

Most cited articles started to be listed

The number of citations to the scientific articles of academics working at Turkish universities is increasing. Noting that the number of citations received in the academics' papers in the University, Chairman of the Board of the Trustees Istanbul Gelisim University Abdulkadir Gayretli said: "That academics who have graduated or worked from world-class universities preferred Turkish universities has raised the quality of education, and the publications in Q1, Q2 class journals has encouraged other faculty members."

The website 'Web of Science', which provides comprehensive citation data for many different academical disciplines, has started to list the most cited scientific papers in its field. He drew attention to the number of citations received by the scientific articles published by the faculty members of Istanbul Gelisim University (IGU). The University has stated that the publications titled "Renewable energy consumption in EU-28 countries: Policy toward pollution mitigation and economic sustainability" (Andrew Adewele Alola), "The role of renewable energy, immigration and real income in environmental sustainability target. Evidence from Europe largest states" (Uju Violet Alola, Andrew Adewele Alola), and "A survey on the critical issues in smart grid technologies" (İlhami Çolak) have received over 100 citations in a short time.

Asst. Prof. Dr. Andrew Adewele Alola talked about his paper titled "The role of renewable energy, immigration and real income in environmental sustainability target. Evidence from Europe largest states" and said as follows:

"Considering the achievements of the European Union (EU) countries toward attaining the sustainable development goals (SDGs), our study was designed to examine if immigration policy specifically plays any significant (either positive or negative) role especially in the continents' energy efficiency achievement. Importantly, the study considered the case of the EU countries because of the free-entry immigration policy of the EU-28 member states. Lastly, three largest member states of the EU: France, Germany, and the United Kingdom were considered because of their seemingly homogeneity nature. Our study found that immigration trend in the examined countries might jeopardize the drive toward sustainable environment. We also found that as the countries experience economic expansion, more need be done to avert a disservice otherwise a trade-off between economic expansion and environmental sustainability policy will be inevitable. This study is important because it further provides understanding and policy guidance for the EU member countries and other similar states."

"WE ENCOURAGE THEM"

Referring to the reorganization of 'Procedures and Principles Regarding the Employment of International Faculty Members' by Head of the Council of Higher Education Prof. Dr. Yekta Saraç, IGU Chairman of the Board of the Trustees Abdulkadir Gayretli spoke: "We have 53 international faculty members from 23 different countries. We attach importance to that our faculty members graduate from qualified universities, do research and make publications. We encourage them to continue these kinds of scientific publications when they come to our university. They publish such qualified publications that will receive the most citation in the world. Uju Violet Alola who started as Assistant Professor in our University in 2019, achieved 3.45 citation average with 38 citations she has written in our University in a year and a half, and received 11 articles indexed by international prestigious citation indexes. She was also ranked high in the Web of Science (WoS) Highly Cited in Field ranking."

"TURKEY IS THE CENTER OF ATTRACTION"

Gayretli said as follows:

“Council of Higher Education introduced new criteria to improve the quality of international faculty members. That academics who have graduated or worked from world-class universities preferred Turkish universities has raised the quality of education, and the publications in Q1, Q2 class journals has encouraged other faculty members. Developed countries have stepped into a news age in technology and economy by bringing academics who have achieved success abroad to the departments such as robotics and virtual reality that they opened. We need to catch up with the age by going through the way like other countries did before without being late in education and technology with the support of international faculty members who are rare in Turkey and have had achievements abroad on current occupations of our age.”

PROFESSIONS OF THE FUTURE

Noting that he determined sustainability as a priority for research and education, IGU Chairman of Board of Trustees Abdulkadir Gayretli listed the professions of the future as follows:

“Future professions such as Augmented Reality Developer, Virtual Reality Developer, Smart Building Expert, Blockchain Developer, Digital Rehabilitation Expert, Drone Pilot, Software Developer are waiting for students and academics in the near future. Turkey's higher education is the center of attraction with not only the students but also the academics due to its farsightedness.”

Psychiatrist Assoc. Prof. Dr. Demirkaya: “Adults behave like adolescents”

Curfews have been imposed on citizens over 65 and under 20 due to coronavirus. Emphasizing that acting childish puts at risk, Child and Adolescent Psychiatrist Assoc. Prof. Dr. Sevcan Karakoç Demirkaya said that adults behave like 'adolescents'.

