

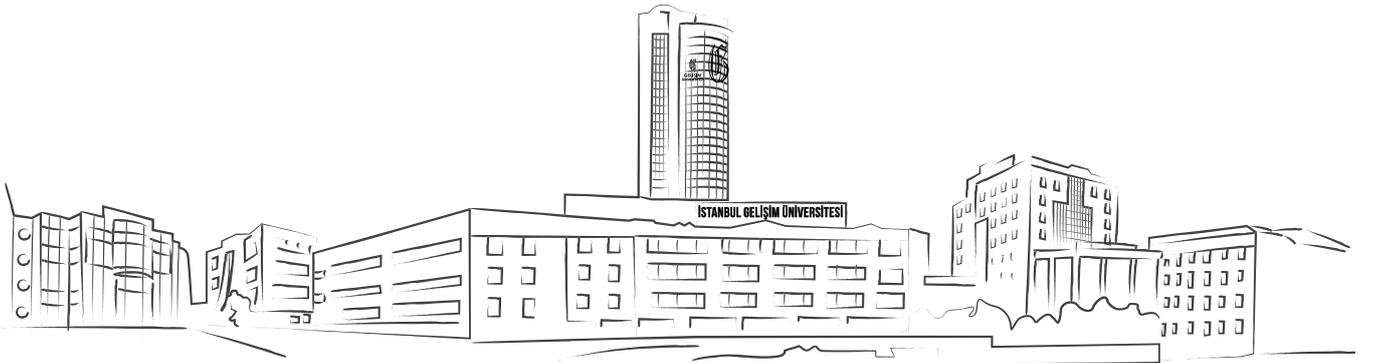


ISTANBUL  
**GELISIM**  
UNIVERSITY

**WEEKLY PRESS RELEASE**

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My sincere congratulations on March ,8 International Women's Day  
to all of our women who do not give up producing in every aspect of  
their lives and add value to life with their wisdom and labor and

I wish you success and happiness

**Asst. Prof. Dr. Serdar ÇÖP**  
Secretary General

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**AGENDA OF PERSONNEL****ACADEMIC**

**Ayşe Huri ÖZKARABULUT** has been appointed as the Head of the Department of Nutrition and Dietetics, Faculty of Health Sciences, as of 03.03.2021.

Academic Staff assignments for the 2020-2021 Academic Year Spring Semester are as shown in the table below in line with their names. *(This is the table of academic staff appointments March 01-05, 2021.)*

TITLE	NAME	SURNAME	DEPARTMENT OF ASSIGNMENT	ASSIGNMENT DATE	ASSIGNMENT TYPE	FACULTY/ SCHOOL OF ASSIGNMENT
ASST. PROF. DR.	UMUT	ÖZDAL	DENTAL PROSTHESIS TECHNOLOGY	1.03.2021	EXTRAMURAL	VSHS
RES. ASST.	ZÜLAL	SEZİCİ	BUSINESS (ENGLISH)	1.03.2021	EXTRAMURAL	FEASS
RES. ASST.	HAKAN	KURT	ECONOMY AND FINANCE	1.03.2021	EXTRAMURAL	FEASS
RES. ASST.	FATİH	AVCILAR	BUSINESS	1.03.2021	EXTRAMURAL	FEASS
ASST. PROF. DR.	MEHMET SABRİ	ERDÖL	ELECTRONEUROPHYSIOLOGY	1.03.2021	EXTRAMURAL	VSHS
ASST. PROF. DR.	TUĞBA	AKMAN KAPLAN	AMERICAN CULTURE AND LITERATURE	1.03.2021	EXTRAMURAL	FEASS

*I sincerely congratulate all of our teachers who have been appointed and wish them success in their duties.*

**Asst. Prof. Dr. Serdar Çöp**  
Secretary General

**ADMINISTRATIVE**

**Nihal ALTUNYILDIZ** has been appointed as the Quality Coordinator of our University as of 01.03.2021.

**Negligence does more harm than physical abuse**

MARCH 1

2021



Speaking about the effect of the relationship with babies on the baby's brain, Prof. Dr. William Mosier said that chronic exposure to the stress hormone in infancy will bring life-long physical and mental health problems. "Chronic negligence harms the developing human brain more than physical abuse," says Prof. Mosier.

