

National gymnasts' goal is the world championship

World gymnasts Ayşe Begüm Onbaşı and Mehmet Ercoş keep practicing for the Federation Cup to be organized on 11 – 13 October in Bolu. Ayşe Begüm and Mehmet, who go into overdrive for contest, said that their goal is to wave the Turkish Flag in the World Championship 2020 in Baku and then in the World Games 2021.

Contributing the national pride with successes in World and European Championships in Aerobics Gymnastics, Ayşe Begüm Onbaşı and her partner Mehmet Ercoş keep practice for their new goal at full steam. The national gymnasts, who newly enrolled in Istanbul Gelisim University School of Physical Education and Sports opened their fieldhouse doors to Demirören News Agency (DHA). Ayşe Begüm and Mehmet talked about their training, new goals and success stories, who will take part in the Turkey Championship to be organized on 11 – 13 October in Bolu before the World Championship in 2020 in Baku.

Young talent of gymnastics Ayşe Begüm Onbaşı, stating that the gymnastics requires discipline and continuity, said: “I started at a very young age and have continued. This is how success comes. It is a progressive sport with both work and determination. After striking gold at the World Championship in 2016, I was very happy to see so much interest. It is also an honor to wave the Turkish Flag and feel it on my chest.”

“I TRY TO DIRECT EVERYONE TO SPORTS”

The national gymnasts, stating her happiness due to being shown as a model by many athletes in spite of her young age, said:

“Because, it is a great pleasure to be an example to other athletes and to know that every move I make is their starting point on sports. That's why I try to direct everyone older or younger than me as many as I can to sports. It's a pleasure. My branch is a fundamental branch of transference to others. They can start with the branches such as gymnastics, swimming, athletics and then they can be professional in their own branches. This is a branch that requires a lot of discipline and determination. The only thing I can suggest them is to go on without giving up.”

“THE WORLD CHAMPIONSHIP IS VERY IMPORTANT TO US”

Ayşe Begüm Onbaşı expressing that she will take part in women category and also in pairs with her partner in Aerobic Gymnastics Federation Cup to be conducted on 11 – 13 October, said: “This is the last tournament of the year. Then we will prepare for the World Championship 2020 in Baku. This contest is also an election for the World Games in 2021. That's why it's so important to us.”

THEY WILL GO INTO OVERDRIVE FOR THE CONTEST

National Gymnastics Mehmet Ercoş, stating that they will go into overdrive for the contest, said: “The season closes after the Turkey Championship. In January, the first competition of the National Team will be held. As a result, the group will go to the World Championship will be determined. After the Turkey Championship, we go into a very intensive training period. We will prepare for January and then for May.”

“OUR SUCCESS STORY DATES BACK TO 2013”

Ercoş, who also competed together with Ayşe Begüm in the pairs category and won the silver medal in the pairs category at the 11th Aerobics Gymnastics European Championship last time, told the story of their success with these words:

“The story of this success is actually dates back to 2013. In 2013, we started to compete in the pairs category. Since then we have won many medals and championships in the international arena. As a result, in the large category of aerobic gymnastics for the first time in the history of Turkey we have brought the silver medal. Our Federation has also provided big support in recent years. They increased their support for new halls and the spread of sports. For this reason, we are in a big development in the gymnastics branch.”

“WE DON’T HAVE PROBLEMS WITH ACCOMMODATING EACH OTHER’S PACE”

National athletes competing in the category of pairs indicated that they don’t have problems with accommodating each other’s pace. Ayşe Begüm and Mehmet expressed that this is a team work and they work hard on it. They also added that they had fallen into disagreement from time to time, but they solved it in a short time.

IGU School of Foreign Languages organized a “Student Integration” event

Istanbul Gelisim University (IGU) School of Foreign Languages brought together students and academics in the event called “International and Turkish Students Integration”. Director of the School Asst. Prof. Sahin Gök emphasized that their purpose is to boost Turkey's recognition which is becoming the center of attraction in higher education.

Istanbul Gelisim University (IGU) School of Foreign Languages (SFL) brought together students and academics in the event called “International and Turkish Students Integration”. Director of IGU School of Foreign Languages Asst. Prof. Şahin Gök expressing that SFL offers effective and high-quality foreign language teaching, added: "Besides, we aim to increase Turkey's recognition which evokes its power and presence of historical cultural domain every day, becoming the center of attraction in higher education".

