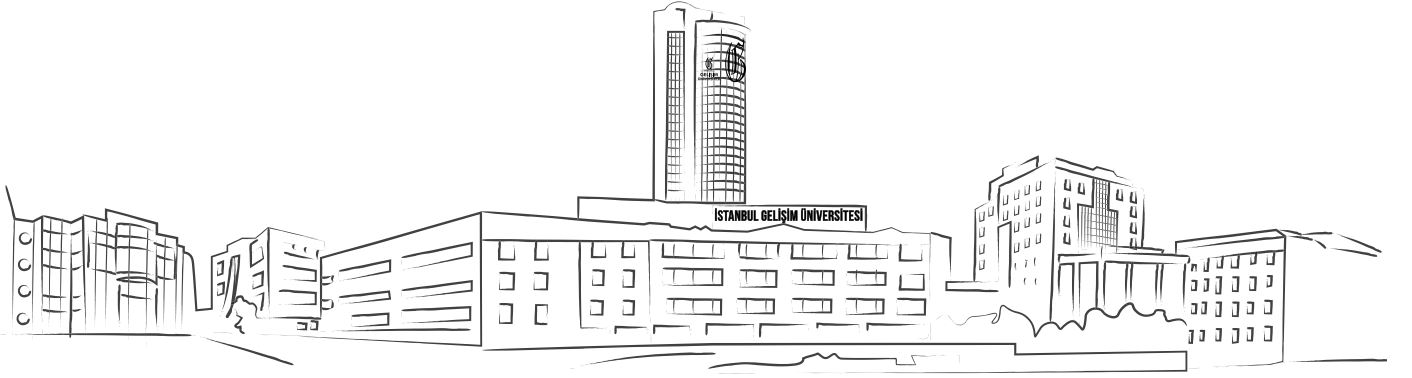


6.01.2021	16:00	Seminar	Nutrition Suggestions to Support Our Immune System During Pandemic Period	Google Meet meet.google.com/ghh-bvbe-swh	It will be realized with the participation of Dietician Büşra Demir.	Health, Culture and Sports Department / Nursing Club
7.01.2021	11:00	Talk	Big Data from a Communication Perspective	Google Meet	It will be realized with the participation of Dr Oğuz Kuş in order to share with the students about Big Data from the Communication Perspective.	Faculty of Economics, Administrative and Social Sciences / Department of Public Relations and Publicity
7.01.2021	13:30	Talk	The story of Brands with Sevda Solak, the Founder of TIME Public Relations	Google Meet https://meet.google.com/czn-ofv-cfr	Will be held with the participation of TIME Public Relations Founder Sevda Solak.	Dean of Faculty of Economics, Administrative and Social Sciences / Head of Radio, Television and Cinema Department
8.01.2021	14:00	Seminar	Nursing in the Covid-19 Pandemic	Google Meet https://meet.google.com/xia-tukg-aii	Will Be Held With The Participation Of Expert Nurse Nurcan Manav	Faculty of Health Sciences / Department of Nursing
8.01.2021	14:00	Talk	Licensing and Standardization in Civil Aviation	Google Meet	Will be held with the participation of Dr. Yüksel Bozkurt	Head of Aviation Management (English) Department
8.01.2021	15:00	Seminar	Social Work Practices with Children and Case Examples	Google Meet- https://meet.google.com/xca-suig-ovc	It will be realized with the participation of Social Worker Dilek Özbay.	Health, Culture and Sports Department / Social Service Club
8.01.2021	17:30	Talk	THE PAST-PRESENT AND THE FUTURE OF INSURANCE	Google Meet	It will be held with the participation of Big Sigorta ve Reasürans Bokerliği LTD. General Manager Yeşim Avcı.	Vocational School / Department of Banking and Insurance
8.01.2021	20:00	Panel	Psychological Effects of the Corona Pandemic	Google Meet https://meet.google.com/png-iwmj-uvn	Will be carried out in order to inform the participants about the psychological and social changes in the pandemic process.	Faculty of Economics, Administrative and Social Sciences / Head of Psychology Department
9.01.2021	13:00	Seminar	Training to Use BeBis Program for Nutrition and Dietetics (Turkish) Department Students	Google Meet; meet.google.com/mfv-anro-oxo	It is aimed that the students of the Department of Nutrition and Dietetics have information about the BeBis Program and can use the relevant program after the training.	Faculty of Health Sciences / Department of Nutrition and Dietetics
9.01.2021	14:00	Talk	Interior Architecture Talks # 5	Google Meet	About Spatial Belonging and Housing. Will Be Held With The Participation Of Pınar Geçkili Karaman.	Dean of Faculty of Fine Arts / Department of Interior Architecture

9.01.2021	14:00	Talk	Transformation of E-Commerce	Google Meet	Will be held with the participation of the chairman of Turkish E-trade Mert Tancığer and E-Export Consultant Nazlıcan Kocademir	Health, Culture and Sports Department / Logistics and Trade Club
9.01.2021	15:00	Talk	Löseve and Benefit Club Introduction	Google Meet	It Will Be Held With The Participation Of Aslı Çavdar To Introduce Lösev And Benefit Club.	Health, Culture and Sports Department / Lösev and Benefit Club
9.01.2021	20:00	Talk	Past, Present and Future of Gerontology	Google Meet <a href="https://meet.google.com/umo-ydoo-pah">https://meet.google.com/umo-ydoo-pah</a>	It will be realized with the participation of Lect. Faruk Yaşar Gürdal for the purpose of transferring information about the history and future of gerontology.	Health, Culture and Sports Department / Gerontological Practice and Research Club
9.01.2021	20:30	Talk	Concerns in the Hearing Aid Industry	Instagram: Odyolojigu	It will be realized with the participation of Aud. Önder Paksoy.	Health, Culture and Sports Department / Audiology Club

\* Events are held online

\* Applications for attendance are submitted to relevant units



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