**"NEGATIVE EFFECTS ON EMOTIONAL DEVELOPMENT"**

Emphasizing that the effect of stress on the human brain has been documented for more than seventy-five years, Mosier said: "The human brain contains pre-programmed neural circuits for the development of a bonding relationship between the baby and at least one important adult in the first six

months of life. This initial attachment (typically with a mother figure) prepares neurons to establish synaptic connections with other neurons. This process strengthens the formation of nerve clusters that increase brain development."

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

**A project for Supporting Women with Physical Disability and Female Caregivers of Disabled Person at Home**

MARCH 2

2021



The "project for Supporting Women with Physical Disability and Female Caregivers of Disabled Person at Home" was awarded a support of 197,762.00 Euros by the European Union Directorate. Prepared by Melike Çetin, Research Support Coordinator of Istanbul Gelisim University (IGU), the project aims to offer a variety of opportunities to create an environment that will help to eliminate the psychological and sociological barriers experienced by both women with physical disabilities and their family member caregivers at home, increasing their well-being and providing them with economic freedom.

Emphasizing that the COVID-19 pandemic has economic, sociological and psychological consequences on humanity, Vice Rector of Istanbul Gelisim University Prof. Dr. Nail Öztaş said: "Before the pandemic, some groups with multiple disadvantages faced many more difficult problems with the pandemic."

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

**Warning from the expert: “Look at an object away for at least 20 seconds”**

MARCH 2

2021



Complaints such as redness, stinging, burning, itching, dryness, watering, focusing problem, eye fatigue and headache that occur in the eyes following the use of phones, tablets and computers are defined as digital eyestrain. Pointing out that one cause of digital eye strain is focus fatigue, Ophthalmologist Dr. Erkan Bulut said: “To reduce the risk of straining your eyes by constantly focusing on the screen, look elsewhere from your computer at least every 20 minutes and look at an object far away for at least 20 seconds. Looking away relaxes the focus muscle inside the eye to reduce fatigue.”

Speaking about what needs to be done to reduce the risk of digital eye strain or related complaints, Dr. Erkan Bulut, Ophthalmology Specialist from

Istanbul Gelisim University, said: “Mechanisms that may cause fatigue should be determined and eliminated. The measures that can be taken here can be grouped as changing environmental factors and measures to be taken by the reader with eye care. The first factor that needs to be regulated from environmental factors is lighting. Bright lights, direct sunlight from the screen, and overhead fluorescent lamps often cause glare and eye discomfort. Studies have shown that eye fatigue is more common in people who use digital screens in a room that is too bright or dark, and that people who use darker screen colors have more complaints of dry eyes. The brightness of the screen should be similar to the ambient lighting and the contrast should be increased as much as possible to minimize eye strain and discomfort.”

You can visit [www.gelisim.edu.tr](http://www.gelisim.edu.tr) to see the detailed news.

**Low-cost foods are on the tables in quarantine**

MARCH 4

2021



Stating that being under quarantine at home during the coronavirus pandemic can lead to food anxiety and emotional eating, Prof. Dr. Mustafa Nizamlioğlu said: “Fast and low-cost ready meals and processed foods have started to take place on the tables, but contrary to popular belief, there are healthy, affordable and easy alternatives on quarantine days.”

Emphasizing that the war against coronavirus is first through strengthening the immune system, Prof. Dr. Mustafa Nizamlioğlu, Director of the Istanbul Gelisim University Vocational School of Health Services, said: “There is not a single food or supplement that will strengthen the immune system, and there is no miracle food or diet that will see a protection against coronavirus.

The immune system is an effective protection mechanism that defends the body against microorganisms. For the immune system that can support our body in defense against viruses; a balanced, healthy diet will be effective.”

You can visit [www.gelisim.edu.tr](http://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.





