

What to do before and after an accident on the plane

Istanbul Gelisim University (IGU) Civil Aviation Cabin Services Lect. Remzi Sizan sorted the measurements to take what to do before and after an accident on the plane by addressing the importance of passenger preparation for emergencies on board.

Remzi Sizan said that when air transport is examined in the world, one of the safest means of transportation is air transportation, and that rarely plane crashes occur.

“PILOT IN COMMAND MAY NOT HAVE TIME TO NOTIFY”

Lect. Remzi Sizan stated that when the plane accidents in the world are examined, emergency situations are divided into two as prepared and unprepared. Stating that unprepared emergencies generally occur during landing and take-off, he said:

“Each flight has a critical eleven-minute duration, three minutes from take-off and take-off, eight minutes before and after landing the plane leaves the runway. During this period, all cabin crews and passengers must be mentally and physically prepared. An emergency may occur at any time immediately after take-off or until the aircraft leaves the runway at the final approach. In this case, 'Be prepared to hit!' should be announced from the control cabin or, if this command cannot be given, the belt warning lights can be set to 'on-of-on' and warn the passenger and the crew to be prepared to hit.”

“DANGER!”, “LEAN FORWARD!”, “HOLD YOUR KNEES!”

Mentioning cabin crew commands in unprepared emergencies, Lect. Remzi Sizan said: “This warning continues to be given until the aircraft has completely stopped. All passengers should secure their heads by holding their knees or crossing their arms. Then they need to wait for the evacuation command from the cockpit or cabin, if they do not need evacuation, they must stay in their place.”

WHAT TO KNOW FOR SAFE FLIGHT

Lect. Remzi Sizan listed the things to know and do in order for the passengers to make a safe flight:

When passengers arrive on the plane, first of all, they should determine how many steps to the exit there are closest to them in a possible emergency; especially in the case of night flight, power failure, fire and smoke in the cabin.

Heavy hand luggage should not be kept under foot in a way to prevent evacuation.

Heavy and damaging hand luggage should never be placed in overhead cabinets and should be given to cargo if possible.

It should be noted that an emergency can occur at any time in a taxi, take-off, flat flight and landing. This includes open air turbulences.

All instructions given by the cockpit and cabin crew should be followed and listened very carefully.

Safety cards belonging to aircraft type must be examined, and which outputs are close should be known. It must be learned how emergency exit windows and doors are opened.

When the belt warning lights come on, we recommend that the passengers fasten their belts at waist levels and perform opening and closing rehearsals several times, that the belt buckles are visible, not tied inwards.

Passengers with babies should definitely request a baby lifejacket and a baby belt, and learn how to open and close the belts. The feet of the babies should be kept on the corridor side and their heads should be kept by the mother.

Passengers with babies and children must request pillows and blankets from the cabin crew to support their heads.

Each passenger should check whether their lifejacket is in place.

Passengers who will sit in the emergency exit must learn the emergency exit instructions thoroughly, give verbal feedback, and if they do not have these competencies, they must definitely change their seats.

In every landing and take-off, passengers must remove the sharp objects on them and put them in the seat pockets and loosen their collars and ties.

On day and night flights, the taxi should not be obeyed until the plane leaves the runway during departure and landing.

When our passengers sitting near the windowsills or close to the wing-outs see an unusual or suspicious situation in external conditions, the nearest cabin crew should be informed immediately.

Seat tables must be closed, if not, people must be replaced.

Especially, they should make sure that monitors in emergency exits are closed.

Demos from the cabin crew should be watched from beginning to end.

Babies with strollers should be seated facing the mother and their heads should be supported with pillows and blankets.

It should be remembered that in the case of turbulence in a flat flight, passengers in the toilets and standing passengers must immediately return to their seats and fasten their belts because very severe open-air turbulences can occur.

In any loss of pressure in a flat flight, it must be seated on the nearest seat and a belt must be fastened; It should be remembered that when the flow of oxygen is started, the closest mask must be worn by the passenger and then the child's mask. It should be remembered that the duration of loss of consciousness is very short, especially in high pressure flights in sudden pressure discharges.

