

If you spend a lot of money, you may have psychological discomfort!

Psychiatry specialist Prof. Dr. Ahmet Ertan Tezcan stating that spending a lot of money is a psychological disorder said: "If one waste money beyond budget, there's a problem we call compulsive shopping disorder".

Claimed to have psychological problems 65-year-old Mehmet Adnan Soyudemir who lived in the district of Yildirim in Bursa in recent days stabbed his 32-year-old daughter Ayse Soyudemir arguing that she was spending his money. Father Soyudemir's first statement confessing that argued with his daughter on Money said: "She did not leave Money, in my account. She was constantly wasting my money, I was paying her debts".

Faculty Member of Istanbul Gelişim University Psychology Department Prof. Dr. Ahmet Ertan Tezcan evaluating the case said: "Murder is a universal problem. But two things caught my attention. One was for a father to kill his daughter for spending too much money. In this case, I think of a disease in the girl like a bipolar disorder or borderline disorder. So I would have preferred that father take his daughter to a psychiatrist or psychologist because she was spending a lot of money".

MUST BE TREATED

Psychiatry specialist Prof. Dr. Ahmet Ertan Tezcan stating that spending more money on the basis of this event is a psychological disorder added: "If one spends money beyond any human budget, there is a problem called compulsive shopping disorder. The person cannot stop spending money in that disturbance. There are compulsive hoists. He takes what he finds, takes him home, doesn't throw, collects, and makes the house garbage. They also do shopping. And they can't stop shopping in any way. Bipolar discomfort, especially in the process we call hypomanic or manic processes, we see insomnia, much talk, quick anger, not listening to the environment as well as complaints, especially inconsistent and terrible money spending. Credit cards can be closed completely, serious debts can be taken from others. Even real estate can be sold at very low prices. In such cases, it is necessary to be extremely careful. The person needs to be treated".

"TIMELY INTERVENTION COULD PREVENT"

Psychiatry Specialist Prof. Dr. Ahmet Ertan Tezcan underlining that the situation can be prevented by timely intervention in the aforementioned case, added: "Especially when a child spends a lot of money, if a person does not want to go home and go out too much, I recommend a very rapid psychiatric help".

It is aimed to improve quality in education

Istanbul Gelişim University (IGU) Public Relations and Promotion Department organized a training week for teachers from all branches in the ranges from primary school to college. With 4-day trainings, it is aimed to increase the quality of education and to give a new perspective to teaching.

Istanbul Gelişim University, Public Relations and Promotion Department, together with ERA College has organized training week in the Gelişim Tower – the new campus of the university. Many teachers and training consultants attended the 4-day events called 'ERA College Pillar Training'. Activities attended by teachers from all branches, ranging from pre-school to high school level, take place at IGU Gelişim Tower and at the College's campuses of Çamlıca and Gaziosmanpaşa.

Consisting of the conferences such as 'Temperament Focused Education' by Educator Mehmet Yaşar, 'Being a Guide to Life' by Educator Consultant Writer Polat Doğru, and trainings such as 'The Pillar Studies for all Branches', 'Class Pillar Studies', 'Pillar Studiesin English' and 'Basic Pedagogical Training' it is aimed to provide motivation to students and teachers, to increase the quality of education and to give a new perspective to teaching.

“SHOULD BE DIRECTED ACCORDING TO THE STUDENT'S TEMPERAMENT”

Educational Consultant Mehmet Yaşar, mentioned that the differences of children should be known and the reasons should be known and said: “What is necessary for this is temperament. If the temperament type is recognized, it is easier to intervene and the student can be directed according to his temperament. It must be known how to saturate, otherwise, risks arise. A temperament-oriented teacher knows the strategy and succeeds”.

“THE SOURCE OF MOTIVATION IS HAPPINESS”

Referring to the fact that time is very important especially in making decisions for the students' lives Educator Polat Doğru said: “The wrong decisions are not compensated by the student. While the students are taught to solve a very good math question, the question of who I am and what I should do, should be given and this should be ensured. The source of sustainable motivation is happiness. People should sign their work and their work should be above their level. This kind of work can be meaningful”.

Hip fractures can be a cause of death in the elderly

Hip fractures occur mostly in elderly people due to bone resorption. Noting that the decrease in muscle strength and balance, together with the impairment in vision, facilitated the reduction Asst. Prof. Gülşah Kınalı said: “Treatment of fractures requiring surgery may be

difficult due to other additional problems such as high blood pressure, heart and diabetes. 30 percent of patients with hip fractures die in the first year”.

