



ISTANBUL
GELISIM
UNIVERSITY

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AGENDA OF PERSONNEL

ADMINISTRATIVE

As of 26.07.2021, **Gizem AKGÖZ** has started her administrative duty as Public Relations Office Specialist in the Public Relations and Publicity Directorate, one of the administrative units of our university.

As of 26.07.2021, **Hünkar AĞCA** has started his administrative duty as TÖMER Officer in the Turkish and Foreign Language Application and Research Center Directorate of our university.

As of 26.07.2021, **Ömer KAYA** has started his administrative duty as TÖMER Officer in the Turkish and Foreign Language Application and Research Center Directorate of our university.

As of 26.07.2021, **Tuğçe BAŞAKCI** has started her administrative duty as the Career Development Center Specialist in the Career Development Center Directorate of our university.

NEWS

PAY ATTENTION TO THESE FACTORS IN EXTREME HEAT!

JULY 23

2021



Stating that extreme heat will bring along a wide variety of health problems, Public Health Specialist **Dr. Nurten Elkin** provided information about the protection measures. Stating that sweating is important in terms of maintaining body temperature, Dr. Elkin said, "However, sweating alone is not sufficient to provide thermoregulation in extreme temperatures, especially in infants, the elderly and those with chronic diseases. In addition, excessive obesity, excessive fluid loss, substance use, heart disease and the use of certain drugs are also factors that affect sweating.

Expressing that the body metabolism is trying to provide the necessary harmony according to the increasing temperature and humidity, Dr. Nurten Elkin said, "Especially by sweating, body temperature is tried to be maintained.

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

RESULTS OF THE RESEARCH ON YOUNG PEOPLE ANNOUNCED

JULY 26

2021



The result of the research conducted to reveal the social, economic and political preferences of young people between the ages of 18-30 has been announced. As a result of the survey, data such as the fact that young people are not apolitical but have a social consciousness, take not voting as a political reaction, and prefer social media where they are free by not trusting traditional media are obtained.

Today, youth is one of the most important topics of politics, economy and social structure. Everything that young people do or do not do, their decisions, their consumption habits, their political attitude affects many results in daily life. In this sense, in order to present up-to-date and unbiased data in an impartial manner, Istanbul Gelisim University (IGU) Public Opinion and Society Research Center conducted a survey among 400 young people between the ages of 18-30 in Istanbul. According to the results of the "Socioecopolitical Youth Research Report 2020", the new generation now expresses its political reactions differently from the previous generation, uses social media as a communication channel because they think that traditional media is not neutral and prefers not to vote as a political reaction.

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

JAW BOTOX TREATMENT FOR BRUXISM

JULY 27

2021



Expressing that the masseter muscle, which provides the chewing function, is stronger in some people, Dental and Maxillofacial Surgery Specialist Asst. **Prof. Özge Özdal Zincir said**, "This muscle can contract involuntarily, especially at night, and cause the load on the jaw joints to increase much more." Zincir also emphasized that the negative effects of Bruxism (teeth grinding and jaw clenching disease) can be reduced with jaw botox.

Stating that clenching disease damages the soft and hard tissues in the mouth, Asst. Prof. Özge Özdal Zincir said, "With the jaw botox applied to the masseter muscle, this excess force is minimized and the pressure on the jaw joint is reduced. Jaw botox treatment has many benefits such as eliminating teeth clenching problems, reducing jaw joint pain, preventing tooth grinding and saving the jaw width from the square appearance form, which develops due to hypertrophy of the masseter muscle.

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

YKS ANNOUNCED: “MAKE YOUR PREFERENCES WIDE-RANGING”

JULY 28

2021



The results of YKS have been announced. Universities, which have a total capacity of 1 million 38 thousand 865 students, including 492 thousand from associate degree, 494 thousand 132 from undergraduate, 28 thousand 196 from special talent field, and 24 thousand 537 from school quota, will start the recruitment process after YKS results. YKS preferences can be made between August 5th and 13th.

“MAKE A WIDE RANGE LIST”

Explaining what students should pay attention to when making their list* **Elif Aluç Gülşen** said, “The changes implemented in 2020 YKS due to the Covid-19 epidemic will of course affect the success rankings. For this reason, students should make a wide range of choices within 24 rights they have. For

example, it would be beneficial for a student with a Y-EA of 80,000 rank to choose between 40,000 and 120,000 rank.”

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

6 ARTISTS FROM TURKEY TO THE INTERNATIONAL ART SYMPOSIUM

JULY 30

2021



Organized by the Yelabuga National Museum of History and Architecture, IV. International Bashnya Art Symposium starts in Tatarstan. Attended by 6 artists from Turkey, The symposium will be held between 1-10 August.

IV. The International Bashnya Art Symposium starts in Yelabuga, Tatarstan. The exhibition, which will include works produced by active workshops within the scope of the event program, including many artistic workshops, artistic tours and concerts, will be opened on August 9th. From Istanbul Gelisim University **Asst. Prof. Artist Ahmet Özel, Sabriye Hatipoğlu, Buket Efe, Menekşe Ünsal ve Abdullah Güler and Aygül Okutan** will be attending from Turkey to the event which will also welcome artist groups from Tatarstan, Russia and Belarus.

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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.



