

### **SPES organized an orientation program for its freshmen**

An orientation program was organized for the freshmen of this academic year at Istanbul Gelisim University (IGU) School of Physical Education and Sports (SPES) in order to introduce the academic, cultural, sporting and social opportunities and to explain how the academic and administrative units work. The opening speech of the program was made by Vice Rector Prof. Dr. Nail Öztaş.

In the opening speech of the program, which aims to enable new students to adapt to university lives much faster, Öztaş mentioned about the achievements of IGU in higher education. Pointing out that the 57 programs are accredited by international accreditation organizations, Öztaş underlined that it is a record in Turkey. Öztaş made recommendations to the students and wished that the new academic year would be beneficial for everyone.

With the ongoing speeches of SPES Director Assist. Prof. Dr. Mehmet Soyal, Vice Directors and SPES Heads of Departments; the academic, cultural, sporting and social opportunities are introduced and the detailed information about the departments are given to the students in the orientation program.

### **IGU came together with its international students**

An orientation program was organized for the international students coming from all over the world to study at Istanbul Gelisim University (IGU). Informing the students about the academic and administrative procedures, and the social life and opportunities at the university, the place of IGU in the Turkish higher education system was also mentioned in the program.

Vice Rector Prof. Dr. Nail Öztaş, giving information about the management processes at Istanbul Gelisim University, spoke of the quality and sustainability policies of the university, worldwide importance of the program accreditation, and the academic and administrative units and structures. Öztaş pointed out that the bachelor's degrees from the University is globally known and valid stating that IGU has the record with 57 internationally accreditation programs in Turkey.

IGU Chairman of the Board of the Trustee Abdulkadir Gayretli and Rector Prof. Dr. Burhan Aykaç also hold the floor later on the program where the education system and international students' office processes were told. Stating that the students who will study in the undergraduate, postgraduate and doctoral programs at Istanbul Gelisim University aim to build a bridge between their country and Turkey, IGU Chairman of the Board of the Trustee Abdulkadir Gayretli said: "We strengthen the relations among countries and establish a IGU alumni network in the world. We will contribute to the development of political, cultural, economic and commercial relations."

In the program where the deans and school directors came together with the international students, information about the facilities and opportunities offered to the students and possible situations in the first academic year were told.

Career Center, Health Culture and Sports Directorate, Continuous Education Center, Psychological Counseling and Guidance Unit, Erasmus+ Coordinatorship, Library and Documentation Directorate and Infirmary Services also took part in the program with their booths.

#### **"SMEs conditions of competition should be improved"**

Finance Specialist Hakan Yıldırım said that improving the competitiveness conditions of SMEs and eliminating the cost-related problems will be important steps for the national economy.

Finance Specialist Assist. Prof. Dr. Hakan Yıldırım, pointing out that the support for SME contributing the manufacturing sector in Turkey will cause a significant increase on the export figures, said: "If the SMEs, which make up the majority of exports, are not supported, employment rates will decline. Improving the competitiveness conditions of SMEs and eliminating the cost-related problems will be important steps for the national economy."

Stating that medium and small enterprises, which are essential in social and economic development, also contribute to the production activities of public companies carrying on businesses in different sectors, Yıldırım continued his speech as follows:

"In today's world, where both developed and developing economies are emphasized and where medium and small scale enterprises are mobilized to create high added value, our

country should maximize the support and contribution provided to these enterprises. On the other hand, focusing on one of the most important issues, the dependence of exports on imports, plays a key role in achieving high added value.”

#### “SMEs ALSO HAVE RESPONSIBILITIES”

Stating that SMEs also have responsibilities to ensure that they are in a good position in global market as well as the support to be given to SMEs, Assist. Prof. Dr. Hakan Yıldırım from Istanbul Gelisim University said: “These responsibilities can be sorted the adaptation of existing products to the new market conditions, branding, development of production area, efficiency of R&D investments, selection and management of appropriate sales channels, follow-up of changes in the market about the selection of new markets, specialization in human resources management, adaptation to technological developments.”