Hip fractures in young people due to high-energy trauma, such as a traffic accident or a fall from high place, can occur with a simple fall in old age due to osteoporosis. This situation is much higher in women than men. Giving information about the prevention of hip fracture which is one of the most important problems encountered in old age Asst. Prof. At Istanbul Gelisim Uiversity Gülşah Kınalı said: “With impaired vision, decreased muscle strength and balance facilitates the fall and associates fractures; The treatment of fractures that require surgery becomes difficult due to other additional problems such as high blood pressure, heart diseases and diabetes. 30 percent of patients with hip fractures die in the first year”.

PRESSURE WOUND IS THE MOST IMPORTANT PROBLEM

Emphasizing that after the fracture, the aim is to return the patient to his previous lifestyle as soon as possible Asst. Prof. Kınalı noted: “For long periods of time, patients who are bedridden may develop pressure sores and blood clotting in the leg veins may throb clots in the lungs. It is important to ensure rapid postoperative mobility after hip fracture. Physiotherapist support should be taken during the post-fracture physiotherapy and rehabilitation process. Air bearings should be used to prevent pressure sores and the patient's lying position should be changed frequently”.

INCREASE YOUR MUSCLE FORCE

Stating that bone resorption must be recognized Asst. Prof. Dr. Kınalı said: “In particular, women should receive support from their doctors for increased risk and treatment approaches after menopause. They should do regular daily exercise. They should select exercises and activities to increase muscle strength and balance, especially in the legs. Tai-Chi, pilates exercises may be suitable for these people. They'd better dance or do gardening. ‘Crouching knee pad’ is important in gardening while squatting”.

“MAKE REGULAR TESTS”

Emphasizing that especially those who are over 60 years old should have regular vision and hearing tests Asst. Prof. Dr. Kınalı added: “Visual and hearing loss is one of the factors that disrupts balance and cause falls. They should take regular sunlight for vitamin D. They can choose the appropriate time of day to avoid sunburn. The best sources of vitamin D in terms of nutrition are oily fish and eggs. They should consume cheese, yogurt and fish. Foot health is also very important at this point. Unsupervised shoes that do not provide good floor support spoil balance”.

“ASK AN OCCUPATIONAL THERAPIST”

Noting a man must care ergonomic regulations to prevent possible dangers at home Asst. Prof. Dr. Kınalı also mentioned the need to consult with occupational therapists. Sorting out the importance that can be taken inside and outside the house Kınalı, continued as follows:

“Door sills should be removed, cables should not be on the floor, if possible, carpets should be fixed to the floor, bathroom and toilet should have holding bars, bath and bathtub should be used in non-slip, people with neurological discomfort should not be allowed to walk without support. Garden tools should be stored in a safe place when not in use. They should also pay attention to the pits as they walk on wet grass and uneven surfaces, they should wear a shoe that supports well. Overgrown plants, weeds, plants overgrown in the garden will make the floor slippery and unsafe, so it must be cleaned. People should spend their time to adapt to the light and escape from the sudden movement. Poorly lit areas distort balance and vision. Good lighting is very important”.

Head of ÖSYM Prof. Dr. Halis Aygün: “This year questions are not based on memorization, but interpretation

Head of ÖSYM Prof. Dr. Halis Aygün, while making important statements about the university entrance examination, said: “Candidates are responsible for the curriculum set by the Ministry of National Education and sent to schools. 9 and 10th grade questions will be asked in TYT. There will be no change”. Noting that, last year 2 million 381 thousand 412 candidates applied to TYT (Basic Proficiency Test), 2 million 19 thousand 564 candidate applied to AYT (Field Proficiency Test), Head of the ÖSYM added: "Because of the validity of two years for TYT points, we do not expect a huge increase".

Aygün stating that understanding and interpretation of questions will come forward, said: “Last year, YÖK developed a new approach for TYT and achieved a significant transformation. In the Turkish and mathematics tests, it took the knowledge out of a memorized framework and carried it to the stage of reasoning, understanding, interpreting, associating with everyday life and making a deduction. This transformation and evolution in the questions was welcomed by both educators and experts and students. I think our students have no difficulty in adapting to this approach that is not based on memorization. This year, we prepare the questions with the same approach. Our questions lead the questionized forms of the sourcebooks. Our teachers should prepare their studies in accordance with these questions and prepare our students for this purpose.”

