



ISTANBUL
GELISIM
UNIVERSITY

WEEKLY PRESS RELEASE

JUNE 21 - JUNE 25, 2021

Issue: 105



www.gelisim.edu.tr

AGENDA OF PERSONNEL

ACADEMIC

As of 17.06.2021, **Asst. Prof. Dr. Sarp GÜNER** has been appointed as the Career Development Center Manager of our University.

As of 18.06.2021, **Asst. Prof. Dr. Aslıhan Güzin SELÇUK** has been appointed as the Community Service Coordinator of our University.

ADMINISTRATIVE

As of 18.06.2021, **Anar ALIYEV** has been appointed as the Assistant Coordinator to the International Relations Coordinatorship of our university.

As of 21.06.2021, **Besme ÇUBUKÇU** started her administrative duty as officer to the Student Affairs Department of our university.

As of 21.06.2021, **Gülcan GÜVEN YEŞİLGÜL** has started her administrative duty as officer to the Erasmus Coordinatorship Department of our University.

As of 22.06.2021, **Onur ÖZDİL** started his administrative duty as social media responsible to the Corporate Communications Directorate of our university.

As of 22.06.2021, **Şeyda REÇBER** started her administrative duty as public relations call center officer to the Public Relations and Publicity Directorate of our university.

UPDATES FROM IGU

According to the Presidential decree published in the Official Newspaper dated 25/06/2021 and numbered 31522, it has been decided to close the Istanbul Gelisim University School of Applied Sciences and to establish the Faculty of Applied Sciences. We congratulate our university and thank everyone who contributed.

NEWS FROM SKS

Speed Reading Techniques Seminar

ISTANBUL GELISIM UNIVERSITY

SPEED READING TECHNIQUES SEMINAR

Moderator: LECT. EDA ŞENSU DEMİR

Speaker: SERKAN EKMEN

24 JUNE 2021
THURSDAY 15.00/16.00

gelisim.edu.tr/en

Meet
https://meet.google.com/xxx-xxxx-xxxx

A seminar on “Speed Reading Techniques” was held on 24.06.2021 at 15.00 by the Food Technologies Club, supervised by **Lect. Kübra SAĞLAM**, Head of Food Processing Department of IGMYO. **Serkan EKMEN**, an expert in his field, took part as a speaker at the seminar moderated by **Lect. Eda ŞENSU** from the Food Processing Department, Food Technology Program. During the seminar, Serkan EKMEN applied 6 techniques related to brain and eye coordination in speed reading. With these techniques taught at the beginning of the activity, it was determined that the average word speed of the participants increased by 50-60 words in the readings that were tried during the activity. It has been emphasized that if the techniques are continued for 63 days, time management can be made more effective with lifelong speed reading with the development of eye muscles and the increase in perception level.

Lect. Kübra SAĞLAM**Step by Step CV Preparation Workshop**

ISTANBUL GELISIM UNIVERSITY

STEP BY STEP CV PREPARATION WORKSHOP

Moderator: LECT. Asli Muslu Can

Speaker: LECT. Gonca Yilmaz

25 JUNE 2021
FRIDAY
15.00

gelisim.edu.tr/en

Google Meet
https://meet.google.com/xxx-xxxx-xxxx

A seminar on “Step by Step CV Preparation Workshop” was held on 25.06.2021 at 15.00 by the Food Technologies Club, supervised by **Lect. Kübra SAĞLAM**, Head of IGMYO Food Processing Department. **Lect. Gonca YILMAZ** took part as a speaker at the seminar moderated by from Food Processing Department, Food Technology Program **Lect. Asli MUSLU CAN**. Our students were given an effective education in a short time with the event, in which the professional preparation of the CV, which our students can use for internship and job applications, its order and points to be considered were explained.

