

880 thousand aircraft maintenance personnel are needed

Expressing that the need for aircraft maintenance personnel has increased despite the economic recessions in the world, Pilot Dr. Tamer Saraçyakupoğlu said: “The need for commercial and military aircraft maintenance personnel is determined as 880 thousand personnel between 2019 and 2038.”

Stating that the need for personnel performing various tasks such as installing, removing, repairing and performing routine inspections of the aircraft components has increased, Saraçyakupoğlu added: “According to the 2019 projection plan of a US-based aircraft company, 769 thousand aircraft maintenance personnel needs are in the world between 2019-2038. in question. With the addition of military aircraft maintenance personnel, this figure is determined as 880 thousand personnel. The staff in question will be trained by many approved or non-approved schools worldwide.”

ATTENTION TO APPROVED SCHOOLS!

Indicating that students who graduate from approved schools in aviation field will have more employment opportunities, Istanbul Gelisim University (IGU) Head of Aircraft Maintenance and Repair Deratment, Pilot Asst. Prof. Dr. Tamer Saraçyakupoğlu said: “The reason for this is that the curriculum and lecture models in approved schools are carried out in a strict framework determined by the civil aviation authority. Aircraft Maintenance and Repair Department of our university has successfully completed this challenging process, has been recognized by the General Directorate of Civil Aviation (SHGM) and gained an approved school status.”

“AVIATION ENGLISH REQUIRED”

Stating that they, as the Aircraft Maintenance and Repair Department, not only help their students graduate fully in the aircraft and aircraft equipment laboratories, but also eliminate their shortcomings in English, Saraçyakupoğlu said, “In this context, the opportunity for our students to take 'Aviation English' courses within the certification programs in addition to the intensive English courses they take at school, also offered. In this way, it is ensured that students have a better command of English and a way to enter business life with stronger resume.

“WE PERFORM ON-THE-JOB TRAINING”

Stating that they make great efforts to bring the equipment that will facilitate their students' employment, IGU Chairman of the Board of Trustees Abdülkadir Gayretli said: "We have brought Cessna 340 A aircraft to the school in order to make practical applications in the students' lessons. We also made it possible to carry out 'On-the-Job Training' (OJT), which is a very important practice in aviation, thanks to the above-mentioned aircraft."

You can protect against Covid-19 with breathing exercises

Emphasizing that poisonous substances in the body cannot be thrown out breathing wrong, Assoc. Prof. Dr. Haluk Saçaklı said that 'you can protect against Covid-19 with breathing exercises'.

Stating that approximately 15-20 billion dead cell residues are carried in the body daily, Assoc. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University said: "In order for the body to overcome all these loads, the 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. Oxygen loading of our blood takes place through breathing. Accurate and conscious breathing ensures that your blood is loaded with oxygen, as well as the order of both the lymphatic system and blood circulation."

"THE RIGHT BREATHING TECHNIQUE IS IMPORTANT"

Stating that chest breathing is more tiring than abdominal breathing, Assoc. Dr. Haluk Saçaklı said, "As the chest wall approaches its flexibility limit, its resistance increases and the respiratory muscles get fatigue earlier. With the diaphragm breath, the defense system of the lungs is strengthened. For this, it is important to know the correct breathing technique.

Providing information about the correct breathing technique, Saçaklı said:

"Take the breath away from the nose as much as possible. Breathing through the nose; allows deeper, fuller and controllable breathing. Breathing through the mouth; It 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."

"ABDOMINAL CAVITY MUST BE FILLED FIRST WHEN BREATHING"

Stating that most people squeeze their breath only between the chest and the trachea, Saçaklı said: “However, this is faulty breathing. The path of the breath should be extended. 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 come down, then the rib cage is pulled in, eventually pulling your abdomen well and evacuating all the air.”

47 percent of generation Z feels lonely and excluded

According to the research conducted by a private health company in the USA in online interviews with 20 thousand people over the age of 18, 47 percent of the Z generation feels alone or excluded, and 27 percent feel that they are not understood by other people. Psychiatrist Dr. Onur Okan Demirci commented: “They are experiencing the worry of the future intensely. Stress levels are higher compared to other generations.”

