

### **Breathing exercise from the specialist for the masked exam**

With the change of exam dates, students started to experience stress. Child and Youth Psychiatrist Assoc. Prof. Dr. Sevcan Karakoç Demirkaya said that students can relax by doing breathing exercises with a mask.

After the coronavirus epidemic, it was reported that the Entrance Exam to High Schools (LGS) will be held on June 20 and the Higher Education Institutions Exam (YKS) will be held on June 27-28. Psychiatrist Assoc. Prof. Dr. Sevcan Karakoç Demirkaya From Istanbul Gelisim University, who pointed out that changing dates, students going to take exams in their own schools and especially exams using masks can cause anxiety on students, said: "Some anxiety is always necessary so that they sit and study for the exam and be productive this period. However, there was an uncertainty and it was an uncertainty about the exam. For this reason, some of the children stopped working or some young people were now exhausted. The clarification of history has been good in a sense and has reduced anxiety."

### **THESE BREATHING EXERCISES CAN BE APPLIED**

Stating that people start to breathe fast when they get stressed and that this situation is something that increases the feeling of moisture and discomfort in the mask Assoc. Prof. Dr. Demirkaya said, "For this reason, maybe even the last 10 days, they can do breathing exercises and relaxation exercises. If there is a serious anxiety that they cannot manage, they have anxiety at home, even if they are worrying about them even at the moment, they recommend getting support from a mental health worker."

Assoc. Prof. Dr. Demirkaya, added: "There are different methods of breathing exercises, but the general thing is that; we need to breathe by counting up to 7, and then counting up to 6. In general, we breathe deeply but are given immediately. Imagine having a butterfly in your palm. When we blow fast, the wings of the butterfly disintegrate, but while you breathe deeply and exhale deeply, you gently blow and your butterfly can fly. They can work by dreaming that butterflies are flying."

### **STAY AWAY FROM SOCIAL MEDIA TO REDUCE ANXIETY!**

Demirkaya, who advised young people to reduce their anxiety during the exam period, said: "I recommend that they stay a little further away from social media and listen to news about the coronavirus and exam less in order to reduce their anxiety. Because disasterization scenarios are written here, which increases exam anxiety."

### **REQUIRED TO RETURN TO OLD ORDERS**

Emphasizing that the order of the youth has deteriorated considerably until this time, Assoc. Prof. Dr. Sevcan Karakoç Demirkaya said: "There was also a group of adolescents, some of whom lived at night and slept during the day. They have to leave this order because there is a very short time to take the exam. They need to go to bed at night and get up at a certain time in the morning. They should stop eating when it comes to their minds and pay attention to their diet as before."

### **"THEY SHOULD HAVE TRIAL TESTS IN MASK"**

Stating that "They have to spend the remaining approximately 1 month by solving a masked experiment at the time of the exam" Demirkaya continued as follows:

“I suggest that they try the exams by determining the sessions like routine on the day of the exam, without leaving home at that time, without looking at the mobile phone, eating and drinking something and wearing a mask. Mask is an application for all candidates to take the exam. This should give students the feeling that they are not alone and think like that. It is important that the mask is a mask that they know. The smell and structure of some masks can be different. It will be more convenient to adjust the masks they will use on the day of the exam beforehand.”

#### WARNING TO THOSE WHO WEAR GLASSES!

Indicating that the lenses can mist when using the mask and glasses together, Demirkaya said, “The wearers of glasses, must find out what to do the glasses to be steamed less. They need to find their way at home so that they don't get excited during the exam and manage time properly.”

#### WARNING TO FAMILIES: DO NOT MAKE STRESS INCREASING WARNINGS

Demirkaya also warned families and said: “Families should not react to their children with stress. They should put forward their expectations more realistic. If they have been very interested in their children until this time, they should continue to be interested in the last 1 month. But if they have not been very interested in their children so far, it will not make sense to insist so much in the last month. Then the child may be surprised at what to do. Families should have a regulatory duty. They need to arrange bedtime-departure times, eating hours, trial-solving times during the day and arrange the last month together at home according to the rhythm of the child.”

#### How did the pandemic affect young people and children?

Asst. Prof. Dr. Haluk Saçaklı pointing out that the biggest danger that awaits young people and children under 20 who cannot go out during the coronavirus epidemic is immobility, said: “It was normally 6 hours for the children to spend motionlessly on television, computer, internet, and lessons. Now it is at least 12 hours with distance education.”

#### “THE INFORMATION RECEIVED IS PROCESSED SLOWLY”

Emphasizing that the 41.4 percent of boys 12-14 age range in Turkey, 69.9 percent of the girls do no exercise and sports Asst. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University said: “The rate for male youths aged 15-18 rises to 44.6 percent and 72.5 percent for girls. Considering that these young people will stay at home for a while, when not exercised, the brain is not getting enough oxygen and the efficiency of its capacity decreases. The information received is processed slowly, in this case, it is noticed with its reflections such as late detection, late notice, and quick forgetting.”

#### “EXERCISE MUST BE DONE”

Pointing out that the reduced energy consumption will increase the development of obesity in children and young people very quickly, Saçaklı said: “Exercise opportunities should definitely be done even at home. In this way, the factors that create new nerve cells should be stimulated with exercise. These new cells will strengthen the relationship of old brain cells with each other.”