Lect. Kübra SAĞLAM

Half of the vegetables in restaurants go to waste

JUNE 21

2021



Stating that Turkey has already taken its place in the crypto world, which is followed by governments with concern, Assist. Prof. Dr. Hakan Yıldırım said, "Turkey ranks fourth in the world and first in Europe in terms of interest in cryptocurrencies. However, despite this interest in the crypto world, it is a fact that there is a shortage of information. The security of the stock exchanges to be invested in and the reliability of altcoins are the main topics of discussion."

The conversion of food produced for human consumption into waste causes waste not only of food, but also of time, energy, labor, money and natural resources spent in the production and consumption cycle. In order to

determine the food waste generated in restaurants in Istanbul, a research was conducted in first and second class restaurants. In the study, the food group that creates the most waste was also examined. The results revealed that 68 percent of vegetables create waste in the kitchen, followed by meats and bread group, frozen foods, breakfast products and appetizers. Carrying out the research, Res. Assist. from Istanbul Gelisim University Gastronomy and Culinary Arts Department Emel Çirişoğlu said, "Considering that vegetables are the most wasted, 49 million tons of vegetables and fruits are produced in Turkey every year. When we look at this production, only 52 percent of fruits and vegetables can reach consumers. The remainder is estimated to be wasted between 25 percent and 40 percent due to exposure to bad conditions in the food supply chain."

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

It is possible to manage body image anxiety

JUNE 22

2021



Many people who got stuck at their homes due to the coronavirus epidemic began to experience mental difficulties related to body image and struggle with this situation. In studies conducted on adults abroad, it was seen that emotional eating increased and unwanted weight changes were experienced due to the pandemic life. Stating that there are things that can be done to manage body image anxiety, Psychiatrist Dr. Alişan Burak Yaşar gave advice.

The stress of the pandemic has caused many people to turn to other coping mechanisms that can be harmful to both their physical and mental health. Looking at studies with adults abroad, the Australian National Health and

Medical Research Council-supported COLLATE project, and a study of 5,469 adults in Australia, it has been noted that 35 percent of the participants increased their binge eating or they ate large amounts of food in a short time due to the pandemic life. In another survey study conducted by the Italian Ministry of Health on 365 adults in 2 stages, the data shared that emotional eating increased in 25.7 percent of the participants during the quarantine.

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

“Stress management before YKS is essential”

JUNE 23

2021



Physiotherapist Gülşah Konakoğlu stated that stress-related anxiety came to the fore as the common feeling of all candidates who will take the exam, with only a few days before YKS. It is extremely important to pay attention to sleep hygiene as well as breathing control and relaxation exercises in stress management.

“Whatever the factor causing the stress is, the body always reacts to the stress in the same way” said Konakoğlu and added, “The brain prepares the body to be active in the face of stress. Therefore, conditions such as increased heart rate, blood pressure and respiratory rate, and slowed digestion occur. These are all normal and necessary reactions to survive and cope with what is seen

as danger. If these are prolonged and become excessive, problems will begin and the balance of the body will be disturbed. If this situation is prolonged, stress-related diseases will occur.”

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

The marketing communication strategy and practices of global brands discussed

JUNE 24

2021



The book titled “Integrated Marketing Communication in the Context of Global Brands” and prepared under the editorship of Asst. Prof. Dr. Sarp Bağcan has been published.

The book “Integrated Marketing Communication in the Context of Global Brands”, in which the basic components of marketing communication are explained by exemplifying how global brands are used, and how a global brand spread over two hundred countries establishes a communication strategy, has met with its readers.

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

**The counseling meetings of the candidates continue
one day before the exam**

JUNE 25

2021



Higher Education Institutions Exam (YKS) will be held this weekend. Counseling meetings organized by universities before the exam, which will be attended by 2.6 million people, continue until the last moment. In the online interviews, guidance and promotion experts answer the questions of the candidates on many subjects such as the exam system, the selection process and the opportunities of the universities.

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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.



