

## Depressed children play Momo game

Warning families about the Momo game, which leads children and young people to suicide, experts said the game is more played by children who are prone to depression.

Started with the 'Blue Whale' and now 'Momo' games are leading children and young people to suicide in the end. This game, which is reached and spread through the WhatsApp application, starts with inviting to the game through the application. If children and young people respond, they continue with violent visuals and threats. Stating that through this game, children are encouraged to violence, they are asked for money and cause them to hurt themselves, the Faculty Member of Istanbul Gelisim University Psychiatry Specialist Asst. Prof. Onur Okan Demirci warned families about the game of Momo.

### ATTENTION TO THE WITHDRAWN CHILDREN!

Noting that children who are prone to depression or are experiencing depression tend to play these games, Psychiatry Specialist Onur Okan Demirci said that especially families should be careful about withdrawn children. Demirci said: "Shy, introverted children, also children with hyperactivity and attention deficit, behavior disorder, who cannot say "No", and need a lot of approval and acceptance, tend to play this game".

### "TELL YOUR CHILDREN THAT YOU ARE OPEN TO TALK"

Faculty member of Istanbul Gelisim University Onur Okan Demirci warned the families as follows:

"Tell your child that you are open to talk about everything, show it and apply. Listen to your children effectively, without giving advice, scolding, shouting, blaming. Repeat the message 'No matter what happens to you, we are always near you, you can share everything with us'. Children need to hear them.

Play games at least a few times, that your child plays. No matter which game your child is playing, it has a meaning in his psychological world. Remember, your children don't have your life experiences and practices. Nowadays, when there are many warners, children need parents to cope with their fears, who can protect them when they make a mistake or they're dragged into a wrong situation."

## Bilal Şeker: Industry and university cooperation is important

Within the scope of the career activities organized by Istanbul Gelisim University Directorate of Career Development Center (KAGEM), Ford Otosan A.Ş. Inventory Officers Bilal Şeker and Murat Binici were hosted. Bilal Şeker stating that the support for university-industrial cooperation and that these associations should be expanded, said: "Collaborative projects offer significant gains for both industry and university".

In the scope of the event, besides the logistics, foreign trade, machinery and automotive programs, the students mainly studying industrial engineering and mechanical engineering were given information about the inventory management and production processes, and innovative solutions for process improvements of Ford Otosan A.Ş.

#### “JOINT VENTURE PROJECTS MUST BE DISSEMINATED”

Bilal Şeker also stated that the support of the university industry cooperation and the necessity of these associations should be expanded, and added: “Collaborative projects offer significant gains for both industry and university. The goal here should be to ensure the flow, but not limited to all stakeholders across the country not only to provide a more qualified workforce in the industry, beyond that a certain segment of Turkey's development in the nature of the technology and knowledge transfer to support. I think this should be our common duty.”

#### “BELIEVE IN YOURSELF AND DO NOT LOSE YOUR MOTIVATION”

Bilal Şeker - Inventory Officer of Ford Otosan A.Ş. stated that students should not content themselves with the courses offered in the curriculum only during their education, and added: “You have to develop yourself in different fields. If the goal is to find a better job, development areas cannot go beyond certain limits. It is the common concern of the student entering each graduation period; How do I find work? Where should I work? These are of course natural concerns, but it's a fact that when it's time, they'll somehow fit in the cycle of life. If you are a well-educated and well-equipped person, your self-esteem will increase, and the people's perspective on you will change and your worries arise as an opportunity. First of all, you should believe in yourself and keep fighting for your goals without losing motivation”

### **They set up an education bridge from Istanbul to Şırnak**

Students of Istanbul Gelisim University acted upon a call for help from a nursery school in Şırnak. Students organized 2-week charity sale in the university and will meet the basic needs of the nursery school with the revenues from sales.

Students of the University's Faculty of Fine Arts Department of Gastronomy and Culinary Arts and GastroArt Club have started working on a call for help from a teacher in a nursery school in Şırnak. The students organizing a charity sale sold their olive oil dishes, pancakes and desserts. With the revenues of the charity sale main needs of the nursery school such as electric heater, crayons, picture book, toys, story book, materials to be used for other activities and clothes were supplied. The students who organized the charity sale stated that they were happy to support the education of their brothers in Şırnak.

Stating that the charity sale attracted great interest faculty member of the Department of Gastronomy and Culinary Arts Asst. Prof. Emine Olum expressed her pride in the students because of the social responsibility they exhibited by revealing their pocket money, time and labor.

### **“Not everyone can do pilates”**

Stating that pilates is becoming more popular day by day that basic principles are breathing, concentration and control, Lecturer Gülşah Konakoğlu said: “We recommend that people choose pilates instructors of physiotherapists because not everyone can be a pilates instructor and not everyone can do pilates.”

Pilates is one of the most important exercises that increase physical strength, flexibility and coordination, reduce stress, improve well-being and mental focus. For Pilates, which has been popular recently, there are many national and international trainers' certificate programs. Stating that Pilates is a physical and mental education, Istanbul Gelisim University Physiotherapy and Rehabilitation Department Lecturer Gülşah Konakoğlu stated that the wrong practices could cause the musculoskeletal injuries.

#### **MUST BE SUITABLE FOR A PERSON**

Emphasizing the need to determine the appropriate program for pilates, Lect. Konakoğlu said: “Pilates is not an exercise, that a standard program is organized and everyone can be applied to the same program. For group exercises, it is extremely important to group people who are on the same level together and create groups. Pilates, however, is not a training where every session can be memorized, and a repetitive program can be applied. Therefore, people who want to start pilates should be evaluated by physiotherapists and should be started at the appropriate level. We also strongly recommend that people choose pilates instructors from physiotherapists if possible, because not everyone can be a Pilates instructor and not everyone can do pilates.”