Expressing that although adolescence seems to be between the ages of 12 and 18 or 10 and 21, there are also emerging concepts of adulthood and late adolescence, Demirkaya said: “This age extends to 30, and the psychological adolescence process is lifelong in some people regardless of the chronological age. As adults continue to 'act like adolescents' and live in 'personal fables' that are far from the reality of the world, this outbreak will be very difficult to control.”

“THEY PLAY AN ACTIVE ROLE IN SPREADING THE PANDEMIC”

Demirkaya continued her speech as follows:

“Even though we have forbidden to go out to the adolescents on paper under the age of 20, there are individuals over the age of 20 who still remain acting like adolescents and are free to go out in the streets even though there is no obligation to work, even though the authorities and scientists say 'stay at home'. Unfortunately, these individuals also play an active role in the spread of the outbreak and harm public health in general.”

“MORE COMPREHENSIVE THAN SELFISHNESS”

Stating that the concept known as 'adolescent egocentrism' was first described by Child Psychologist David Elkind, Psychiatrist Assoc. Prof. Dr. Sevcan Karakoç Demirkaya from Istanbul Gelisim University continued her speech as follows:

“This is more comprehensive than selfishness, and it means that it is the thought that they are unique and special, therefore the rules that apply in the world are not valid for them. The harmful

part of this thought is that it creates an illusion of perception and after a while the person evaluates everything according to her/his own situation. This is also called 'personal fable'. While this process is overcome with the formation of a healthy identity during adolescence, some people think this lifetime and start living according to their own fables. They put themselves into the center and things become important only if they relate to them.”

“ACTING LIKE AN ADOLESCENT PUTS AT RISK”

Stating that the people with the age range emphasized that there is little risk for them are based on 'adolescent egocentrism' and they continue to go out onto the streets without a necessity, Demirkaya said: “They ignore the risks of getting sick and feel that their resilience is valid for all age groups. Another 'acting like adolescent' is 'taking risks'. Alcohol or drug use, opposition to authority and accident-related death are more often in adolescence due to their curiosity and that they cannot predict danger. This is because adolescents' developing brains control system is not fully matured, so 'innovation-seeking behaviors' and 'inability to predict losses' are more. Adults acting as adolescents also think about themselves as 'not getting injured' 'cannot getting injured' or 'invulnerable', and continue their relations with the environment through these kinds of thoughts. In their personal fables, the thoughts of not getting injured are notable.”

Measure against coronavirus: Do these to avoid touching your face

Psychiatrist Onur Okan Demirci said that this habit can be reduced by taking 1-minute exercises or taking notes while one of the main measures to be taken in the coronavirus pandemic affecting the world is not to touch the face.

According to experts, touching the face with hands many times during the day unconsciously increases the risk of coronavirus transmission. Pointing out that hand cleaning is very important to deal with the virus, experts say that hand cleaning can be useless as long as we touch our faces with hands. Emphasizing that researches show that people touch their faces 9 to 23 times an hour under normal conditions, Psychiatrist Onur Okan Demirci said that the anxiety and stress created by the coronavirus may increase this rate. Stating that some exercises can be done so that we do not touch our faces, Demirci said: “We can do 1-minute exercises. Since we have been doing these behaviors for quite some time, these urges will not be interrupted at once. Our goal is to gradually reduce this behavior. If you are a note taker, you can easily decrease these urges distinguishably. It is not possible to give a time for this; it may vary from person to person. But it will decrease over time to a minimum.”

Demirci spoke on the exercises that can be done to Demirören News Agency (DHA).

“WE TOUCH OUR FACES WITHOUT NOTICING”

Psychiatrist Demirci stated that we do not touch our faces deliberately, and said that the first step is to notice this situation.

Indicating that individuals who have difficulty at noticing can ask a relative to help them warn them, Demirci said: “Thus, we have the chance to reduce the risk of transmitting the coronavirus to ourselves. Our second step is to change our touch behavior. In our brain, there is a center that interprets the behavior of people in front of us. We also get that feeling from the facial expressions, behaviors and movements of the other person. Here we can think like empathy. Empathy is a skill that comes from there, too. Seeing someone who is itching causes us to be itchy, so it would be more

rational to deal with something else in order to distract our attention instead of watching someone who is itchy in such a situation.”

