

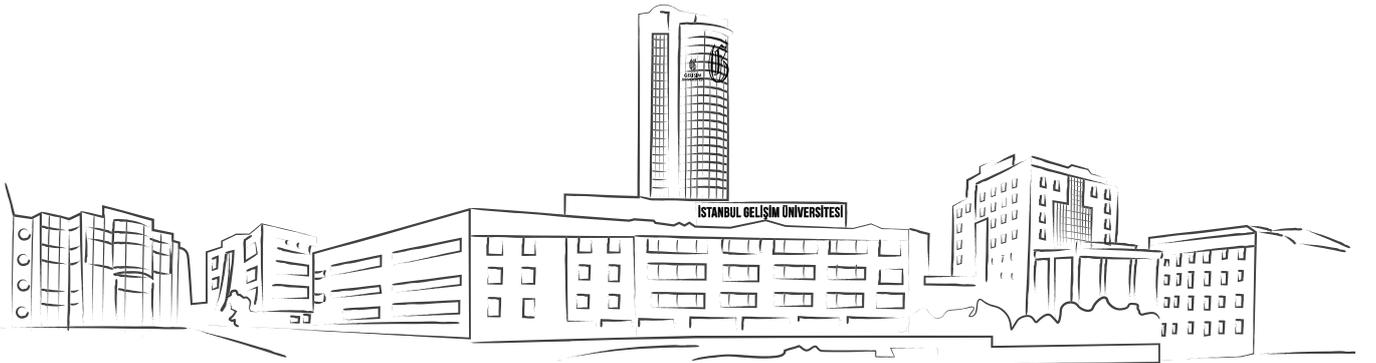


ISTANBUL
GELISIM
UNIVERSITY

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JANUARY 3 - JANUARY 7, 2022

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AGENDA OF PERSONNEL

ACADEMIC - ADMINISTRATIVE APPOINTMENTS

As of 07.01.2022, **Asst. Prof. Nesibe MANAV** has been appointed to the Department of Management Information Systems Faculty of Economics, Administrative and Social Sciences, as the Head of Department.

I congratulate all our appointed lecturers and wish them success in their new positions.

Assoc. Prof. Serdar öp
IGU Secretary General

ADMINISTRATIVE

As of 03.01.2022, **Selin MAMAHATUN** has started her administrative duty at the Directorate of Corporate Communications as the Graphic Designer.

UPDATES FROM IGU

From Istanbul Gelisim Vocational School, Air Logistics Program **Lect. Atilla Aydın**'s article titled "**Analysis of Imported Input Dependence in the Turkish Economy**" has been published in the Journal of Academic Approaches. The access link is below.

<https://dergipark.org.tr/tr/download/article-file/1563828>

From Istanbul Gelisim Vocational School, Head of the Civil Aviation Cabin Services (English) Program, **Lect Fatih Frank Alparslan**'s article titled "**The Effects of Rest Quality, Anxiety and Exhaustion on Flight Attendants Flying Internationally**" has been published in the Journal of Osmaniye Korkut Ata University Faculty of Economics and Administrative Sciences. The access link is below.

<https://dergipark.org.tr/tr/pub/oskaiibfd/issue/67540>

DEPRESSION CAUSES EATING, EATING CAUSES DEPRESSION

JANUARY 4

2021



Nutritionist Başak Can emphasized that depression, which is a treatable disease, supports psychotherapy along with drug treatment and that there is a need for individualized medical nutrition therapy, and said, **“Depression and nutrition are two concepts that mutually affect each other quite a lot. While depression affects food intake, food intake also affects the risk of depression.”**

Stating that iron has many biological functions in our body and that the frequency of depression is significantly higher in individuals with iron deficiency, **Nutrition Specialist Başak Can** from Istanbul Gelisim University Faculty of Health Sciences Department of Nutrition and Dietetics said, “There is still no consensus for iron as there are studies against this. It is stated that the depression situation worsens in zinc and selenium deficiency. More studies are needed to determine the exact relationship between all these micronutrients and depression.”

<https://gelisim.edu.tr/en/news/depression-causes-eating-eating-causes-depression>

BREATHING EXERCISES FOR LUNGS DAMAGED FROM CORONAVIRUS

JANUARY 6

2021



Providing breathing exercise techniques for lungs which are damaged by COVID-19 most, Physiotherapist Çağıl Ertürk says, **“With the right breathing exercises one can make their lungs ready and stronger against coronavirus. Moreover, stronger lungs can help you overcome the process much easier.”**

It is widely known that those who have healthy lungs and a strong immune system are luckier against viruses. In this context, the lungs, on which Covid-19 viruses stick, spread and do the most damage, have become more important for health after the pandemic. Having experienced Covid-19 and expressing that he overcame it much more easily with the breathing exercises he did, **Physiotherapist Çağıl Ertürk** underlines that the right breathing techniques strengthen not only the lungs but also the whole immune system.