Gök emphasizing that they bring together young people of all colors and cultures, said: “By introducing to them Turkish flavours like “Turkish bagel, cookies, tea”, we make friendships in bagel taste and the warmth of tea. We also aim to mitigate the effects of racism and violence that are becoming a global threat that we are accustomed to seeing day by day in different regions of the world.”

The current status of Asia - Pacific will be discussed in Istanbul

‘I. International Asia Pacific Studies Symposium’ will be held on October 23 – 24 this year. The symposium aims to increase the interest in Asia-Pacific studies with the theme of Political, Economic and Social Aspects of South Asia.

The current status of Asia - Pacific will be discussed in Istanbul ‘I. International Asia Pacific Studies Symposium’ to be organized by Istanbul Gelisim University (IGU) will be conducted on October 23 – 24. The theme of the symposium to be hosted by IGU is determined as ‘Political, Economic and Social Aspects of South Asia’. Many native and international scientists are expected to attend the symposium.

IGU Head of the Department of Political Science and International Relations Prof. Dr. Şenol Durgun, referring to the symposium to be held first time this year, said: “We aim to present solutions to current political, economic and social problems. We would like to establish an academic basis to discuss the dynamics of the region and its potential. We also aim to increase the interest in the Asia-Pacific studies, which is in the development phase in Turkey.”

INTERNATIONAL INTEREST INCREASES FOR SOUTH ASIA

Stating that the world's economic center of gravity has shifted from West to East, Prof. Dr. Durgun said: “In today's world, international interest increases into the South Asian region, which has both demographic and economic potential. Especially the rise of China and India in the region and the relations they have developed with the countries of the region and different geographies in this direction enhance this interest. However, the presence of different ethnic and religious groups together, the existence of democratization and social justice problems, the need to combat different security problems especially terrorism, and the existence of problems inherited from colonialism constitute political, economic and social matters. These matters prevent the region from fully revealing its potential.”

Dr. Limoncuoğlu: PKK must be ended

Political Science Specialist Assist. Prof. Dr. Alihan Limoncuoğlu put emphasis on the necessity of the operation by stating that PKK terror organization must be ended. Dr. Limoncuoğlu said: “We cannot allow the establishment of a terrorist state right next to Turkey. Operation Peace Spring will facilitate forming a safe zone.”

Operation Peace Spring began the other day in order to create a safe zone for the eastern Euphrates in Turkey with the announcement of President Recep Tayyip Erdoğan on Twitter saying that together with the Syrian National Army, our Turkish Armed Forces launched the Operation Peace Spring against PKK/YPG and Daesh terrorist organizations in northern Syria. Assist. Prof. Dr. Alihan Limoncuoğlu from Istanbul Gelisim University evaluated the ongoing operation for 3 days. Dr. Limoncuoğlu, stating that the YPG-PKK terrorist organization increased its activities in the region therefore the operation was inevitable, said: “Turkey has tried every diplomatic path before performing this operation. It is really difficult to do such

an operation in Syria, which is an equation with multiple variables. The Turkish military will make history in the region, I believe we will complete it successfully.”

Stressing that Turkey will not be in Syria to stay and Turkey's only aim is to destroy the terrorist elements, Dr. Limoncuoğlu said: “We cannot allow the establishment of a terrorist state right next to Turkey. The Turkish military will take maximum care to prevent civilian casualties. Operation Peace Spring will facilitate forming a safe zone. A part of the Syrians in Turkey will be placed in that safe zone cleared from terror.”

“TRUMP IS OBLIGED TO LOOK AFTER THE BALANCES”

Mentioning the inconsistent behavior of the President of the USA Donald Trump, Dr. Limoncuoğlu said: “Trump's tweets are for domestic politics. He is obliged to look after domestic and foreign balances. I think American citizens are not fully aware of what is happening in Syria. As such, they are in an attitude against Turkey. The full support of the Turkish nation is there. We became legally and politically united with the nation and the army. It is a very important operation. May Allah make the hero TAF and their commanders and soldiers victorious.”

IGU to host the 27th International Council Meeting of CIRIEC

Administrative Board Meeting of International Centre of Research and Information on the Collective Economy (CIRIEC)- a non-governmental organization the members of which consist of experts and academics, and the Turkish Committee of which is Istanbul Gelisim University, was held in Vienna. Member of Administrative Board Rector of IGU Prof. Dr. Burhan Aykaç also participated in the meeting.