## 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**

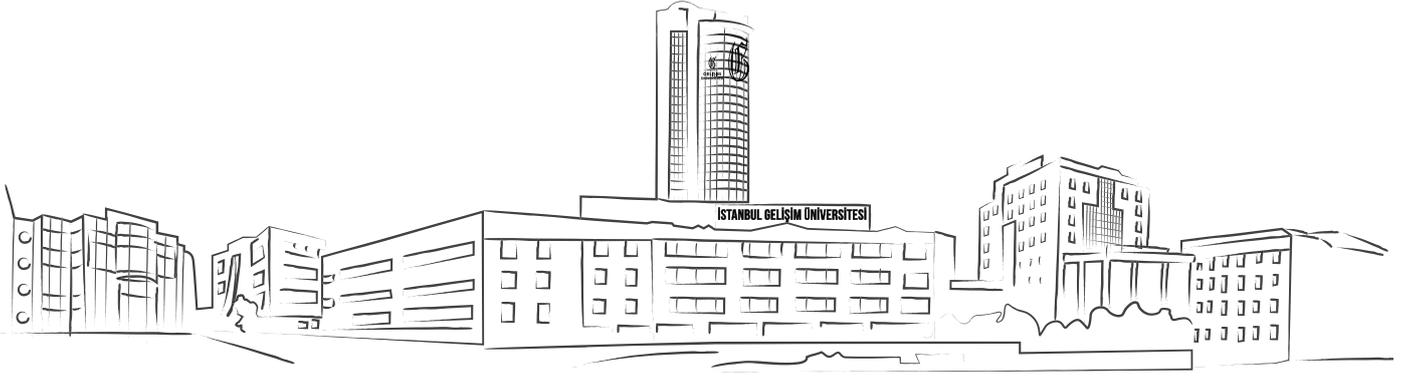
DATE	TIME	TYPE OF EVENT	TITLE OF EVENT	LOCATION OF EVENT	DEFINITION	ORGANIZER
08.03.2021 / 14.03.2021						
8.03.2021	11:00	Talk	Technology, Media, Entrepreneurship and Women	Google Meet: meet.google.com/vrx-jeuj-gyt	It is planned to meet leading women names in the fields of Technology, Media and Entrepreneurship on March 8, International Women's Day.	Health, Culture and Sports Department / Media Club
8.03.2021	15:00	Festival / Entertainment	Concert for Our Mothers Working at Lsv Shop for 8 March International Women's Day	Instagram @gelisim_muzik ve @igulosev	It has been planned to give a concert to our Mothers Working in the Lsv Store for the 8th of March, International Women's Day.	Health, Culture and Sports Department / Music and Lösev Club
8.03.2021	16:30	Talk	March 8, International Women's Day	@igugelisim	It will be realized with the participation of Asst. Prof. Dr. A. Yüksel Barut.	Health, Culture and Sports Department
8.03.2021	18:00	Seminar	Importance of Pelvic Rehabilitation in Women's Health	Google Meet	It was planned to give information about the pelvic floor awareness in women.	Health, Culture and Sports Department / FTR Club
8.03.2021	20:00	Seminar	Non-Stop FTR Fest: Sports Physiotherapist, Woman Physiotherapist During and After Pregnancy	Google Meet	It will be realized with the participation of Zekiye Gizem Caner and Songül Sevim.	Faculty of Health Sciences / Department of Physiotherapy and Rehabilitation
8.03.2021	20:30	Talk	PELVIC SOLE AND YOGA "8 MARCH, WORLD WOMEN'S DAY SPECIAL"	Instagram: @iguyoga	Within the scope of March 8, International Women's Day, a conversation on "pelvic floor and yoga" will be held with a specialist physiotherapist.	Health, Culture and Sports Department / Yoga Club
8.03.2021	21:00	Talk	8 March International Women's Day Live Broadcast / 8 March International Women's Day	Instagram @girisimcisorcular	It will be realized with the participation of Elif İldem.	Department of Health, Culture and Sports / Entrepreneurs Sports Club
8.03.2021	21:00	Talk	Michelin Star Rated 'Turkish Cuisine' Interview with Chef Ahmet Dede	Intagram: @gastroartigu	It will be realized with the participation of Chef Ahmet Dede.	Health, Culture and Sports Department / Gastroart Club