“WE WILL MEET THE REQUIREMENTS OF THE COMMUNICATION AGE”

Aygün stating that they aim to reach all candidates by using all communication channels, said: “We work with a professional team in the field of consulting. We aim to produce more audio-visual content. We are actively trying to implement the bidirectional communication model to

meet the requirements of the communication age. Touching the candidate and solving their problems is a priority for us”.

“ALL OF THE STUDENTS ARE SPECIAL”

Aygün stating that the ability to understand and to make more sense in reading the new generation will come to the fore, continued as follows: “At this point, our students' reading habits gain importance. Exams are important, but the only validity in life for our students not necessarily exams. We have young friends who can be successful in many ways. Parents must be understanding and peaceful to their children. They should not see their children as a means of proof. They are the members of the future. I think all of our students are special. There is a struggle in life that they will be successful in”.

Robotic team receiving 13 awards in 2 years is preparing for 8 new projects

Universities show great interest in project competitions in the field of artificial intelligence and robotics. The Vice-Rector Prof. Dr. Ing. Ali Okatan stated that they had applied for a project with a total budget of 1 million 26 thousand as Istanbul Gelisim University to the Research Infrastructure Support Program, which was opened in 2018, and 8 different projects are already prepared for 2019.

Istanbul Gelisim University (IGU), along with the Technology Transfer Office (TTO), conducts a lot of work in the field of artificial intelligence and robotics coding. The team which has been continuing its activities since 2015, has received 13 awards in 2 years. Providing information about the work carried out the Vice Rector of IGU and TTO Officer Prof. Dr. Ali Okatan said: “As TTO, we are realizing the work in the field of artificial intelligence and robotics, which are the fastest growing areas of our time. Our work on the construction and development of robots working using artificial intelligence continues at a great pace”.

“WE BECAME A ROLE MODEL”

Stating that in order to help students develop themselves in this field, a Robotic Team was founded in 2014, Prof. Dr. Okatan said: “We encourage and support our students in robot competitions and robotic systems. Our MERSUS robotic team showed great success in competitions and in the work that it has done was exemplary role model for high schools and colleges in Turkey”.

THEY BECAME A CHAMPION IN 13 COMPETITIONS IN TURKEY

Noting that: “Robots prepared for the category of robots from the production to assembly is built entirely on the basis of engineering and carefully created” Prof. Dr. Okatan continued as follows:

Starting with the Robot Wars category realized in our country in 2014 with our advanced robot design in 2017 participating in many national competitions taking championships in 13 different robot competition we get to the highest level in Turkey. Our team winning International MEB robot competition in 2017 in Human Aircraft has proven itself in the most prestigious competition of Turkey. In 2017, we took part in the international robotics competition Robochallenge held in Romania and took World’s 3rd place in the ‘Autonomous Unmanned Aerial Vehicle Category’ and 4th in the “Line Following Category”.

Underlining that they are the only team representing Turkey in international competitions in the category of robot battles since the end of 2017 Prof. Dr. Okatan said: “In 2017, we participated in the International Bitva Robotov robot wars organized in Russia and in 2018 we participated in the international King Of Bots robot wars competition in China”.

PROJECT PROPOSAL THAT WORTH 1 MILLION 26 THOUSAND TURKISH LIRAS SUBMITTED

Prof. Dr. Okatan noted that they are working for 8 different projects to be organized this year and ended his speech as follows:

“Within the TTO we made a project application with the budget of 1 million 26 thousand 598 liras as IGU Robotic Application and Research Center to the Research Infrastructure Support Program Launched in 2018 by the TR Presidency Strategy and Budget Directorate. We also made presentations of these projects. We expect the results to come out. This year we continue our studies on the flying car project; Design of autonomous speed control software for brushless motors; Calculation analysis of distance calculated from signals received in wireless communication by ANN (Artificial Neural Network); Autonomous flight stabbing hexacopter with automatic spraying/irrigation system creation; Production of food pulp pressing machine according to the desired shape; Electric fan-powered air-to-ground rocket design; fuzzy logic based autonomous automation system projects based on research in the field of biomimetic and plant cultivation”.