

Agreed with all foundation universities in Afghanistan

ISTANBUL, (DHA) – Istanbul Gelisim University (IGU) Head of Corporate Communication and Promotion Department Bülent Değirmenci, International Student Office and International Student Advisor Muhammed Rahim Rahimi made a visit to Kabul, Afghanistan. Agreements were made in many areas after the visit which aimed at the university's international recognition, increasing the number of international students in line with the objectives and the academic development of the university.

Within the scope of the visit, the President of Rana University and the President of the Association of Foundation Universities Dr. Shafiullah Naimi, President of Nokhbagan University Dr. Khalid Ahmad Kakar, Rector of Salam University Dr. Mesbahullah Abdulbbaqi, Maarif Foundation Afghanistan Officer Şakir Voyvot negotiated with various institutions in the field of education.

As a result of the negotiations, agreements were made with all the foundation universities of Afghanistan for the exchange of academic staff and students and joint academic studies.

The issues discussed as a result of the agreements are listed as follows:

“Development of training, courses and pedagogy programs, searching for cooperation opportunities for Certificate / Diploma programs such as Equivalent / Undergraduate / Double Diploma programs, transfer of GPA and credits; seminars, courses, workshops, summer school, organization of internship / work and other similar initiatives, student thesis consultancy and research projects; improvement the exchange of information and experience about meetings, congresses, conferences and other organizations, organizations of educational trips, summer schools and courses, exchange of documentation such as studies, researches, pedagogical documents and exhibitions, researchers of universities, providing exchange programs for technicians and students, providing university exchange programs for undergraduate and graduate students, provision joint working opportunities for graduate and doctoral students”

Poverty is a reason for cancer

Faculty Member, Dr Gülgün Çiğdem who studies on the cycle of crisis and cancer added another on the known cancer risk factors. Çiğdem stated that poverty is one of the reasons for cancer according to her research.

Stating that cancer is an important public health problem of the present century due to organ loss and disability as well as being fatal especially in delayed cases, Dr Gülgün Çiğdem, Faculty Member of Istanbul Gelisim University, did a scientific research called ‘Is Poverty Another Cause of Cancer? An Empirical Analysis’. Adding another to the known cancer risk factor in her

study that conducted by the 1980-2015's data taken by Census Bureau of America and National Cancer Institute of America, Ms Çiğdem empirically determined that poverty is one of the reasons for cancer. The study that was stated poverty as a cause of cancer was published in the World Cancer Research Journal in Italy.

“CANCER IS A GLOBALLY ECONOMIC BURDEN”

Pointing out that cancer is a globally serious economic burden as well as its human extent, Faculty Member Dr Gülgün Çiğdem said that globally economic crises lead to unemployment, labour and income loss, ongoing process with poverty, anxiety, stress, weakening of the immune system, telomere shortening, and can eventually lead to a cancer-resulting cycle.

Identifying the relationship between poverty and cancer, which is a result of economic crises in the long run in her empirical analysis, Ms Çiğdem said that she spotted a dual causality between poverty and cancer in the short-term.

According to the result, poverty is a reason for cancer, and cancer is a reason for poverty. Socioeconomically falling into the decline, inability to receive treatment and long-term treatment costs, job loss and loss of income leads to poverty, thus it can be a cause of poverty.

Ms Çiğdem said: “Rather than utilise the humanitarian and global financial burden of cancer, the struggle against economic crises and poverty which is one of the crisis results will cost much more ‘cheaper’”.

Psychiatrist Demirci: Fraud is not a disease, but addiction

Psychiatrist Onur Okan Demirci stating that the fraudsters continued to take action even if they were punished, said: “Fraud triggers mechanisms such as pleasure, rather than illness. In this sense, it may be more appropriate to call fraud a dependence rather than a disease.

Fraud incidents, which often happen to people, and many have a fearful dream, have a serious impact on psychology. Pointing out that scammers see it as a business, Faculty member of Istanbul Gelisim University Asst. Prof. Onur Okan Demirci made statement on the psychological conditions of these people. Psychiatrist Onur Okan Demirci said that looking at the events in history, this is common all over the World and added: “For many years, the psychology community has presented research, seminars and articles to the scientific community. When you look at fraud in history, you can see that it is common in the world not only in Turkey. In famous fraud cases, scammers give themselves a different identity.”