“APPLY THESE EXERCISES FOR 1 MINUTE”

Psychiatrist Onur Okan Demirci from Istanbul Gelisim University listed the exercises that can be done for 1 minute as follows:

“When you notice that you are touching your face, you can hold your hands tightly together for 1 minute to change this. We can wait 1 minute by putting your hands under your hips or try to change the behavior by squeezing the once famous stress ball for 1 minute.”

“YOU CAN TAKE NOTES”

Demirci also suggests taking notes apart from the 1-minute exercises, and says: “Taking notes can be important in changing such behavior. For example, when you realize the moment you touch your face, you can make a difference when you take note of how you noticed and felt your ‘I felt my face itchy while watching TV’ and then ‘I took my hand, scratched and relaxed’. We may have a chance to change this as we notice.”

“WE CAN REDUCE TRIGGERARY CONDITIONS”

Demirci pointed out that some situations trigger the urge to touch face, and said: “For example, as your glasses falls, you constantly push your glasses up, you can use the glasses tie. The nail eating habit is very common, so we can cut the nails as short as possible, or we can prevent the nail eating habit by using the gloves we use very often at home. Your hair can fall on your face, which can create an urge of touch. We can tie your hair. When you sense that you will take your hands to your face, you can change your focus and you should definitely try to find an occupation.”

Stating that itching can also occur in allergic situations for some people, Demirci said: “If this happens, you can definitely take a medication for allergies from your doctor and ask for it to be reduced. Basically, we can reduce the rate of touching our faces with situations that we will do through behavior change.”

The elderly should be vaccinated against flu and pneumonia

While coronavirus affects the elderly the most, it is important to protect the elderly who live in nursing homes.

Lecturer from Istanbul Gelisim University Gerontologist Sila Ayan listed the most common infections in nursing homes and elderly nursing homes and described ways to prevent them. Stating that the most common infections are urinary system infections, pneumonia, pressure sores and influenza, Ayan emphasized that protective methods should be directed towards the individual and the environment, said: “Two important vaccines to be given to the elderly over 65 are influenza (flu) and pneumococcal (pneumonia) vaccine. Besides the personal hygiene of the elderly, it is also important to clean the environment and increase the immunity. Increasing immunity includes subheadings such as nutrition, physical activity, providing sleep patterns, increasing productivity, providing the necessary psychological support for the elderly.”

Stating that pneumonia is one of the common infections for over 75 years of age, Ayan said, “The frequency of occurrence is higher among those living in a nursing home. Influenza, on the other

hand, causes three to four times more epidemics over the age of 65. It is typically associated with mortality and morbidity. Especially in places where there is public life, its spread is fast.”

Stating that isolation is also very important in this process, Gerontologist Sila Ayan added: “The most effective way to prevent the spread of pathogenic microorganisms from a specific area in institutions is to isolate the source of infection. Thus, the spread of microorganisms between the patient and healthcare staff, healthcare staff and the patient and patient and visitors is prevented. Insulation is carried out in a number of processes. These include hand washing, special room, using protective clothing, patient removal and disinfection, sterilization, etc. of waste. can be listed as. On the agenda regarding corona, all professional personnel in nursing homes and nursing institutions are already working wholeheartedly like our other healthcare professionals. For our elderly people staying in institutions and their outside families who are worried about them, what needs to be done is to stay at home, follow the instructions, cut visits and assist the staff.

Reminding that certain symbols are used in the institutions to indicate the risk of falling in the routine process, some risks related to infection and transmission, Ayan said: “Yellow leaf is used in respiratory isolation, blue anemone droplet infection, red star contact isolation, and four leaf clover are used in patients with risk of falling”.

The pandemic also affected profession choices: 6 out of 10 students changed their preferences

Stating that the coronavirus pandemic also affects students' choice of profession, Chairman of the Board of Gökkuşığı College, Abdulkadir Gayretli said: “6 out of 10 students have changed their preferences. The students started to prefer professions that they could work more about the healthcare or from distance.”

The subjects for the Higher Education Institutions Exam (YKS) and High School Placement Exam (LGS) have been determined. The YKS date for the 12th grades has been changed and postponed to July 25 - 26. Despite this delay, students will be responsible for only the first semester of 12th grade curriculum in addition to 9th, 10th and 11th grade curricula at YKS. Although the date of the exam, which is June 7, 2020 for 8th grades, has not changed, the scope of the exam has been restructured to be the first semester MEB (the Ministry of National Education) curriculum. Stating that 8th and 12th grade students are prepared for the exams within the current subjects, Chairman of the Board of Gökkuşığı College, Abdulkadir Gayretli said: “The coronavirus outbreak will also affect university preferences. Students are now changing their professional preferences.”

