

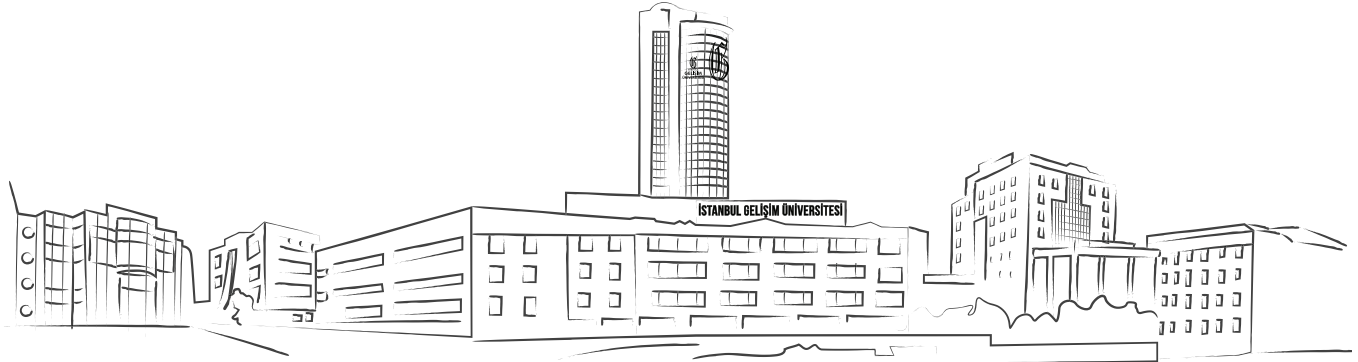


ISTANBUL
GELISIM
UNIVERSITY

WEEKLY PRESS RELEASE

JUNE 15 - JUNE 19, 2020

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AGENDA OF PERSONNEL

No record has been registered on **Personnel Agenda** for the dates of 15.06.2020-19.06.2020.

The Impact Rankings 2020



NEWS

Be careful about remote sports trainers

June 15 2020



After the coronavirus pandemic, distance learning sports training also gained popularity. Remarking about what to consider in distance exercise training, Asst. Prof. Dr. Engin Işık Abanoz said: "Be sure to train from a qualified sports trainer."

Stating that there has been an increase in distance sports training with the pandemic process, Asst. Prof. Dr. Engin Işık Abanoz said: "It seems that the untrained people who attempt to advantage from these jobs also tries to earn money by sending videos from both social media and digital media."

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

Students should turn to long-term initiatives**June 15 2020**

Educator Abdülkadir Gayretli recommending young unemployed people to start their own businesses instead of finding a job, said: "The majority of the newly established businesses are micro-scale enterprises with 1 to 10 employees. Students should turn to long-term initiatives and create their own jobs directly."

As of 2018, according to Turkish Statistical Institute data there is a total of 1 million 663 thousand employers-entrepreneurs in Turkey. Reminding that IGU provided students who want to set up their own business the furniture expenses for a long time, Chairman of the Board of Trustees of Istanbul Gelisim

University Abdülkadir Gayretli said: "I recommend young people to start their own business instead of finding a job. They should start trade initiative during their university years. During the pandemic process, we realized that we have to stop importing and switch to domestic production."

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

They said "your beauty, your choice" in the period of social isolation!**June 15 2020**

With the partnership of Istanbul Gelisim University School of Applied Sciences Department of Public Relations and Advertising, and Center for Gender Studies, an awareness project called "Your Beauty, Your Choice" has been launched online in order to draw attention to the forced beauty perception created on women during the social isolation period.

The founder of ÜÇES Production and Public Relations Agency Sibel Savacı participated as speaker in the Webinar part of the project. While underlining that different trends and beauty perceptions are constantly emerging, Savacı informed the students about how to isolate themselves from this situation.

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

Second-hand opportunism in car sales: they put license plates and sell at high price**June 16 2020**

Opportunists who collect new vehicles from demanding dealers and put license plates sells them at a higher price as 'second hand new car'. Experts said that since zero vehicles, which are difficult to supply under the influence of coronavirus, are hard to find in the market, customers lean to the sellers of second-hand zero vehicles. In the first 4 months of 2020, 9 percent of sales were made from the used car dealers.

"CUSTOMER DOES NOT WANT TO WAIT FOR A NEW CAR"

Automobile factories interrupted production during the coronavirus process. Therefore, there were problems in new car supply. The demand for new car increased as the loan interest rates decreased. Stating that in 2020, automobile manufacturers have experienced transportation problems in shipping,

especially under the influence of coronavirus, Automotive Engineer Lect. Mahmut Nedim Tansu (MSc) from Istanbul Gelisim University said: "Production troubles prevent new car arrival to Turkey. Therefore, vehicles bought by used car sellers before or beginning of 2020 have been launched. When those who want to buy new car go to the distributors, a forward date is given for the sale. The customer leans to the used car sellers because s/he does not want to wait and the seller do the selling. Normally, prices should be lower in the used car market than new ones. When the customer cannot find a new car at the distributor, s/he turns to the dealers, they sell the cars more than the sales figure at the distributor. They say to the customer that they cannot supply the car and that prices will increase further. The customer buys the car eventually because there is no car at the distributor."

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

Many people are afraid of being excluded because of Covid-19

June 17 2020



Stating that one of the psychological effects of Covid-19 outbreak is stigmatization, Psychiatrist Dr. Onur Okan Demirci said that the most important emotions that disturb the logical thinking of man are fear and anxiety. Dr. Demirci said: "Although many people are diagnosed with Covid-19 today, they tend to hide it. Because if this situation is known, they fear that they will be excluded, people will stay away from them, they will be judged and criticized."

