

## **Syrians in Hatay completed the Turkish language course**

Istanbul Gelisim University (IGU) Turkish and Foreign Languages Application and Research Center (IGUTÖMER) Hatay Department which offers service within the scope of the project “Advanced Level Turkish Training for Syrians” conducting by Presidency For Turks Abroad And Related Communities (YTB) graduated its students.

IGU Chairman of Board of Trustee Abdulkadir Gayretli, Head of Corporate Communications and Promotion Directorate Bülent Değirmenci and YTB Representative Üzeyir Göksun attended the ceremony. Abdulkadir Gayretli made an opening speech in the program started with the visit of visual art exhibition and wished students a good future, stating the importance of the power of unity and solidarity.

Giving advices to students that they need to study very hard for both their individual career and common future, IGUTÖMER Project Coordinator Ferhat Şahin stressed the importance of commitment to Turkish flag and national values, and he thanked all his co-workers.

Presidency For Turks Abroad And Related Communities (YTB) Representative Üzeyir Göksun congratulated for the success works of IGUTÖMER departments, stating the scope, history, productivity and importance of the project giving statistical data. Göksun gave tips for a good future to students and he wished them luck in their future.

The ceremony was full of students’ exciting presentations such as poems, songs, skits, and theatre, and teachers and students had emotional moments. The ceremony ended with awarding the students ranking the highest and all the teachers with a plaque.

## **MEMORIAL FOREST WAS CREATED**

A memorial forest was created in Hatay for the project “Advanced Level Turkish Course” with the joint work between YTB and Istanbul Gelisim University within the campaign “I want a planted tree” organized by Presidency For Turks Abroad And Related Communities.

IGU Chairman of Board of Trustee Abdulkadir Gayretli, Advisor of Board of Trustee Bülent Değirmenci, YTB Representative Üzeyir Göksun, IGUTÖMER Proje Coordinator Ferhat Şahin, International Vision University Vice Rector Hasan Oktay, IGUTÖMER Education Coordinator

Enver Yusuf, IGUTÖMER Director of Hatay Department Mehmet Terlemez and IGU Regional Representative M. Hasan Kesikoğlu attended the opening of the memorial forest after planting trees.

### **The hormones of 'vasopressin' and 'oxytocin' triggers the betrayal**

As a result of the studies, it was shown that vasopressin and oxytocin hormones in both genders had an effect on betrayal. Psychiatrist Onur Okan Demirci said: "These hormones are also called adherence hormones or loyalty hormones. It has been shown that people with normal and higher levels of these hormones live as monogamous, and those with low levels have an increased tendency to deceive."

Psychiatrist Onur Okan Demirci evaluated the psychological and biologic reasons lying under the betrayal. Stating that it is not in human nature, Demirci said: "Betrayal already has its own nature. In this nature, there are one's attachment issues in her/his past. In fact, the idea of betrayal precisely emerges at the moment of attachment."

#### **ATTENTION TO THE LOYALTY HORMONE**

Stating that there are many researches on betrayal and the neurobiological ones of these researches stands out recent years, Demirci said: "Both genders have vasopressin and oxytocin hormones. These hormones are also called adherence hormones or loyalty hormones. It has been shown that people with normal and higher levels of these hormones live as monogamous, and those with low levels have an increased tendency to deceive."

#### **"MONOGAMOUS MEN REACTS MORE TO THE ROMANTIC SIGNALS"**

Mentioning the studies of neuroimaging on especially men, Psychiatrist Onur Okan Demirci from Istanbul Gelisim University said: "While monogamous and polygamous men had the same degree of sexual stimulus in the brain (especially in the occipital region), there was a difference in responses to romantic stimuli. The brains of monogamous men have been shown to react more to romantic stimuli. In accordance with these studies, you can get an idea about the future of your relationship by performing neuroimaging and hormone analyses to the person you will be with. But will this be a completely accurate guess? Of course not. Otherwise, these analysis may become like fortune telling."

