

## **IGU SPORTS EDUCATION ADVISOR NAMIK EKIN'S NEW WORLD RECORD**

The 76-year-old SAT Commander Namik Ekin, who has signed up to 17 Guinness World Records to date, set a new record on behalf of Istanbul Gelişim University at Caddebostan Turkish FishMen Club. Ekin lifted of 301 tons and 115 kilograms in total for 24 hours without leaving the underwater and sleeping and 3.5 hours earlier the scheduled time. Ekin has beaten the 18th Guinness World Record, exceeding the target of 273 tons for a total, 5 hours 15 minutes earlier 24 hours. Ekin used 14 oxygen cylinders under water.

### **GUINNESS REFEREE AND REPRESENTATIVES TEAM WAITED FOR EKIN**

A team of six-person Guinness referees and representatives awaited the record-holder athlete under water and by the side. A record trial is the first sporting research facility to be conducted on a 76-year-old subject who will spend a heavy anaerobic effort under water for 24 hours. Full-fledged health and safety team was ready for any case. Ekin went underwater for the first time to try a record under water wearing swimming suit, when evening hypothermia started wore diving suit.

During the record trial of Namik Ekin, Provincial Youth and Sports Director Cemiz Boz, Underwater Federation President Şahin Özen and Istanbul Gelişim University officials did not leave the alone. Underwater Federation President Şahin Özen emphasized that Ekin is an important sportsman who successfully represents Turkish sport in the world and said that when Namik Ekin was ready to break the 17th Guinness Record last year, the authorities stated that 75 year-old person would not be able to accomplish this task. However, the veteran athlete reached that goal as if citing his book "The Impossible is only a word", and the authorities and the world of science were astonished. It was understood that Ekin had a heart as a 24-year-old young man. Today, we are all witnesses that the 25-year-old young man has successfully completed his new record test. Congratulations with 18th Guinness World Record - Özen said.

### **TOOK HIS PLACE IN HISTORY**

Chairman of the Board of Trustees of the Istanbul Gelişim University Abdülkadir Gayretli stated: "The record that our university's valuable sports education consultant Namik Ekin has set has a very profound message for our country youth as much as for our university youth. Whatever the age of man, he proved that he will be productive intellectually and physically as long as he places exercise his in daily life".

Burhan Aykaç, Rector of Istanbul Gelişim University, congratulated Namik Ekin, who is an example for the students of IGU School of Physical Education and Sports, with his knowledge and life for his success.

"THE RECORD HAS SCIENTIFIC RESEARCH FEATURES IN THE SAME TIME"

General director of the organization and Istanbul Gelişim University School of Physical Education and Sports academic member Dr. Kubilay Çimen stated that the record also had an important scientific research feature. "The 18th Guinness Record conducted by Namik Ekin on behalf of our university is beyond the scope of small investigations on people who, under normal conditions, are walking under water, sitting in the water very briefly while doing light work. It is the first sporting research done on a subject aged 76 years who underwent heavy anaerobic exercises under water for 24 hours. Ekin despite his senior age, managed to lift 273 tons by making hundreds of sets of lifts with 10 -25 repetitions (repetitions) and maintaining this activity for 24 hours in total".

MET HIS NEEDS UNDER WATER

The nutrition program of the record-taker was planned by Haluk Saçaklı, an Instructor of Istanbul Gelişim University, 4 months before trial, for the period of and one week after trial. During the record preparation week, Ekin was exposed to oxygen inhalation under water by inhalation of oxygen under pressure for 5 days and 2 hours a day in a turbulent pressure chamber. Ekin, performing liquid consumption and all solid nutrition under water in the form of liquid athlete nutrition did not show off water. All control was done under water for 24 hours. In the last four hours of the record, the athlete breathes oxygen every half an hour, allowing him to recover quickly.

After being recorded to Guinness Records, Ekin was presented with the "Guinness Document".