TWO OF FACULTY MEMBERS WILL PRESENT THEIR PAPERS

At the meeting where the agenda of the 33rd International Congress of the CIRIEC founded in 1947 in Belgium as an international scientific organization for social economy, will be held in Thessaloniki, it was decided to present two papers by IGU faculty members. The topics on public economy, social economy, big data, digitalization and lower income groups are determined to be covered at the congress in Thessaloniki.

“IGU WILL HOST THE MEETING”

CIRIEC, which conducts scientific studies with professionals with the aim of creating a public, social or cooperative economy that can be an alternative to the liberal market economy, also conducts various European Union projects. Rector of IGU Prof. Dr. Burhan Aykaç informing that they planned the date of the council meeting as February 2020, stated that the 27th International Council Meeting will be hosted by Istanbul Gelisim University.

Attention to anxiety after earthquake

Clinical Psychologist Ünal Erdem Elli stated that people show signs of fear and panic when they receive vital threats and said that even if the life threatening momentarily disappears, this intense sense of fear and loss of control causes the individual to feel anxious and show anxiety signs after the earthquake.

Saying that one of the most common symptoms is excessive alertness, Elli said: “For example, an anxious individual may experience an intense feeling of panic by a slight noise, a slight shaking of the table while eating, and sometimes even being touched someone nearby. Since the individual in this situation has received a physical threat due to the earthquake, her/his body is still alert and therefore s/he shows excessive sensitivity to external stimuli. Under normal circumstances, we expect these symptoms to disappear after disasters such as earthquakes, but if the symptoms stay, they may indicate a psychiatric disorder we call Post Traumatic Stress Disorder.”

“LONG TERM ANXIETY REQUIRES PSYCHIATRIC HELP”

Mentioning that people may start to avoid some places or situations due to anxiety, Clinical Psychologist Ünal Erdem Elli from Istanbul Gelisim University said: “For example, in the earthquake in 1999, since people were caught in earthquake in their beds, most people could not sleep in beds for a long time, and their anxiety was also manifested by problems such as insomnia. Another person may be anxious to enter any building and it starts to cause serious problems in business or in everyday life. Anxiety reactions also require psychological or psychiatric help if the reactions are intense and last long. One of the common reactions is to relive the moment of danger like the moment of earthquake. For example, before the

person falls asleep, the moment of earthquake can come back to her/his eye and re-experience the feeling of horror. This is one of the common reactions to trauma.”

“THE FEELING OF CONTROL LOSS IN CHILDREN IS MORE INTENSE”

Elli, stating that trauma creates a similar psychological process also for children but the symptoms and intensity may be different for them, said: “Children experience the loss of control more intensely because they do not have the adult's mental ability to understand what happens in the outside world. In other words, the feeling of uncertainty becomes more intense since children’s interpretation of the situation is more difficult. Even though children sometimes cannot express their fears, their parents may observe the situation when their children often engage in earthquake themes in their games, often ask questions about the earthquake, and sometimes awaken from their sleep by having nightmares about the earthquake.”

Emphasizing that individuals, whether children or adults, should be encouraged to express their anxiety, feelings and fears about earthquakes, Clinical Psychologist Ünal Erdem Elli from Istanbul Gelisim University said: “It may not be possible to normalize the earthquake, the purpose of both families and experts is not ‘to ensure that individuals are not afraid of earthquakes’, this is already not right or possible. Since people's fear and anxiety responding to life-threatening situations such as earthquakes are normal, the approach to people affected by the earthquake should be based on understanding their feelings and explaining the normality of these feelings to individuals.”

Ünal Erdem Elli ended his speech as follows:

“In other words, although the earthquake cannot be normalized, the emotional reactions to the earthquake can be normalized. to say “there is nothing to fear” a child who says he is afraid of an earthquake or a child who shows it through his games, will not help.

Unfortunately, some parents accuse their children of being “cowards” and make it impossible for them to express their feelings. However, studies conducted with earthquake victims after the earthquake show us that the most useful factor in psychological first aid processes is the “normalization of emotions”, that is, when individuals know that the anxiety they experience in the post-earthquake period is normal and they feel comfortable to share

this feeling, they are more easily relieved and more comfortable, and the risks of developing a long-term psychiatric disorder are reduced. It can be said that these programs may cause relatively less permanent damage if the earthquake-related programs and the experts who provide psychological support to students in schools educate the families in this direction and create an environment in which they treat the children after the earthquake without mocking, suppressing, trying to adopt a non-judgmental and accepting attitude.

Nevertheless, in the case of persistent symptoms, the help of a specialist should be sought.”