THEY BELIEVE IN THEIR OWN LIES

Psychiatrist Demirci stating that the common feature of scammers is credibility, added: “The more a person believes in his own lie, the more realistic he becomes. You know, we say, "You

say something forty times, it happens". And if you tell a lie forty times, it will be believable, and it is a lie that a liar also believes. Researches suggest that situations such as fraud and dishonesty are not personality disorders. Personality disorder is not different from having depression, anxiety disorder"

NEW TYPE OF ADDICTION: FRAUD ADDICTION

Stressing that the world of science links the behaviors of fraudsters to social and cultural structure rather than genetic or biological structure, Demirci continued:

"The family environment and social environment in which these people are raised paves the way for this situation. Fraudsters attempt to continue fraud even if they are punished. This situation is more likely to trigger mechanisms such as pleasure and pleasure, rather than a disease. The biological mechanisms of fraudsters are similar to the mechanisms of dependence. This does not mean that addicts are also scammers. It can also show that the system of pleasure and reward is activated. In this sense, it may be more appropriate to call fraud a dependence rather than a disease. A new type of addiction may arise, fraud addiction."

"THEY BECOME CONVINCING THANKS TO EGOS"

Psychiatrist Onur Okan Demirci emphasizing that scammers have a very high ego, added: "In this way, they can be quite convincing. This may be caused by their being raised as invisible, inadequate or unnoticed children in their family and social environment. While biological psychiatry theories connect this situation to the reward center in the brain, social psychology theories connect this situation to the family structure. Both seem to be true when we look at them as a whole".

Agreed on cooperation with GASAM

Head of South Asian Centre for Strategic Studies (GASAM) Cemil Demir visited Prof. Dr. Şenol Durgun, Head of Political Science and International Relations Department from Istanbul Gelisim University (IGU) and the IGU's faculty members. IGU and GASAM agreed on cooperation within the scope of "South Asia Countries".

Stating that South Asia countries have great opportunities for Turkey, Prof. Dr. Şenol Durgun said: "There are few works done with countries in the region. We as IGU attach great importance to regional policies and cooperation. We aim to lead the relations developed between Turkey and the countries in the region and to conduct studies for internationalization in higher education. In this regard, we plan to carry out joint academic studies with GASAM, to organize symposiums and to bring regional academicians and Turkish academicians together."

White stork will fly again by a ball prosthesis

The stork who lost his left leg by stumbling on electrical wires got well with the help of a ball prosthesis made by university students. The stork of which length of the treatment period is approximately 150 days will be released to the nature again just after the adaptation process will be fulfilled.

Hundreds of thousands of storks departing from Europe each year pass through Istanbul to emigrate. Employees of the Ministry of Forestry also found one of the storks who lost their legs by getting caught in electrical wires during the migration on January 16th. The stork lost the left lower extremity, was brought to the Istanbul University Faculty of Veterinary Medicine by the ministry staff for surgery. The stork, which lost its limb, performed the surgery and hereby the first step of the prosthesis was taken. Two university students Hamza Sinen and Selim Gündoğdu created a ball prosthesis and restored the stork.

JUST STARTED TO RUN ONLY IN 7 DAYS WHEN ONLY EXPECTED IT TO WALK

In cooperation with Istanbul University Faculty of Veterinary Medicine and Istanbul Gelisim University (IGU), animals in need are treated by university students. Within the scope of cooperation, the Faculty of Veterinary Medicine met IGU Orthotics-Prosthesis students Hamza Sinen and Selim Gündoğdu with the stork that lost their left leg.

Two young students who rehabilitated the injured stork by keeping it in a different area than the others emphasized that this work is based on volunteering. Informing about the treatment process of the stork, Hamza Sinen said:

“At the end of 7 days, we were expected for the stork to adapt to the prosthesis and walk with it, but our stork began to run. The muscles have weakening due to amputation. For this reason, our stork, which had difficulty even in balance in the first day, started to run with the prosthesis at the end of the 7th day. We visited the stork regularly every week and checked the prosthesis and recorded its progress. On the 8th day, we observed that the stork was adapted to the prosthesis and took it with the other storks. Our stork began to live in harmony with others here. The stork started to fly on the 52nd day. The loss of muscle was now almost absent and it adapted to the prosthesis.”

“WE WORKED ON PREVENTING TO CAUSE THE PROSTHESIS TO DIFFERENT DISASTERS”

Stating that the prosthesis is constantly under control to prevent different deformations in the stork, Sinen said that their team consisted of professionals.

Sinen said “We are still students and we have deficiencies. But there are veterinarians, physiotherapists and orthosis-prosthesis students in our team. Prosthesis studies which are specialized on animals have not accomplished by such a team in that field in Turkey so far.”