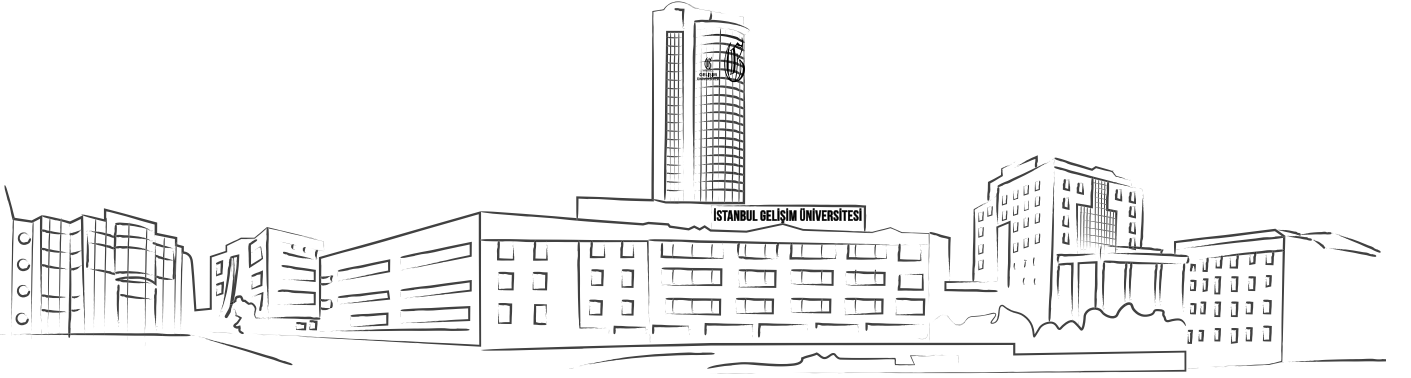
ALCOHOL CONTENT HAND ANTISEPTICS SHOULD BE USED IN CASE OF THERE IS NO WATER AND SOAP.



 ISTANBUL GELISIM UNIVERSITY EVENT SCHEDULE 						
DATE	TIME	TYPE OF EVENT	TITLE OF EVENT	LOCATION OF EVENT	DEFINITION	ORGANIZER
28.06.2021 / 04.07.2021						
28.06.2021 05.07.2021	09:00- 17:00	Social Cooperation	Aid Project for Village Schools- 2	Foyer Area	It will be held under the chairmanship of Lect. Ferit Arda ARICA.	IGU Photography and Video Club
28.06.2021	12:00	Talk	Awareness Conversations Against Addiction 5 / Substance Addiction	Google Meet: https://meet.google.com/njr-xgdu-gxq	It will be held with the participation of Spe. Psyc. Ayşe Serra Postacı and Meryem Kayan.	IGU Young Green Crescent Club
28.06.2021	13:00	Social Responsibility	The Remedy of the Rose Project	Rectorate A Block	It will be held with the participation of Dr. Arzu SOMAY	Sustainable Environment and Society Research Center
29.06.2021	16:00	Talk	Experience Sharing 3 / Experience Sharing	Google Meet: meet.google.com/wcz-qbry-rzc	It will be held with the participation of Lect. Hasan Cankat Çağıl	Applied Russian and Translation Program
1.07.2021	13:00	Seminar	Hair Styling, Assembly and Quality Processes	Google Meet: https://meet.google.com/jta-yzjx-snu	It will be held with the participation of Prof. Dr. Bedri YÜKSEL and Res. Asst. Tunay ACIMAN	Mechatronics Engineering Club / Automotive Technologies Application and Research Center
2.07.2021- 04.07.2021	18:00	Congress	Academy for Global Business Advancement's 17th World Congress	J BLOCK MEHMET AKIF ERSOY CONFERENCE HALL	It will be held with the participation of Asst. Prof. Dr. Kemal ERKİŞİ	Institute of Graduate Studies

* Events are held online

* Applications for attendance are submitted to relevant units



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