## NAMIK EKİN'S INTERESTING RECORDS

On November 10, 2015, jumped to the sea from the Bosphorus Bridge at a height of 58 meters near Ortakoy with a parachute and opened 22 meters to the water. The time between jumping off the bridge, opening the parachute, filling the parachute with air and watering was calculated by Guinness as 6 sec. Guinness committee evaluated the jump "too dangerous" and did not record so that others would not put themselves in danger in order to break this record.

In 2015 he ascended to 38.5 meters with a crane and jumped from here with parachute. This is the lowest altitude jump made from a crane up to now.

In 2014 he made 4,627 judo sprints in 24 hours and set the record in this field.

2014 On March 18th, in the memory of the martyrs of Canakkale, he lifted 379 tons and 285 kilograms in 24 hours, this record was taken from American Clarence Bass.

In 2014 he jumped from Istanbul Fatih Sultan Mehmet Bridge with a parachute. In the extreme wind, he struggled to hit the yalls by 6 meters, and finally he turned to the sea and succeeded to descend into the water.

In 2011, he swam 36,800 meters without ever leaving underwater for 24 hours, breaking the 34-kilometer record of US's Tonny REBEL.

In 2009, during the Fethiye International parachute festivities made real an incredible, setting the records on the Earth of jumping with parachute at the lowest point and opening the parachute at the lowest point.

## **IGU School of Physical Education and Sports is Waiting for Students With its New Campus**

Istanbul Gelişim University School of Physical Education and Sports (SPES) which campus preparations for the new education and training season have been completed, is waiting for students who have successfully passed the talent exams attended by 1198 people.

Vice Director of the University's SPES Assoc. Dr. Zahit Serarslan stated that it is a modern and contemporary campus for the new campus Gelişim Tower and added: "We will continue our training at our new campus in the coming period. This will both increase the motivation of our academics and strengthen our students' belonging and loyalty to our university". Stating that, one of the most important features of the school that distinguishes it from the other schools is a first-class fitness lesson, Serarslan said: "we have become a campus that is not in state universities as a exercise laboratories ,facility design and structuring. We built a campus to meet the needs of our students. Our first-year students have the opportunity to find work all over Istanbul at the end of the semester. Secondly, we have a very strong team and really the first time in Turkey a SPES was accredited by the European institutes and has registered its educational standard of quality as European".

Kerim Kuram participating in the SPES talent exam, said that the new campus is effective in the selection of university, "I am here because I think I will have more opportunities here than in other universities" he said.

4th grade student Mustafa Anıl Serdengeçli stated that the education cadre of the university is very good and said, "My education life and friendships are very good. I spent 3 years here. Our new campus is very good and new students are very lucku to spend 4 years there".

## Recognized School Certification to IGU by General Directorate of Civil Aviation

Istanbul Gelişim University, while keeping in its hand the title of being the most accredited university in Turkey with 53 accredited programs by the from Europe has succeeded once more.

IGU Vocational School Aircraft Technologies Program and School of Applied Sciences Aircraft Body Engine Maintenance Department has received a recognized school certificate from the General Directorate of Civil Aviation and has added another new achievement to the achievements in the field of higher education.

### WHAT DO THE RECOGNIZED SCHOOL CERTIFICATE MEAN?

HEC and DGCA decided to seek a "Recognized School" condition from Higher Education Institutes that produced "Air Vehicle Maintenance Technician" within the framework of cooperation in November 2017. As of 2018 the summer semester an extremely limited number of Higher Education Institutions in Turkey has been certified as "recognized school".

Istanbul Gelişim University has obtained "Recognized School" certification for "Aircraft Body Engine Maintenance Department" at the level of undergraduate programs and "Aircraft Technology Program" at associate degree level.

### GRADUATES WITH PRIVILEGES

in order to be authorized and licensed technicians in aircraft maintenance activities in the Republic of Turkey it's required to be educated in the framework of the regulations and instructions published by the Civil Aviation General Directorate (DGCA) and compatible with the published documents of the European Civil Aviation Association (EASA), to be successful in the examinations and the required level of work experience.