In case of any evacuation on night flights, we recommend that passengers do not use eye-catching reading lights if possible so that their eyes can be accustomed to external conditions.

Lecturer Remzi Sizan, considering the emergencies, believes that mental and physical preparations will always be beneficial for safe and healthy flights, and finished his words as: "We wish safe and pleasant flights to all our passengers as Istanbul Gelisim University".

Chairman of the Board of Trustees of Istanbul Gelisim University (IGU) Abdulkadir Gayretli also mentioned that the passengers should be made aware of the trainings, and added: "Before the flight, it is necessary to raise awareness about how passengers should act. We

provide these trainings to our students both through the University and through the Continuing Education Center. In addition, the necessary support and training should be provided to those who are afraid of flying accidents and those who want to overcome these traumas. It should be noted that planes are still the most reliable means of transportation in the world.”

Students' success in business life is related to the studying the programs they want

With a double major or minor, students can study in the departments they want. In addition, students who have made lateral and upper-grade transfers in recent years can continue to study without interrupting the scholarship when they pass to the department they want. Abdulkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University (IGU), stated that students' success in business life is directly related to studying the program they want.

“THE DREAMS OF THE STUDENTS COME TRUE”

Chairman of the Board of Trustees of Istanbul Gelisim University (IGU) Abdulkadir Gayretli stated that thanks to this implementation students can study the program they want and added: “The dream of families and students of studying the program they want comes true with the efforts of the President of Higher Education Council Professor Dr. Yekta Saraç as a result of the lateral transitions are published in a different function. For this reason, each student had the chance to study the program s/he dreamed of, easily. It is necessary to evaluate this chance if the university students have a base score for the departments they want or if they have a general academic grade point average, since it is the time to apply for lateral transfers. Nowadays and in the future, it will be possible for people to have the opportunity to study the programs of their own desire and to establish their own business at the time of graduation, to take up a comfortable job. The chance of students to be successful in the future is also important for them to work according to their own choices.”

“STUDENTS CANNOT FIND A JOB AS THEY DON’T GRADUATE FROM THE PROGRAMS THEY WANTED”

Stating that there are thoughts that the rise in the unemployment rate of university graduates is high in Turkey, Abdulkadir Gayretli continued his words as follows: "One of the reasons for this is that the students do not look for a job in a sector in line with their own interest and do not graduate from the programs they want. Unemployment rates are said to be high among those who graduate from foundation or public universities, but I do not believe this because people complain about not finding enough personnel at industrial or commercial points. It means there is something wrong here. When we listen to industrialists and business people, we learn that they cannot find any staff. The mistake here is that the students couldn't study the departments they wanted."

Gayretli making suggestions about the solution of this problem, said: “Using internal and external transfer options in school life students can study the program they want. In addition to the transition, people can study a minor or double major. Students must also know a foreign language. As there is import or export explosion in Turkey speaking a foreign language may make easier for them to find a job.”

Şule Gayretli, a member of the Board of Trustees of IGU, said that internally transferred students can benefit from the scholarship opportunities at the university.

How do you overcome depression in old age?

Advising on how to manage depression in old age, Gerontologist Lect. F. Sila Ayan said: “The old age period is not a process in which there are definite and inevitable losses. However, it appears as a period of radical changes.”

Experts state that the vast majority of anti-aging prejudices address hopelessness and unhappiness in later life, and add that some changes observed in the life process can cause depression, which is a common problem among the elderly. It is also stated that after the development of mental illness, some important results affecting quality of life and health can be observed. Gerontologist Lect. F. Sila Ayan from Istanbul Gelisim University shared information about depression chart in old age, how to understand and how to manage it.

WHY ARE THE MENTAL HEALTH PROBLEMS IN THE ELDERLY IMPORTANT?