9.03.2021	10:00	Seminar	Non-Stop FTR Fest: Pediatric Physiotherapy and Robotic Physiotherapy	Google Meet: <a href="https://meet.google.com/ftp-fcpo-qdo">https://meet.google.com/ftp-fcpo-qdo</a>	It will be realized with his participation Mintaze Kerem Günel and Devrim Tarakçı.	Health, Culture and Sports Department / FTR Club
9.03.2021	12:00	Seminar	Telecommuting and the New Normal of HR	Google Meet: <a href="https://meet.google.com/uzr-mkdq-sjd">https://meet.google.com/uzr-mkdq-sjd</a>	It will be realized with the participation of Beste Şirin.	Health, Culture and Sports Department / Human Resources and Career Club
10.03.2021	20:30	Talk	Leadership with Aiesec West Istanbul Branch	Google Meet <a href="https://meet.google.com/ijc-ysxs-fjp">https://meet.google.com/ijc-ysxs-fjp</a>	It will be realized with the participation of Berna Yazıcı.	Health, Culture and Sports Department / Logistics and Trade Club and Economy Club Joint Event
11.03.2021	20:00	Seminar	Sensory Integration in Physiotherapy	Google Meet: <a href="https://meet.google.com/bkv-snoa-oks">https://meet.google.com/bkv-snoa-oks</a>	It will be realized with the participation of Aymen Balıkcı.	Faculty of Health Sciences / Department of Physiotherapy and Rehabilitation
12.03.2021	17:30	Talk	The Future of Aircraft Maintenance Technician in Our Country	Google Meet	It will be realized with the participation of the President of UTED Necdet Aksaç.	Health, Culture and Sports Department / Aircraft Maintenance Club
12.03.2021	18:00	Talk	Turning More into Benefit	Google Meet: <a href="https://meet.google.com/jzo-fuhv-hmg">meet.google.com/jzo-fuhv-hmg</a>	It is planned to raise awareness on food waste.	Faculty of Fine Arts / Gastronomy and Culinary Arts Department
12.03.2021	20:00	Seminar	SPSS Training	Lms Virtual Classroom	It has been planned to provide SPSS Training for Academic Staff.	Scientific Research Projects Application and Research Center
12.03.2021	21:00	Talk	Anatolian Youth Club "Personality readings-2nd lesson MUHAMMED ALİ	Google Meet	It is planned to have a conversation with Club President Zehra Baş and Club members about the person concerned.	Department of Health, Culture and Sports / Anatolian Youth Club
13.03.2021	14:00	Seminar	Cyber Security Water Attacks, Applied Network Penetration Test and Social Engineering Attack Training Activity	Google Meet <a href="https://meet.google.com/nmu-jdsacuq">https://meet.google.com/nmu-jdsacuq</a>	It will be realized with the participation of Hakan Aydın and Serkan Gonen.	Cyber Security Application and Research Center

13.03.2021	18:00	Talk	Stars in the Vision	Google Meet	It will be realized with the participation of Ahmet Küçükayalı.	Faculty of Arts / Radio, Television and Cinema Department
13.03.2021	21:00	Seminar	Career Talks in Physiotherapy	Google Meet <a href="https://meet.google.com/ssx-yjrs-kra">https://meet.google.com/ssx-yjrs-kra</a>	It will take place with the participation of Gökhan Ekiz and Çağıl Ertürk.	Health, Culture and Sports Department / FTR Club
13.03.2021	21:00	Seminar	AIR TRAFFIC FLOW	Instagram: @iguhavacilikkulubu	It will be carried out in order to provide information about what is curious and what to know about the Air Traffic Controller profession.	Health, Culture and Sports Department / Aviation Club
14.03.2021	15:00	Talk	One of Us: An Interview About Our Student's Sector Experiences	Google Meet	It will be realized with the participation of Murat Akbaş.	Health, Culture and Sports Department / Photography and Video Club
14.03.2021	15:30	Talk	MARCH 14 FEAST OF MEDICINE	Google Meet <a href="https://meet.google.com/cgo-brum-ruu?hs=122&amp;authuser=4">https://meet.google.com/cgo-brum-ruu?hs=122&amp;authuser=4</a>	It will be realized with the participation of Prof. Dr. S.TEZCAN.	Faculty of Health Sciences / Child Development Department
14.03.2021	22:00	Festival	Meeting Time with the Book with GastroArt	Intagram: @gastroartigu	It is planned to socialize by reading a book together at the same time as IGU students.	Health, Culture and Sports Department / Gastroart Club

\* Events are held online

\* Applications for attendance are submitted to relevant units



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