Yıldırım ended his speech as follows:

“It is obvious that when the steps towards the development of SMEs nationally and internationally and the responsibilities of SMEs are fulfilled collectively, there will be positive results for both medium and small enterprises and the national economy. Otherwise, SMEs in our country remain small enterprises that cannot become a trademark and which are only subcontractors of foreign brands.”

#### **Wakizaka evaluated Armenia’s outlook on the Baku-Tbilisi-Kars railway**

Assist. Prof. Dr. Keisuke Wakizaka from Istanbul Gelisim University (IGU) Political Science and International Relations attended the International Symposium on Turkology Studies organized in Van Yüzüncü Yıl University as a spokesman. Wakizaka offered a notice named “Possible Effects of Baku-Tbilisi-Kars Railway on Armenia and Javakheti Armenians” in the symposium.

Keisuke Wakizaka, an academician at Istanbul Gelisim University and Turkish lovesick, attended the International Symposium on Turkology Studies organized in Van Yüzüncü Yıl University with his notice named “Possible Effects of Baku-Tbilisi-Kars Railway on Armenia and Javakheti Armenians”. In addition to the information about Baku-Tbilisi-Kars Railways,

Wakizaka stated how Armenia's view of this railway changed after 2018 and the possible effects of the railway on the Armenians in the Javakheti Region.

Stating that Armenia considered this railway as a threat during Robert Kocharian-Serzh Sargsyan period, Wakizaka said: “However, Nikol Pashinyan, who came into power in 2018, paid attention to the fact that this railway crossed the Javakheti region and started to take part in the development of Javakheti by taking part in the Baku-Tbilisi-Kars Railway project in order to get rid of the economic difficulties and to plan to benefit from the trade on this railway. The reason why Armenia-Turkey border opening is in a bad fix is that the Western Countries focus on Georgia. Thus, Armenia increased its influence over the Javakheti region and started to benefitting from the Baku-Tbilisi-Kars Railway Project. As a result, the Baku-Tbilisi-Kars Railway became a political field.”

Wakizaka continued his speech as follows:

“For the Javakheti Armenians, in the past Javakheti was in a difficult economic situation and the Armenians there were excluded from the political-economic life of Georgia. In this respect, the Baku-Tbilisi-Kars Railway will create more opportunities for the Javakheti’s economic development, and not only Georgia will increase its control on Javakheti but Turkey and Azerbaijan, as well. Thus Javakheti will be integrated into the economic zone of Turkey-Georgia-Azerbaijan and together with getting easy to go to Tbilisi for the Javakheti Armenians, it is expected to contribute to their integration on Georgia's political and economic life. As a result, the Baku-Tbilisi-Kars Railway project has been paid attention recently to Armenia in terms of its own interests apart from Azerbaijan, Georgia and Turkey and this railway political will accelerate its integration on Georgia's political, economic and social life as well as the contribution of Georgia’s economic development.”

### **Expert warns: Do not confuse growth pain with rheumatic diseases**

Stating that there are big changes and developments in the children bodies with the adolescence, Physiotherapist İlknur Atkin said that growth pain in children should not be confused with rheumatic diseases.

The body adaptation process in children starts with puberty. Physiotherapist İlknur Atkin, stating that this process affects both families and children, said that the changes in the body bring new problems and differences in each child psychologically and physically. Mentioning that bone and muscle tissues develop rapidly and increase in length occurs at the stage where development reaches the maximum point in adolescence, Physiotherapist İlknur Atkin added: “During getting longer, the child's psychology, quality of life and social status are involved as a factor. The biggest complaint of children to families is especially the growth pain in this period.”

#### “TECHNOLOGY PUSHES CHILDREN INTO AN INACTIVE LIFE”

Pointing out that the complaints of growth pain increase especially at night enough to wake children up, Lecturer İlknur Atkin from Istanbul Gelisim University continued: “Diagnosis is made after parents have their children seen the doctor and have them examined. In these pains, which are mostly confused with rheumatic diseases, a complete and accurate diagnosis is made by the tests performed by the physician. Nowadays, these complaints have increased because technology pushes children into an inactive life. As children are constantly on the computer or tablet, their muscle and bone development is negatively affected. Therefore, medication and exercise program prescribed by a physician is recommended for our children suffering from growth pain.”