#### WHAT KIND OF EXERCISES SHOULD BE DONE AND HOW LONG IT SHOULD LAST?

Stating that 30 to 60 minutes of exercise should be planned at least 3, at most 5 times a week, Saçaklı added: “Activity should be done without getting out of breath. Exercises in which the leg and arm muscles are active should be preferred. Body flexibility should be emphasized. Children and teens should learn to control their bodies.

“THEY WILL GET GOOD AND QUALITY SLEEP”

Stating that they will be relieved psychologically when exercising, Saçaklı said: “Lesson fatigue will decrease, stress will decrease, all the negative effects caused by stress will be eliminated, efficient lesson studies will be provided, they will sleep well and with good quality, their appetite will decrease.”

### **Mechatronics students have passed first stage for the giant festival**

Aviation, Space and Technology Festival TEKNOFEST will be held at Gaziantep Airport on September 22-27. The 'IGU Behemehâl' team, consisting of the students of the Istanbul Gelisim Vocational School Mechatronics program, has passed the first stage to join the festival and added a new one to its activities in the field of robotics.

“IGU Behemehâl” announced that it has successfully completed the first stage by completing the "Preliminary Design Report" in to 70 teams among the 127 teams among in the category of "Unmanned Underwater Systems Competition (Advanced Level)" in order to participate in TEKNOFEST. Lecturer Umut Uz is the consultant of the “IGU Behemehâl” team consisting of 1st grade students of the Istanbul Gelisim Vocational School Mechatronics Program. The team, which includes Berk Bal, Rabia Gökçe, Berk Çiftçi, Yusuf Apaydın, İbrahim Aktaş and Mehmet Oktay, started the necessary work for the "Critical Design Report" process.

“WE ACT WITH THE PURPOSE OF PIONEERING IN DOMESTIC PRODUCTION”

Abdülkadir Gayretli, the Chairman of the Board of Trustees of Istanbul Gelisim University, stating that they will attract attention at TEKNOFEST, as they do every year, added: “We stand out with our pioneering ideas and designs in the field of technology. We have implemented many successful projects such as Flying Car ‘TUSI’, Pharmaceutical device ‘Eczamatik’ and 'Anti-Collision Brake System'. We first launched our flying car at TEKNOFEST. We act with the aim of being local, national and pioneer in our works. We always support our students and academic staff in this regard.”

At the Aviation, Space and Technology Festival, which will be held in Gaziantep this year with the support of important institutions and companies in Turkey under the leadership of Turkey Team Foundation Technologies (T3 Foundation) and the Ministry of Industry and Technology, competitions will be held in 23 branches including many areas from rocket to flying car, autonomous systems to human benefit technologies.

### **Advices for coping with corona stress**

Stated that the key to coping effectively with the stress caused by COVID-19 is to maintain a positive attitude and listed advices for coping with stress, Prof. Dr. William Mosier said: “Physical exercise can help when you are in distress and want to feel better. The physical release of energy is important in constructively controlling our stress response. Be kind to yourself.”

Saying that stress provides the necessary energy to sustain human life, American Prof. Dr. William Mosier, faculty member of the Department of Child Development at Istanbul Gelisim University (IGU) the School of Health Sciences spoke: “Humans are stress-seeking beings. The human body reacts to stress in a predictably physiological way. Stress creates an emergency discharge of adrenaline in our bodies. These chemical reactions lead to changes that speed up cardiovascular function and impact our digestion. To the human body, it doesn’t matter whether our stress reaction is from joy or fear;

the physiological response is the same. Our stress response is the condition we experience when the body is creating excess energy.”

#### “STRESS REDUCES YOUR RESISTANCE TO VIRAL INFECTIONS”

Saying “One must know how her/his response to stress to cope with it”, Prof. Dr. Mosier continued as follows: “The key is to become aware of your typical pattern of coping with stressful situations. The sources of stress in our lives are physical, psychological, and/or environmental. Our stress responses create a release of cortisol from your adrenal glands. This adrenaline surge increases heartrate and respiration and slows down digestion. Chronic release of stress hormones weakens your body’s immune response and reduces your resistance to viral infections.”

#### ADVICES FOR COPING WITH THE STRESS

Prof. Dr. Mosier gave advices to coping with the stress as follows:

“When you are in a state of distress and want to feel better physical exercise can help. The physical release of energy is important in constructively controlling our stress response. Be kind to yourself. Believe in yourself. Remember, you are a worthwhile person and you have many strengths. Hanging on to negative feelings is unhealthy. Modifying your interpretation of the stressful situation can help you to overcome the negative effects of toxic stress (distress). The more tuned-in you are to the signs of your stress response, the greater your ability to stop the distress from becoming overwhelming. Recognize that you can change yourself more easily than you can change the world around you. How you manage your feelings will determine how well young children are able to manage their feelings. To change negative, destructive feelings, you have two choices: You can try to change the things that are beyond your control or you can choose to change things that are within your control. Focus on problems that you can solve, not on what you cannot change.”