THE PROSTHESIS WAS DESIGNED LIKE A BALL

Stating that before they started the prosthesis studies, they inquired about prosthesis that are made earlier and they designed another prosthesis, Sinen said that they analysed the almost same prosthesis with the other leg by a 3D Printer and it was not healthy for the stork. Sinen explained the situation:

“The stork cannot feel how it step with its leg in the phase of stepping on the floor in these kind of prosthesis because it cannot feel the absent extremity and this changes the angle of step onto the ankle by time. Therefore, it has difficulty standing in balance and walking, as well. We designed the prosthesis shaped like baton and six balls. Because the stork cannot feel the absent limb and the prosthesis hits the sole part of the foot again by spinning due to its ball shape no matter by which angle it steps. In this way, it does not have a difficulty standing in balance. Storks can rescue its leg easily when it sticks in the mud or stumbles on branches because it is a wild animal.”

GERM-FREE MATERIAL USED

Celil İlğün who is an academician emphasized that the prosthesis implementation to animals is a brand new profession in Turkey. Stating that they made numerous prostheses to people, İlğün said that they have some fears, when animals are the case.

İlğün said: “We had some drawbacks in practice because we made prostheses to animals for the first time even though we made many prostheses to human patients. We had temporary light metals that we used in humans and we started using them. It gave a very good result. We used plastazote for the stork’s prosthesis. The feature of this material is that it does not contain germs. This substance does not cause irritation in the body when sweating.

THEY ALSO HELP OTHER ANIMALS

Stating that they have also designed prostheses to the other needy-indigent animals like seagulls, cats or dogs, Selim Gündoğdu expressed that his disabled cat which he adopted from the street had an influence to start this project. Gündoğdu spoke:

“I thought that we study in this department and why we do not make prostheses. I communicated with my department professors. Our lecturers liked this project very much and said that we could cooperate with the veterinary faculty. Thus we helped many animals. Istanbul Gelisim University School of Health Sciences Orthotics-Prosthetics Head of Department Prof. Dr Rifat Mutuş said that the students both had the opportunity to practice on live materials and contributed to the nature within the scope of this cooperation.

While the treatment and adaptation process continues, and the stork waits for the day when it will be released to the nature, university students expect the support of volunteers for the supply of materials.

Prof. Dr. Şenol Durgun: First national identity establishment 'Ottomanism'

Istanbul Gelisim University Head of Political Sciences and International Relations Department Prof. Dr. Şenol Durgun said that the first establishment of national identity was shaped through the identity of 'Ottoman', stating that the concepts such as 'homeland, national sovereignty, freedom' emerged with the Westernization in the last period of the Ottoman Empire.

The symposium titled 'The effects of Central Asian culture on Anatolian culture' was held in the cooperation with Atatürk Culture, Language and History High Institution, Turkish Cooperation and Coordination Agency (TIKA), Hacı Bayram Veli University Asian Studies Application and Research Center, and Mirza Ulughbek National University of Uzbekistan under the leadership of Turkish Historical Society in Tashkent, Uzbekistan.

National identities of the countries, the formation processes of Turkish national identity and the effects of Central Asian culture on identities were discussed in the symposium.

Turkey's Ambassador of Tashkent Mehmet Sureyya Er, Atatürk Culture, Language and History Institute Deputy President Professor Dr. Muhammet Hekimoğlu, Head of the Turkish Historical Society Prof. Dr. Refik Turan, Rector of the National University of Uzbekistan Mirza Ulughbek, Prof. Dr. Marahimov Avazjon Rahimovich, Director of Research and Application Centre for Asian Studies in Hacı Bayram Veli University Prof. Dr. Varis Cakan and experts in the field attended to the symposium.

Istanbul Gelisim University Head of Political Science and International Relations Department Prof. Dr. Şenol Durgun took place in the symposium as an invited speaker. Prof. Dr. Şenol Durgun gave a speech named 'Central Asian influence in the formation process of Turkish national identity'.

THE WESTERNIZATION BRINGS ABOUT CONCEPTS LIKE NATION AND FREEDOM

Stating that the search for transforming the political and social structure of the Ottoman Empire started in this period, Prof. Dr. Durgun said: "Especially in terms of the unity of the country, the nationalism which started to spread in Europe with the French Revolution of 1789 and the studies of national identity in this direction affected the Ottoman Turkish society, as well. However, since this initially led to ethnic divisions, the search for a French-style political structure and identity began as a precautionary measure to highlight loyalty to the country and the state."

“OTTOMAN IDENTITY EMPHASIZES LOYALTY TO THE STATE”

Saying that the first national identity establishment is shaped through ‘Ottoman’ identity, Prof. Dr. Şenol Durgun explained: “We see this establishment’s tersest statement in the Constitution of 1876, which is ‘all subjects are accepted as equal and Ottoman without distinction between language, religion and gender’. From this point of view, the Ottoman identity has a secular character and emphasizes loyalty to the country and the state.”