#### **ATTENTION TO DISABILITY**

Noting that the person to begin pilates, weight transport symmetry should be evaluated first, Lect. Konakoğlu said: “The neutral position varies from person to person, but it is important that the person maintains his neutral position during movement. This is extremely important for the stabilization of the spine. If the person has difficulty in maintaining the neutral position during the exercise, the exercise is not suitable for that person. It forces the person and causes disability. For this reason, the instructor must be very careful during pilates training.”

#### **“YOU CAN HURT YOUR SPINE”**

Attracting attention to the point that another important factor for the pilates exercises is the spine muscles, Konakoğlu continued her speech as follows:

“In particular, the stabilizing functions of the abdominal and back muscles should be evaluated by the physiotherapist. If the stabilizing functions of these muscles in the deep and middle layer of the spine are insufficient and the neutral position cannot be maintained during the pilates exercise, the abdominal and back muscles of the outer layer will work more. Because the stabilization of the spine is insufficient, the person will tend to use the already strong muscle groups to perform the movement. During this exercise, the spine will become vulnerable to injury and cause injury.”

“We, as physiotherapists, educate isolated the deep and middle-layer muscles of the spine, before starting pilates training in those who have identified such dysfunctions. In order to make the pilates exercises correct, we enable the individual to perceive the selective muscle and neutral spine position so that it does not give rise to instability in the spine (disruption of joint stability). And then we recommend that they begin general Pilates exercises and gradually go deeper in pilates training.”

### **IGU athletes met with Karakullukçu**

Turkey School Sports Federation President Dr. Ömür Fatih Karakullukçu was a guest in the interview organized by Istanbul Gelisim University Department of Health, Culture and Sports Volleyball Club.

Karakullukçu made a presentation about the place of exercise and sport within the Turkish Education System. He also gave advice to the students on the issues of employment problems and career planning of IGU School of Physical Education and Sports athletes.

After the program, which attracted great interest from the students, Volleyball Club Consultant Lect. Deniz Demirbolçay and Director of IGU School of Physical Education and Sports Mehmet Soyal presented Ömür Fatih Karakullukçu plaque and flowers.

### **Makeup is a self-treatment initiative**

Expert Clinical Psychologist Haydeh Faraji emphasizing that the use of cosmetics is one of the most powerful and accessible ways of manipulating the social appearance, said: “Makeup is a self-treatment initiative”.

“POSITIVE IMPACT AREA OF MAKEUP UNLIMITED”

Indicating that how they look for women is of paramount importance, Faraji said: “Women can use many ways to change their appearance and manipulate the social perception they create in other individuals. Makeup was also one of those roads throughout history. We now know that make-up affects both self-esteem and social perception, and that make-up is associated with the positive evaluation of both the woman herself and others, but the multiplicity and perhaps the limitlessness of the surprisingly positive domains”.

“IT IS CONSIDERED THAT THOSE WHO DOES MAKE-UP IS MORE POPULAR”

Faraji stated that the results were surprising in the studies where there were asked to associate the photographs with personality traits and characters, and added: “Participants considered the owners of their face paintings to be cleaner, tidy, more feminine and more attractive, but also think that these people are more reliable, social, more relevant, more polite, more self-confident, more organized, more popular. Similar studies have shown that people in women with makeup are associated with more positive character traits, have higher status and even perceive them as having happier relationships and more fulfilling life. Not only the evaluators but the participants to be evaluated also have the opinion that the photos with make-up will be more admired and higher scores will be given”.

“INDIVIDUALS WITH LOW SELF-CONFIDENCE TAKE HELP FROM COSMETIC PRODUCTS”

Faraji stating that make-up has a positive effect on self-esteem said: “Contrary to popular belief, however, make-up may not always be an indicator of high self-confidence. Low self-assured individuals receive help from cosmetic products as a self-treatment intervention”.

“MAKE-UP IS A MASK IN DAILY LIFE”

Faculty member of the Istanbul Gelisim University Expert Clinical Psychologist Haydeh Faraji, stating that contrary to the general opinion, makeup is not always directly related to the desire to attract attention, added: “Studies examining personality characteristics and make-up behaviors show that those with introverted personality traits can be more in the group that is doing makeup. They use make-up as a ‘mask’ that is accepted in daily life and uses make-up to manage the attention rather than attracting attention.”

## **SPES students in the U18 Indoor Match**

Turkish Athletics Federation hosted the U18 teams of five countries in the U18 Indoor Match. Istanbul Gelisim University School of Physical Education and Sports students took place as Youth and Sports Volunteers.

U18 Indoor Match which is a penultimate contest of Turkish hall athletics season was held with the participation of Turkey, Belarus, Ukraine, Kazakhstan, and France in the Atakoy Athletics Hall. While France was the first in one-day competitions collecting 114 points, Turkey became the second with 87-point, third Belarus with 86-point, Ukraine fourth with 83-point, and Kazakhstan collecting 14 points took the fifth place. Turkey gained in the tournament three gold, seven silver, 10 bronze medals, a total of 20 medals.

Participation of School of Physical Education and Sports organized by Instructor Tekmil Sezen Göksu was rewarded with a plaque by the President of Athletics Federation Fatih Çintimar.