## CHILDHOOD PERIOD AFFECTS THE PROCESS

Stating that only hormones and brain cannot determine the nature of betrayal in relationships, Demirci said: “The background, beginning and direction of the relationship are all part of this process. The experiences of the person since childhood and the life events s/he encounters will psychologically affect all future relationships. A child who witnessed betrayal in her / his own family in the past will struggle to move forward in her / his own relationships when s/he grows up. It is quite possible that a person who has previously suffered a trauma of deceit will be suspicious in subsequent relationships. Is betrayal in human nature? Or is it the fear of being cheated that pushes us into this nature? Our existence leads us to experience relationships and the nature of being attached in order not to be alone.”

## THE FEAR OF BEING ATTACHED TRIGGERS THE BETRAYAL

Psychiatrist Demirci continued his speech:

“Being abandoned brings about the fear of being attached, the fear of being attached generates the fear of loss. Those who do not want to feel the fear of loss rejects being attached and eventually s/he tries to get rid of that relationship spiritually before the commitment. Therefore, s/he betrays her/his partner. When we look from this point, the betrayal action is invalid for that moment.”

## **IGU has reached above average of Turkey in the university preferences**

Higher Education Institutions Exam (YKS) placement results have been announced. According to the statement on the ÖSYM website, state universities has reached to the occupancy rate 93,89% and foundation universities to 84,14%. Rector of Istanbul Gelisim University Prof. Dr. Burhan Aykaç stated that IGU has reached above the occupancy rate of Turkey’s overall average in the university preferences together with the departments requiring special talent.

Prof. Dr. Aykaç said “These results illustrate our achievements in the field of internationalization. We are an internationally accredited university. We keep our hands the record in Turkey with our 54 accredited program. We have attracted attention in the world with our work and international cooperations. We took place as the only university from

Turkey in the final of the category of 'Internationalization Strategy of the Year' in Times Higher Education (THE) Asia Awards 2019 also called Oscars of Higher Education and we ranked among first 7 universities in the world. We have over 30 international faculty members and all of them are scholars who are specialists in their field having international publications. All these achievements have been following in our country. Students consciously make their preferences. Students who currently enrolled in our university is now a member of IGU, our huge family. I welcome you all.”

“PROVIDED OPPORTUNITIES ARE IMPORTANT IN PREFERENCE”

Stating that the occupancy rate of state universities and foundation universities are very close to each other, IGU Chairman of Board of Trustee Abdulkadir Gayretli said: “The current generation gives a lot importance to the education. The opportunities provided by the foundation universities are very important in the preferences of students. We created an awareness by providing foreign language support, overseas flight ticket support to our students and helping them set up a business.”

Stating that they are now working to make value added projects to Turkey, Gayretli said: “This year, our “Flying Car” project, which we presented to the public at the IGU 8th Media Award Ceremony, has drawn attention. We attracted attention by our projects such as Pharmaceutical Device and The Car with Auxiliary Braking System.

Gayretli referred to the Chairman of The Council of Higher Education (YÖK) Prof. Dr. Yekta Saraç’s internationalization goal of the universities and stated that they have received all recompense for their work with this goal in Turkey and in the world, and that they will put signature under more important successes.

### **Low back pain and headache are interrelated**

Stating that patients with low back pain and headache should not be examined separately in both fields, Physiotherapist Çağil Ertürk said that according to the studies, low back pain and headache are interrelated. A comprehensive treatment should be carried out for both conditions.

Mentioning that chronic headache affects approximately 4% of adults in the world and reduces the quality of life, Physiotherapist Çağıl Ertürk from Istanbul Gelisim University said: “Holistic treatment approaches should be carried out for patients with headache and low back pain instead of considering and evaluating both conditions separately. Instead of working on the patient's pain symptoms, an approach that they can holistically carry out should be applied.”

Citing that the therapeutic approach is determined according to the diagnosis of low back pain, Ertürk said: “Conversely, when serious symptoms of low back pain are ignored, an ordinary low back pain is diagnosed. Although it is related to the patients with one of these chronic problems, the condition may be different if the patients have both pains. Previous systematic review of the dual studies revealed a possible link between headache and low back pain.”

Ertürk said: “Even though 90 percent of patients who consult to general practitioners for low back pain in the UK lay off consultations within 3 months, most of them still experience low back pain and even disability 1 year after consultation. This suggests that there are few treatments or that there is pain for another reason to eliminate the causes. Diagnosis of chronic pains is complex.”