“THEY PREFER THE PROFESSIONS TO WORK FROM DISTANCE”

Stating that 6 out of 10 students change their profession preferences, Gayretli said: “The coronavirus outbreak plays a huge role in preferences. The students have started to prefer professions that they could work more about healthcare or from distance. In addition to all health-related branches; web design, mobile application development, robot and genetic engineering, and artificial intelligence expertise seem to be among the most popular professions.”

“WE REALIZED A DIFFERENCE”

Stating that they prepare students for the exams together with the online trial exams, Gayretli said: “Our Guidance and Psychological Counselors are with the students for the university and profession preferences. In this process, after the interviews made by our advisors, we realized that there are

differences in the preferences that the students planned to make. The coronavirus pandemic affected the profession preferences.”

Breathing 30 times deeply may clean your trachea

Emphasizing that the immune system can be strengthened by proper breathing, Quality Life Specialist Asst. Prof. Dr. Haluk Saçaklı said: “If you breathe incorrectly, you cannot remove toxic substances from the body. You should breathe correctly in every process you can achieve and think of it. But until it becomes a habit, open the room glass and breathe deeply 30 times so that you clear your entire trachea when you wake up in the morning. Before going to bed in the evening, open your window, breathe 30 times as in the morning, clean your trachea before bedtime and get ready for sleep.”

Haluk Saçaklı from Istanbul Gelisim University, who stated that an adult breathes 11-14 minutes per minute in resting conditions, added: “Approximately 15-20 billion dead cells are transported daily in the body. In order for the body to overcome all these burdens, blood needs to carry enough oxygen to organs and tissues. Therefore, the lymphatic system will work very well so that it can throw off such a big excavation. A good breathing is required for the lymphatic system to function well.”

“NOSE FILTERS FOREIGN SUBSTANCES”

Stating that chest breathing is more tiring than abdominal breathing, Saçaklı said: “As the chest wall approaches the limit of flexibility, its resistance increases and the respiratory muscles get fatigue earlier. Give your breath as much as possible. Breathing through the nose allows deeper, fuller and controllable breathing. Breathing through the mouth is used to increase the oxygen intake in cases of low oxygen in high intensity exercises. The nose is a complex and highly functional organ that filters foreign matter. As the breath enters through the nostrils, it moistens and becomes suitable for body temperature.”

“EXTEND YOUR BREATH PATH”

Stating that most people squeeze their breath between the rib cage and the trachea, Saçaklı said: “However, this is faulty breathing. You have to extend the path of the breath. First of all, the first place the breath will fill is the abdominal cavity. Inflate your belly with air through a deep breath that you will take from the nose. By sending the diaphragm muscle into the chest, send the air you breathe from there to the trachea. Feel the air in the trachea, get its flavor, after holding it for 2 seconds, if the nasal passages are open, start breathing slowly again through the nose. First the shoulders go down, then the rib cage is pulled in, finally pulling your stomach all the way in and let out all the air.”

“REPEAT EXERCISE EVERY EVENING CERTAIN TIMES”

Advising the abdominal swelling exercise, Saçaklı added: “Lie on your back to make it easier to fill and unload the abdomen. Put your mobile phone or television remote on your belly. As you breathe deeply through the nose, slowly inflate your abdomen and see with your eyes that the control is elevated. Slowly exhaust the air in your abdomen while slowly exhaling through the nose. If you repeat this exercise with certain numbers every evening, when you put the right technique into your consciousness, you can now involuntarily make these movements.”

“TAKE THE DEEP BREATHE 30 TIMES”

Quality Life Expert Asst. Prof. Dr. Haluk Saçaklı advising on how deep breathing should be given in a day, continued as following: “You should breathe correctly in every process you can achieve and think of it. But until it becomes a habit, open the room glass and breathe deeply 30 times so that you clear your entire trachea when you wake up in the morning. Every time you go out, breathe in and out as deeply and accurately as you can, at least until you get to your car. Before you go to bed in the evening, open your window, breathe 30 times as in the morning, clean your trachea before bedtime and get ready for sleep.”