MOST IMPORTANT CITIES OF THAT PERIOD: THESSALONIKI AND ISTANBUL

Saying that the studies of nationalism and national identity accelerated gradually after 1908, Prof. Dr. Şenol Durgun expressed: “During that period, studies were conducted on the cities of Thessaloniki and Istanbul, which have an important position in cultural and intellectual terms. While the intellectuals of Thessaloniki have a perception more of a French-style nationalism and identity-building, the Istanbul-based intellectuals were German-style nationalism and identity-building. The school of Thessaloniki was represented by the ‘Young Pencils, ie, thinkers such as Ömer Seyfettin, Ali Canip Yöndem and Ziya Gökalp. On the other hand, the Istanbul school was represented by Turkic origin thinkers who fled Russia such as Hüseyinzade Ali Bey, Yusuf Akçura, Ahmet Ağaoğlu, Sadri Maksudi Arsal and both had different approaches to the formation of nationalism and national identity.”

MODERNIZATION STUDIES ALSO AFFECTED TURKEY

Telling that the school of Thessaloniki was more effective from the Second Constitutionalist Period to the 1930’s of the Republic, Prof. Dr. Durgun said: “This is the best expression of Turkishness which is in the 1924 Constitution, and this definition is the definition of ‘Turk’ in the Ottoman Basic Law (Kanuni Esasi). However, rapidly growing authoritarian tendencies, and development and modernization processes in the Western World since the second half of the 1920s had influenced on Turkey and brought forward the explanations on the formation of identity especially in the point of geography, history and language over the Central Asian perspective.

Is social media a cause of dysmorphophobia?

Expert psychologist Haydeh Faraji said that social media can cause dysmorphophobia known as body perception disorder. Faraji stressed that this disease is seen 6 times more in adolescents than adults.

Stating that people who frequently use social media experience 3 times more anxiety and depression than rare users, expert psychologist Faraji said: “The confrontation with people and lives that seem perfect makes us feel unsatisfied about our own appearance and life and makes us feel incomplete, inadequate and unhappy. The results of our unfair comparison

made do not only result in this, but because our mind is constantly occupied by these thoughts, our school / business success decreases, our self-esteem decreases and we experience depression.

“WE IDENTIFY OURSELVES WITH SOCIAL MEDIA”

Underlining that humans are social beings, Faraji said: “As a result of sociality, people have an inner urge to determine his development or point by comparing themselves with others. Because of this comparison, we feel good when we decide that we are at a better point than the other, and when we decide that we are at a worse point, we feel bad. However, the rapid and unconscious increase in the use of social media causes us to constantly compare ourselves with others.”

“THE DESIRE TO CHANGE THE BODY CAN TURN INTO A DISEASE”

Faraji stated that the use of social media like Instagram and Facebook causes dissatisfaction with the one’s hair, skin, face, weight and body.

Expert psychologist Faraji from Istanbul Gelisim University said: “The desire to make changes can range from an ordinary desire to a body dysfunction disorder, which we call dysmorphophobia. These people are constantly dealing with a bodily defect that doesn't really exist, but that they think it exists, or that they're over-magnifying. They often do excessive exercise and strict diets, and they can spend a lot of money on flaw-covering cosmetics and clothing. They have had multiple aesthetic operations, but they never get the look they want and they can't fix their “flaws”. In the following stages, either the body becomes unable to handle repetitive aesthetic operations, or people may lose their hopes that they will be able to fix their physical defects and commit suicide.”

“ONE OUT OF 4 PEOPLE WHO EXPERIENCE DYSMORPHIC DISORDER IS SUICIDAL”

Pointing out that one out of every 4 people with body dysmorphic disorder is suicidal, Faraji said that one in every 8 people tries that.

Saying that these patients are in a great tendency to constantly check their body parts that they don't like in mirrors or selfie techniques, to compare with other people, Expert Psychologist continued:

“They often tend to get the opinion of others and question how their flaws look. They check the body part they don't like very often, change their minds very often and therefore tend to indecisively change their clothes, hairstyle and makeup. Diet, excessive exercise, weighing themselves too often, changing skin colour (solarium, sunbathing, laser and similar applications, chemical skin peeling methods), such as skin picking is very common. Similarly; hair, hair removal, nail or cuticle eating, excessive spending on flaw-covering cosmetics and clothes can be counted among these kind of behaviour disorders.”

Indicating that the use of social media is a risk factor for women as well, Faraji said that in particular, women can receive far more criticism about how they look and constantly compare themselves to other women around them as a result of living in today's ideal world of beauty. However, especially families with adolescent children should be careful about this issue. Dysmorphophobia is seen 6 times more in adolescents than in adults.