<https://gelisim.edu.tr/en/news/breathing-exercises-for-lungs-damaged-from-coronavirus>

“PAST AND PRESENT OF THE MONTESSORI EDUCATION SYSTEM” CONFERENCE HELD

JUNUARY 7

2021



The conference titled “Past and Present of the Montessori Education System” was held under the moderation of **Lect. Buse Kerigan**, Department of Child Development, Faculty of Health Sciences, Istanbul Gelisim University (IGU). The conference, in which **Lect. Selçuk Aydın Bülbul**, President of the International Montessori Schools Education Association, was the speaker, was held online.

“IT PROVIDES OPPORTUNITIES TO LEARN BY DOING AND EXPERIENCED”

Selçuk Aydın Bülbul said that the researches on early childhood programs and their practices contributed to the emergence of different models in pre-school education. It is child-centered, giving importance to the prepared environment that makes the child independent in his own environment,

providing the child with learning opportunities by doing and experiencing, giving importance to family participation, providing individual education and giving importance to cultural elements.

<https://gelisim.edu.tr/en/news/“past-and-present-of-the-montessori-education-system”-conference-held>

ARCHAEOLOGICAL EXCAVATIONS CONTINUE IN ÇOBANKALE

JUNUARY 7

2021



Archaeological excavations continue at Çobankale Castle, which played an important role in repelling the First Crusade and the establishment period of the Ottoman Empire. Many researchers from various universities accompany the studies, in which **Res. Asst. Esra Sayın** from the Cultural Heritage Conservation and Restoration Department of Istanbul Gelisim University is also a part of the scientific committee.

Archaeological excavations, first carried out by Clive Foss and **Prof. Dr. Halil İnalçık** in the 19th century, continue in Çobankale, located in the Altınova District of Yalova. Excavations to uncover Çobankale and bring the region to cultural tourism are carried out under the direction of **Assoc. Prof. Selçuk Seçkin** from Mimar Sinan Fine Arts University. The project, supported by the Turkish Historical Society, continues uninterruptedly for 12 months of the year.

<https://gelisim.edu.tr/en/news/archaeological-excavations-continue-in-cobankale>

ISTANBUL GELISIM UNIVERSITY
EVENT SCHEDULE

10.01.2022 - 14.01.2022

10.01.2022	10:00	Other	Competition Winners	Faculty of Fine Arts	A plaque will be awarded for the first place in the 22nd Izmir Short Film Festival.	Faculty of Fine Arts / Department of Radio, Television and Cinema
10.01.2022 - 12.01.2022	10:30	Meeting	EU Project Evaluation Meeting	Block K 16th Floor Meeting Hall	Meetings will be held with project partners from Spain, Greece, Italy and the Netherlands.	Research Support Coordinator
11.01.2022	09:00	Other	Collection of Toys and Stationery to be sent to the Child Protection Agency	All Blocks	Toys and stationery materials will be collected in order to send them to the Child Protection Agency.	Department of Health, Culture and Sports / Awareness and Travel Club - There is Hope Club
14.01.2022	14:00	Interview	Club Meeting	Block J Mehmet Akif Ersoy Conference Hall	A meeting event will be held with English Speaking Club members.	Directorate of Health, Sports and Culture / English Speaking Club

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.

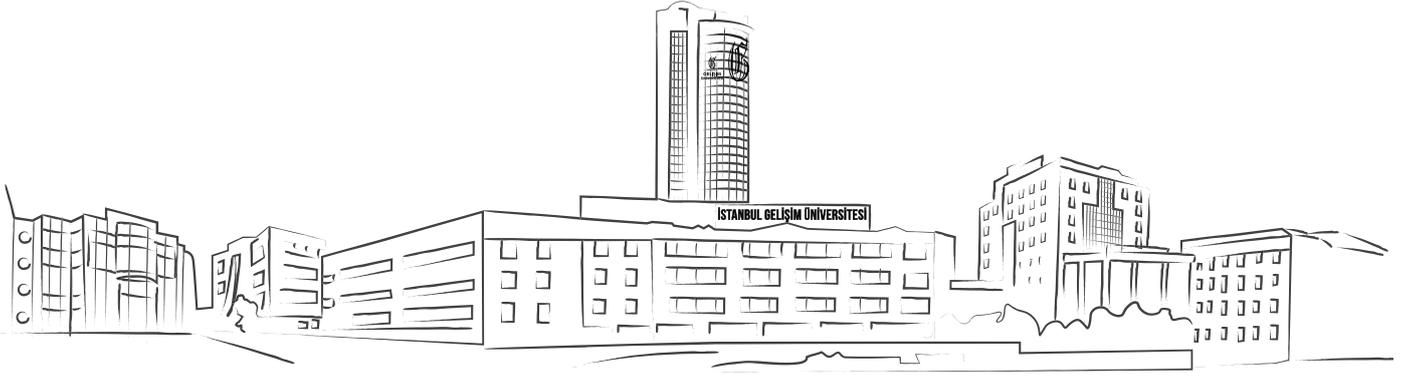


HANDS MUST BE WASHED WITH WATER AND NORMAL SOAP FOR AT LEAST 20 SECONDS.



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





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