In this context, someone who starts to work as an assistant technician in an aircraft maintenance organization must have the following conditions:

1. Five years relevant field work experience,
2. Performing the pre-determined procedures under the supervision of an authorized and licensed technician, processing them into the Basic Practical Training Register,
3. To be successful in the module exams conducted by the organizations authorized by the DGCA.

In order to ensure that the experts who have received higher education in the aircraft maintenance technician have limited quality of work experience during their education, DGCA has implemented a certification called "Recognized School" in order not to be a mistreated and to have the quality management and assurance systems desired by DGCA. The following concessions are available for graduates of certified schools:

1. Five years working experience reduces to three years. This is a two-year save.
2. During the course of their education, the students make and process the transactions in the "Basic Practical Training Register".
3. If they succeed in the "Module Exemption Exams" organized by the recognized school, they have the "Module Exemption" privilege.

Students who have successfully completed the Aircraft Technologies program of the IGU Vocational School and the School of Applied Science, Aircraft Body Engine Maintenance Program will graduate with the above mentioned privileges.

## Abdulkadir Gayretli: Real Dreams Bring Real Success

With the announcement of the results of the Higher Education Institutions Examination (YKS), the period of preference for university candidates has started. Abdulkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelişim University (IGU), who has recommendations to candidates for the end of August 14th, said: "The points system has changed with the new system. This is why students have to take into account the ordering when choosing. Preferences made without thinking create a shock effect. It is necessary to set real goals and make dreams of these goals in order to make the right selection because the real dreams bring real success".

IGU Board of Trustees Chairman Abdulkadir Gayretli stated that the last published Measurement, Selection and Placement Center (ÖSYM) was composed of base-ceiling points of the departments in the 2018 guide. "There were 6 points in the Higher Education Transition Examination (YGS) which is the first stage in the previous system. In this new system, the Basic Qualification Test (TYT) score is out of balance, so the score in YGS does not correspond to the TYT score. This is why students have to take into account the order when making their choice".

Expressing that the situation should be taken into consideration in the preferences that are explained by examples, Gayretli continued:

"For example, a student who entered the Istanbul Gelişim University Banking and Insurance Department last year with a score of 222 points for a 50 percent scholarship student quota settled with a ranking of 1 million 30, and should not pay attention to the 222 points of students who would prefer this year. There may be a change of about 20 percent. A student in 200 thousands can write departments between 150 and 240 thousands. Students have to consider their talents for the department they prefer here, at least in what circumstances you dream of yourself, you have to make a choice When the student says 'I'm writing it according to my sequence' probably he's holding the places he wrote without thinking and creating a shock effect. Later, he's thinking about re-entering, changing sections. It is necessary to set real goals and dream up these goals to make the right selection because real dreams bring real success".

"ENGINEERING DEPARTMENTS ALWAYS POSSIBLE TO BUSINESS"

Emphasizing that students should not give up if they can not win the department or university that they love and dream about, or if they can not win the university, Gayretli added: "If students can not score enough points to realize their ideals they can make a horizontal transition with a base point after

studying a year or a semester. They can pass from the state university to the foundation university and from the foundation to the state".

Stating that the students should choose the sections where they can make their own business and find easy jobs, Gayretli said, "There are some departments that the world will always need. Engineering departments are always popular and will be the front line as a business opportunity".

"OUR STUDENTS HAVE CHANCE TO MAKE DOUBLE MAJOR"

Stating that they gave 30 percent scholarships to the students in the first 5 preferences, Gayretli said, "This shows that there is not a student scholarship at IGU. We have a student capacity of 25,000 and all of our students have a chance to make double major. This means, for example, that if a student actually has a willing to study psychology but a different program has been set up since the base score is not enough, the student can make a double major. If could not settle with the exam, students can make double-major without paying a fee in college and have a double diploma".