A private healthcare company in America conducted a research on the mental health and loneliness of the Z generation youth. According to an online study with 20 thousand people over the age of 18, generation Z sees itself as the loneliest generation. 47 percent of the participants feel alone or excluded, and 27 percent feel that they are not understood by other people. 43 percent said that they found relationships meaningless and that they isolated themselves from other people.

Z Generation youngsters stated that young people are worried about their future because they are exposed to news about violence, abuse, political debates, economic imbalances, and tax, and their stress levels are higher than other generations.

45 PERCENT SAID THAT THEY DON'T HAVE PROBLEMS WITH MENTAL HEALTH

45 percent of the youth define themselves as ‘sound mind’. 91 percent say that they have experienced physical or emotional discomfort at least once due to the stress or mental health they have experienced in the past year. But people in Generation Z have the convenience of requesting much more help than other generations when they have a mental health problem.

“SOCIAL MEDIA IS NOT EFFECTIVE SOLELY”

Evaluating the results of the research, Psychiatrist Dr. Onur Okan Demirci from Istanbul Gelisim University said: “The use of social media alone does not have an impact on the isolation of the Z generation. It seems that there is no clear difference between those using intense social media and those who never use. Tensions, violence, and political debates between countries quickly reach large masses thanks to technology. Generation Z becomes the generation most affected by this situation.”

“PARENTS ARE NOT ABLE TO ESTABLISH MUTUAL RELATIONS WITH THE CHILDREN”

Mentioning that the future anxiety of the Z generation causes a constant struggle with depression and anxiety, Dr. Demirci said: “The parents of the Z generation cannot establish enough bond with their children because they have an intensive working tempo. The child who feels the need to connect goes to meet this need with social media. Social media is therefore becoming a 'connectivity tool' in Generation Z.”

Why do driving abilities change in old age?

Noting that the use of drugs, multiple chronic diseases and loss of self-confidence as well as the normal changes that come with old age, Gerontologist F. Sila Ayan said: “It is known that the elderly can have problems while changing lanes, traffic, brake-gas balance, follow-up distance and attention level. These changes are vital in assessing the driving abilities of the elderly.”

“OLD-FRIENDLY TRANSPORTATION OPPORTUNITIES MUST BE IMPROVED”

Stating that the elderly are perceived as novice drivers driving at low mileage and only in health related emergencies, Gerontologist from Istanbul Gelişim University Lect. F. Sila Ayan said: “However, they are more vulnerable and more easily injured in case of an accident. After the ability to drive a suitable vehicle is lost, according to the data of the USA, considering that men 6 women live 10 more years, we see that our traffic rules, the vehicles we produce or our age-friendly transportation opportunities should be improved.”

“64 PERCENT OF DEADLY ACCIDENTS ARE SEEN WHERE THERE ARE NO CROSSROADS”

Stating that isolation was seen in the elderly after the dropping of driving and pathologies related to this situation developed, Gerontologist F. Sila Ayan said: “Elderly people who cannot drive mostly prefer walking path. On the other hand, individuals who carry out transportation by walking have 64 percent fatal accidents in places where there are no crossroads. It is unrealistic to expect that habits that do not develop at a young age in bicycle use and communities that are not designed accordingly will change in old age.”

“DEMENTIA PATIENTS ARE MOSTLY LOST WHILE DRIVING”

Stating that special transportation cards and local practices are not enough, Ayan said, “Being unable to organize different service models for the elderly is pushing them to solve their problems on an individual scale. According to the data of the USA, dementia patients continue to use vehicles until 3-4 years after their diagnosis and the risk of accidents is two times higher in this mass compared to healthy elderly people. Most elderly people with dementia are lost while driving, and this often results in fatal accidents.”

Speaking about the evaluation of the driving abilities of the elderly, Ayan said: “Although there is no specific regulation in our country, official driving evaluations used in the USA and many countries in Europe generally take 45 - 60 minutes and 5 types of advice are given to the people as a result of driving tests in closed and open environments, such as:

1. Driving without restrictions
2. Driving with some restrictions (day and night, speed, duration etc.)
3. Driving with regular checks in the presence of progressive disease
4. Stop driving
5. Getting alternative travel assistance

In the end Ayan finishing her words, said: “In our country, a national system can be developed based on these methods.”