Gerontologist Lect. F. Sila Ayan said: “Mental health problems can greatly impair the functionality of the elderly. Many physical health problems affect mental health, and many mental health problems affect physical health, as well.” And continued: “Looking at the data of the last decade, almost 20 percent of people 55 year-old and older have experienced a mental health problem, which is not a normal part of aging. Elderly people with mental illness are often under-diagnosed because they do not tend to seek health care. In addition, the symptoms associated with mental disorders in the elderly are more organic complaints than young people and may be misdiagnosed.”

WHY ARE PEOPLE WITH MENTAL HEALTH PROBLEM AVOIDING TO SEARCH FOR HELP?

Recalling the problems experienced by the elderly with mental health problems in the process of applying to health institutions, diagnosis and treatment, Ayan listed the reasons leading to this situation as follows:

Fear of stigma

The denial of the problem

Difficulty in accessing health care

Lack of workforce

Inadequate patient support systems

WHY IS IT SEEN?

F. Sila Ayan said: “The old age period is not a process in which there are definite and inevitable losses. However, it appears as a period of radical changes. Some of the situations that cause the stress level of the elderly to increase are the death of a person they love, the end of an important relationship, the loss of the habitual environment, the long-term distance from the usual social environment, health problems, poverty, the presence of a large number of chronic diseases (NCDs), side effects of some medications. Nevertheless, the life history and individual characteristics of the patient should be taken into consideration while making the evaluation. Likewise, even in the elderly who are diagnosed

with major depression, exacerbations are observed during the anniversary of important life events.”

What kind of attitudes will be observed in the depressed elderly person, Ayan listed as:

“Extreme sadness

Absence of emotion or feeling of emptiness

Loss of interest or dislike for activities previously held with love

Not being able to do daily activities at home or at work

Disturbed sleep, disturbed awakening, early awakening

Loss of appetite, anorexia or overeating

Concentration and memory difficulties

Feelings of hopelessness, worthlessness and guilt

Feeling weak, tired, burnout

Symptoms are generally worse in the morning.

Death and suicidal thoughts (Wish to die or wish to be dead)

Disconnection from reality (in people with severe depression)

People with symptoms of bipolar depression may have extreme joy and enthusiasm

Don't move or speak slowly enough to attract other people's attention

To think it would be better to die or harm oneself

In elderly people, these symptoms can be confused with different causes and effects, so diagnosis is rather challenging.”

HOW TO TREAT?

Ayan stating that a medical treatment plan, music and light therapies, lifestyle changes, and intervention gerontology interventions are recommended for the elderly, after interviewing

the patient and applying various neuropsychological tests to the patient, said: “The important thing is to improve the patient's adaptability and to gain the ability to meet the changes and transformations experienced in cold blood. In this way, life events do not affect the person in a shocking manner, and self-confidence and self-efficacy are provided.”

Emphasizing that the problems not detected and managed in the early stages can become more severe in the following process and lead to even sad cases such as suicide, Ayan said: “To show the necessary care and attention to our respectable elders, to detect changes in emotional state at an early stage and to support them without judgment is very important for the elderly as well as for all age groups.”

Gelisim Art Gallery opened its first exhibition

Istanbul Gelisim University (IGU) Gelisim Art Gallery opened its first exhibition with the contribution of the faculty members from Faculty of Fine Arts. With the exhibition named 'Academy Art - Group Painting Exhibition', great attention was paid to the gallery.

Gelisim Art Gallery met art lovers with 'Academy Art - Group Painting Exhibition'. IGU Rector Prof. Dr. Burhan Aykaç, Avcılar Deputy Mayor Yazgülu Karataş, Istanbul Provincial Police Chief Executives, Acting Dean of the Faculty of Fine Arts Prof. Dr. İsmet Çavuşoğlu, Dean of the Faculty of Economics, Administrative and Social Sciences Prof. Dr. Kürşat Yalçiner, the Dean of Arel University the Faculty of Communication Prof. Dr. Selahattin Ganiz attended the opening, and art lovers showed great interest in the exhibition.

Prof. Dr. İsmet Çavuşoğlu who made the opening speech of the exhibition stated that Gelisim Art Gallery is an important step that will contribute to the artistic values of the university and the people of Istanbul, and stated that national and international exhibitions will continue.