#### ADVICES FOR SUFFERERS

Giving advices to minimize the painful period, Atkin said: “Physiotherapists plan a regular exercise program that includes stretching exercises and jogging in fresh air for muscle relaxation to the children who suffer from the growth pain and the process is monitored by the physiotherapists. During this period, the physiotherapist makes the necessary evaluations while bringing the child in on the sport and exercise and the sport, and any kind of sports is included in the process according to the child’s hobbies. Especially the participation of parents in these activities enables us to achieve higher quality and better results.”

#### “THEY SHOULD MAINTAIN THEIR SOCIAL LIFE”

Emphasizing that the development continues since the growth plates keep open during adolescence, and therefore very heavy and incorrect exercise programs should be avoided, Atkin spoke: “It was demonstrated that the children are more comfortable in their sleep during the night with the medication prescribed by the doctor and the exercise program planned by the physiotherapist. Insomnia and pains psychologically affect the child. Aggressive acts and exhaustion can occur. This situation affecting the child also has negative effects on the social situations such as family, school and friends. Parents and children should raise awareness of the fact that these pains are in the normal developmental process and that there is nothing to be afraid of. As a result of the pains, it is not right act to change anything in the child's social life. The child should go to school and maintain her/his social life. They should include exercise and regular walks in their lifestyle and get rid of the inactive life of theirs and maintain their social life.”

#### RIGHT MESSAGES GIVE BETTER RESULT

Saying that massages in these painful periods relax muscles, Atkin ended her speech: “In these massages performed by professionals, positive results are obtained with a conscience of the developmental processes and when it is anatomically correct to do. When all the factors such as medicine, exercise and massage are applied to the children at the same time, they can overcome this period more easily. A better quality of life can be maintained when the parents and children act together psychologically.”

#### **A new approach to the inflation-interest rate debate**

Istanbul Gelisim University Assist. Prof. Dr. Gülgün Çiğdem has brought a new dimension to the harsh debate between economists and politicians about the relation of inflation and interest rate nowadays where the independence of Central Banks is questioned and the recessionist process is discussed with her empirical study published in the US.

Pointing out that the debate about the relation between inflation and interest and which is the cause, which is the result began in the 1700's, Assist. Prof. Dr. Gülgün Çiğdem from Istanbul Gelisim University said: “These debates are thought to started with Fisher in 1930. Although Fisher formulated the relation between these two macro-economic variables and

brought them to the science world with naming it the Fisher Effect, these debates actually started with William Douglas in 1730.”

Çiğdem continued her speech as follows:

“These debates, which have been going on since the 1700’s in the science world, bring about various experimental studies. As a result of the studies, no consensus could be reached among scientists and even different results were obtained. While some of the studies showed that there is a relation between inflation and interest, some could not find any connection. Yet, while some studies have determined that inflation is a cause, interest is a result, others have confirmed the opposite.”

#### HOW CAN THE PARADOX BETWEEN INFLATION AND INTEREST BE SOLVED?

Conducting an experimental study on the Weighted Average Cost of Funding data from the Central Bank of the Republic of Turkey and CPI figures concerning Turkey's January 2011 - June 2019 period, Assist. Prof. Dr. Gülgün Çiğdem found a two-way correlation between inflation and interest rate, different from other studies in the scientific world with her results of the analysis. The study of Assist. Prof. Dr. Çiğdem, who promotes the idea that “not only inflation is the cause of interest but also interest is the cause of inflation”, published Research in Applied Economics in the US by Macrothink Institute.

Assist. Prof. Dr. Çiğdem said: “It will be important for the economy to maintain an interest rate that does not create inflation and an inflation level that will not raise interest rates. Well, what should be the inflation rate will raise interest rates in Turkey and the interest rate that does not cause inflation? Studies to solve this paradox between inflation and interest will be important for the Central Bank and policy makers.”