"WE ARE AFRAID, WE EXCLUDE, JUDGE AND SOMETIMES WE ARE ANGRY"
Psychiatrist Dr. Onur Okan Demirci from Istanbul Gelisim University, who

stated that the stigma occurred against people who were diagnosed with Covid-19 during the epidemic process, said: "We are perceived that people who receive this diagnosis pose a constant threat to us. Because of this perception, we are afraid, we exclude and judge them, sometimes we are angry, we can even behave in a way that can be violent. The two most important emotions that disrupt one's logical thinking are fear and anxiety. If we cannot manage these emotions well and get caught up in the stigma of stigmatization, we will start losing our human emotions, conscience and morals as a society."

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

Breathing exercise recommendation to reduce stress before LGS

June 18 2020



Recommending breathing exercise to students in order to reduce stress before the central high school transition system (LGS), Asst. Prof. Dr. Haluk Saçaklı said: "Arrive early to the exam place and walk for 5 minutes in a slow pace in a calm environment." Saçaklı informed about abdominal breathing exercise that students can do.

"DO IT SLOWLY 10 TIMES"

Stating that most people's breath is stuck between the rib cage and the trachea, Asst. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University said: "However, this is not a correct way to breath. You need to extend the path of

the breath. First of all, the first place the breath fill is the abdominal cavity. Expand your belly with air through a deep breath that you take from the nose. By delivering the air you take into the chest, and then to the trachea through the diaphragm muscle. Feel the air in the trachea, get its flavor, after holding it for 2 seconds, if the nasal passages are open, start exhaling slowly again through the nose. First the shoulders come down, then the rib cage is pulled in; at the end, pulling your stomach in and out, exhale the air completely. Come early to the exam place, walk 5 minutes at a slow pace in a calm environment. Then, do this breathing exercise while sitting and do it slowly 10 times."

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

Pay attention to accreditation when making preference

June 18 2020



Emphasizing that graduates from an internationally accredited program will have an internationally recognized diploma, Prof. Dr. Burhan Aykaç said: “Prospective students can find which program of the universities in Turkey is accredited in the guidance booklets. It is the point that they should pay attention to when choosing.”

The guest of the live broadcast organized by Istanbul Gelisim University (IGU) as part of the Online Promotion Days was IGU Rector Prof. Dr. Burhan Aykaç. The broadcast carried out from the university’s social media accounts was moderated by IGU Vice Rector for Accreditation and Quality Prof. Dr. Nail Öztaş.

Answering questions from prospective students during the live broadcast, Rector Prof. Dr. Burhan Aykaç provided information on many topics from the university’s international accreditations to the steps they took during the Covid-19 outbreak.

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

Turkey is in 15 of the world’s largest market in the pharmaceutical sector

June 19 2020



Evaluating the pharmaceutical and medical device industry in Turkey, Lect. Selim Can said that Turkey takes place in 15 major global markets in this sector. Can emphasized that the most important reason for this growth is the easy access to the devices and medicine needed.

Expressing that domestic and international companies in Turkey have been growing and their importance increases day by day, Istanbul Gelisim University Medical Publicity and Marketing Program Lect. Selim Can said: “The social security and health facilities, which covers almost all of our population, ensures that our citizens receive quality health services and access the medicines and

medical devices they need in case of illness with insurance assurance.”

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



DEGREES AND PROGRAMS



EVERY WEEKDAY A NEW PROGRAM

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STUDY AT ISTANBUL GELISIM UNIVERSITY

LIVE IN ENGLISH

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 OROGUGU 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. MENDI SAFAEI
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. AUREZA 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 ELEMO
GUEST: ASST. PROF. DR. ASHIFA KARIVELIPARAMBIL 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

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.

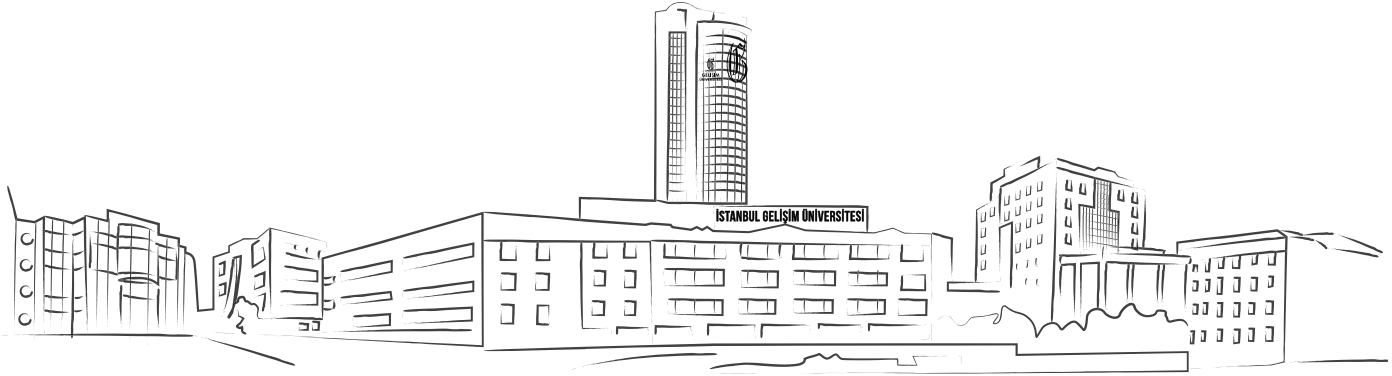


HANDS MUST BE WASHED WITH WATER AND NORMAL SOAP FOR AT LEAST 20 SECONDS.



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





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