Making good wishes for the exhibition and art gallery, Prof. Dr. Burhan Aykaç congratulated the artists participating in the exhibition with the presentation of a plaque.

Gelisim Art Gallery Academy Art - Group Painting Exhibition is open to visitors until March 05, 2020.

Meeting on collaboration between IGU and RTUK

A meeting was organized for collaborations between Istanbul Gelisim University and RTUK (Radio and Television Supreme Council) getting together with RTUK representative Zafer Küçükşabanoglu.

Acting Dean of the Faculty of Fine Arts Prof. Dr. İsmet Çavuşoglu, Dean of the Faculty of Economics, Administrative and Social Sciences Prof. Dr. Kürşat Yalçiner, FFA Head of the Department of Cinema and Television Asst. Prof. Dr. Önder Paker, FFA Head of the Department of Communication Design Asst. Prof. Dr. Öznur Işık, Head of the Department of FEASS Radio, Television and Cinema Prof. Dr. Sacide Vural and FEASS Vice Dean Asst. Prof. Dr. Yeşim Koçyiğit attended the meeting held at the Dean's Office of the Faculty of Fine Arts.

Küçükşabanoglu stated that collaborations between RTUK and universities are given importance at the meeting, and added that they plan to hold panels and conferences to be organized jointly and they will support students in creating opportunities for internships.

Psychological trauma cases need to be minimized

"Psychosocial Support Services Symposium" was organized in order to ensure fast, effective and efficient coordination of psychological counselors before and after the trauma, crisis. Istanbul Gelisim University Chairman of the Board of the Trustees Abdulkadir Gayretli stated that the psychological trauma cases should be minimized, and said: "It is very important to increase the number of trauma teams."

The 'Psychosocial Support Services Symposium' (PSIDESS 2020), which was organized in cooperation with Avcılar Guidance Research Center, Bahçelievler Guidance Research Center and Istanbul Gelisim University (IGU), has been completed. 10 conferences and 8 workshops were held in the symposium, where more than 800 psychological counselors participated and 18 speakers took part. In addition to Bahçelievler District Director of National Education Emin Çıkrıkçı, Avcılar District Director of National Education Dr. Barış Yıldız, psychological counselors working in Istanbul and students of Psychological Counseling and Guidance attended the symposium organized in order to ensure fast, effective and efficient coordination of psychological counselors before and after the trauma/crisis.

“TRAUMA CASES SHOULD BE MINIMIZED”

Speaking about the symposium, which aims to increase the level of knowledge of all participants with information and workshops shared by expert speakers in many different subjects such as trauma, types of trauma, and different approaches to traumatic events, Istanbul Gelisim University Chairman of the Board of the Trustees Abdulkadir Gayretli said: “Psycho-social work requires expertise. We have seen the results of the workshops and trainings carried out with such symposia after the earthquake in Elazığ. Psychological trauma cases needed to be minimized. Therefore, it is very important to increase the number of trauma teams. Studies with Guidance Research Centers, Ministry of Family and Social Services and AFAD (Disaster and Emergency Management Presidency) will allow more specialists to be trained.”

“WE ALWAYS SUPPORT THEM”

Stating that psychological traumas also affect students, Gayretli said: “Children may have to take a break after the disaster. They may be unable to attend courses at schools. In this process, psychological counselors have a big duty. They are supposed to both help our young people survive these traumas, and guide our young people to get to know and understand themselves correctly. Counselors should be able to solve their problems and influence their decisions. We always support such activities, which are organized so that psychological counselors, who play a major role in improving students’ capacities, also develop themselves.”

RIGHT PREFERENCES FOR HAPPY STUDENTS

Stating that students who are healthy, know themselves and their environment well, are able to prefer the right university and department for them, Gökkuşığı College General Director and Psychological Counseling and Guidance Specialist Mesut Döner said: “The more accurate university preferences make students happy and strengthen their bond with their university, and they can find jobs more easily when they graduate. Psychological counselors have a great role in the happiness of students.”