"WE SUPPORT OUR STUDENTS IN ALL MATTERS"

Gayretli pointed out that the students who participated in the Erasmus program are supported both foreign language development and recognition of different cultures: "We are getting round-trip plane tickets to the countries where they will go to promote them. We undertake the cost of our students who want to study language. To encourage our entrepreneurship, we cover the furniture costs of those who will open their own business. We support our students in every way, just as they want to improve themselves. "

"WE HAVE TAKEN GREAT STEPS ON BEHALF OF INTERNATIONALIZATION"

Stating that the students are allowed to take courses by specialist academicians in the field and that they participate in international organizations through student clubs and that they make contact with many companies, institutions and people on this account, Gayretli stated that "After the Head of HEC Prof. Dr. Yetka Saraç advised universities to internationalize we made great steps in the name of internationalization. We applied to Europe for the accreditation of our 88 programs and we accredited our 53 program. The diplomas of our students with accreditations also had international validity and they were able to take lessons with video conferences from academicians abroad".



## **IGU Published the Second Edition of e-Bulletin of the Department of Political Science and International Relations**

Istanbul Gelişim University Political Science and International Relations Department published the second e-bulletin. In this edition of the bi-weekly e-bulletin the Faculty member Kahraman Süvari and Lecturer Dr. Alihan Limoncuođlu evaluated the foreign policy.

In the bulletin, Yildiz Technical University Department of Political Science and International Relations Faculty member Kahraman Süvari evaluated the nuclear dimension of Russia's Ukraine policy. Also, Istanbul University Turcology Researches Department member Emre Kurban handled Ahmad Javad Documentary of the TRT in Azerbaijan Democratic Republic's 100th Anniversary and Istanbul Gelişim University Political Science and International Relations Department member Dr. Alihan Limoncuođlu evaluated the rise of the Conservative People's Party in Estonia.

The bi-weekly e-newsletter is accessible via our website.

## Abdulkadir Gayretli: Universities Will Not Remain Empty Anymore

Preferences made by university candidates will be announced by CSSP (ÖSYM) on Friday, August 31. Abdulkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelişim University, advising the students starting to the university, said, "Students must not be worried if they are placed to the departments they don't want. Now, with double majors, minors and horizontal transfer possibilities, every student can easily study the desired section".

HEC Chairman Prof. Dr. Yekta Saraç stated that the quotas in universities are the most important priorities for filling the university at the highest level so as not to be left idle. "After that the universities will be filled with lively students. And because of this understanding, many students will be university students".

“STUDENTS WHO ARE NOT PLACED TO THEIR DESIRED DEPARTMENTS SHOULDN'T BE SORRY”

Stating that students can be placed in the departments of their desire, as well as the departments they wouldn't choose, Gayretli added: "Students should not be sad when not placed to their desired department and university. Even they must definitely register at the university and department they are placed. In later periods they will be able to reach their dreams again with horizontal transition or double major".

Expressing that to study at university has become easier, Gayretli, "For students were able to study departments they want, reach their dreams all the obstacles in front of them were removed. Because when young people study the departments they want joyfully, themselves and the country will benefit from it".

“THERE WILL BE POSSIBILITY TO FILL VACANT QUOTAS WITH ADDITIONAL PLACEMENT”

If students fail in the first preferences, they will be able to fill the vacant quotas in the additional preference period. "If the HEC does not place additional placements with the base score like the last year, it will be possible to fill the very large vacant quota with additional placement. Because the student can not get enough points for the first placement, he will not be able to enter the additional quota. Students who are not enrolled in universities or who do not set up at any university can opt for free quotas. I hope that this year many students will find their place in universities as well" Gayretli said.

“DIRECTION OF THE LIFE OF YOUNG PEOPLE IS ONLY IN THEIR HANDS”

Gayretli stating that has spent three years of his life on the way of Faculty of Medicine, ended his words with following:

“Later I studied the Department of Turkish Language and Literature at Mimar Sinan University. I started loving the department that I went to inadvertently and I became an educator. Young people should direct their lives acting in the way they believe. We are also making customs to help them every step of the way. We send those who want to study abroad to abroad, we pay for the plane expenses. We undertake the expenses of language school for those who want to study foreign language. By fulfilling the necessity of being a family even after graduation, we meet the furniture expenses of those who want to open their own business. It’s enough them to dream big and not to get off truck”.