

Be careful about remote sports trainers

After the coronavirus pandemic, distance learning sports training also gained popularity. Remarking about what to consider in distance exercise training, Asst. Prof. Dr. Engin Işık Abanoz said: “Be sure to train from a qualified sports trainer.”

Stating that there has been an increase in distance sports training with the pandemic process, Asst. Prof. Dr. Engin Işık Abanoz said: “It seems that the untrained people who attempt to advantage from these jobs also tries to earn money by sending videos from both social media and digital media.”

“NEED TO KNOW MOVEMENT AND MUSCLE ORDER”

Emphasizing that the educated trainer should have basic knowledge of movement and training, regardless of the method s/he serves (pilates, fitness, aerobics...), Dr. Engin Işık Abanoz, Head of Recreation Department from Istanbul Gelisim University spoke: “In addition, there is a need of knowledge for intermediate kinesiology (motion science) and exercise physiology. Knowing the movement and muscle sequences, which muscle and how much to load while exercising will enable them to keep an unhealthy condition that may occur on the opposite side at a very low level. It should be paid attention if it has a certificate program, which is called 'master trainer', whose documents are approved by an official institution or approved by an official institution, attended by specialist sports trainers.”

“SOME MOVEMENTS SHOULD NOT BE PERFORMED”

Reminding that the trainers should know the motoric, strength and physiological characteristics of the people they train, Abanoz said as follows:

“Which movements are the skills suitable for performing? How are the heart, thyroids, LDL HDL and blood values of their first degree relatives? They should take a pre-test and prepare their exercise periods according to these test results. For example, some movements should not be done without considering whether they have the muscle and joint strength, muscle coordination that can make the jump-knee bending-and-lift movement, which we call 'jump squat', and whether s/he can physiologically tolerate the blood pressure that will occur during the movement.”

“ONES HAVE THE POSSIBILITY TO WORK TOGETHER BEFORE ARE LUCKY”

Stating that the luckiest trainer and the coachee are people with exercise background together in distance education, Abanoz evaluated: “Since they had the opportunity to work with each other, both parties will be more dominant in the movements made online. Here, the risky ones are the individuals who want to take advantage of the free applications and videos that may be available, or who have received such a service by introducing themselves as a so-called sports trainer for the first time in their lives.”

“ONES HAS THE HIGHEST NUMBER OF THE FOLLOWERS PERFORM THIS PROFESSION”

Indicating that information pollution has increased with the internet entering the human life, Abanoz warned: "This led to increased misdirects and frauds. Although the professions have to come to people as a result of professionalization with experience after going through a certain educational stage, we see that some people who have a high number of followers and who have become popular commercializing themselves through acting by using social media are performing these professions. Conscious approaches will enable us to make this distinction easily."

Students should turn to long-term initiatives

Educator Abdülkadir Gayretli recommending young unemployed people to start their own businesses instead of finding a job, said: "The majority of the newly established businesses are micro-scale enterprises with 1 to 10 employees. Students should turn to long-term initiatives and create their own jobs directly."

As of 2018, according to Turkish Statistical Institute data there is a total of 1 million 663 thousand employers-entrepreneurs in Turkey. Reminding that IGU provided students who want to set up their own business the furniture expenses for a long time, Chairman of the Board of Trustees of Istanbul Gelisim University Abdülkadir Gayretli said: "I recommend young people to start their own business instead of finding a job. They should start trade initiative during their university years. During the pandemic process, we realized that we have to stop importing and switch to domestic production."

"WE NEED TO GET RID OF DEPENDANCE"

Stating that the new generation is more active and more intelligent, Gayretli said, "The bright ideas of young people should be evaluated because they will color the industry with innovations that will create awareness. We started to import even textiles and construction products. Unfortunately, now we have to make our own production. We need to get rid of the dependance we feel outside."

"NUMBER OF WOMEN ENTREPRENEURS IS LOW"

Gayretli reminding that female labor force participation rate is about half of men's participation, added: "The number of women entrepreneurs is low. As of 2018, 91.3 of every 100 employers are men and the rest are women. On the other hand, as the number of employees increases, the ratio of female employers also decreases. Women can only be the boss of micro businesses."

"YOUNG ENTREPRENEURS ARE EXCITED"

Stating that almost half a million people have applied to date within the scope of the "1 Million Software Developer Project" announced by President Recep Tayyip Erdoğan and carried out by the Ministry of Treasury and Finance, Gayretli continued as follows: "Online training continues. The sale of a domestic software company to a US-based firm for \$ 1.8 billion recently excites young entrepreneurs."

They said "your beauty, your choice" in the period of social isolation!

With the partnership of Istanbul Gelisim University School of Applied Sciences Department of Public Relations and Advertising, and Center for Gender Studies, an awareness project called "Your Beauty, Your Choice" has been launched online in order to draw attention to the forced beauty perception created on women during the social isolation period.

The founder of ÜÇES Production and Public Relations Agency Sibel Savacı participated as speaker in the Webinar part of the project. While underlining that different trends and beauty perceptions are constantly emerging, Savacı informed the students about how to isolate themselves from this situation.

Savacı spoke as follows:

“Everybody is constantly criticized and get commentary in daily life, but the important thing is to observe that individuals are under the influence and pressure of the environment and trends regardless of personality and ideas of daily lives. Pressure doesn't have to be direct, it can come from the past.”

Stating that the most important thing to contribute to the physical characteristics should be character and personality, Savacı stated: “An individual trying to add value to the society will present beauty to all ages with the self-development of the mind, truth, goodness, conscience, social environment, profession and humanity.”

Stating that social isolation period does not create psychological pressure on women, in fact it is a period when the whole society can be equal and free, Savacı thanked to Berra Sever, Gülcihan Yılmaz, Şevval Bektaşoğlu, Anıl Anar, Yusuf Antil and Head of the Department of Public Relations and Advertising Asst. Prof. Dr. Emel Tozlu Öztay for the project.

Second-hand opportunism in car sales: they put license plates and sell at high price

Opportunists who collect new vehicles from demanding dealers and put license plates sells them at a higher price as ‘second hand new car’. Experts said that since zero vehicles, which are difficult to supply under the influence of coronavirus, are hard to find in the market, customers lean to the sellers of second-hand zero vehicles. In the first 4 months of 2020, 9 percent of sales were made from the used car dealers.

“CUSTOMER DOES NOT WANT TO WAIT FOR A NEW CAR”

Automobile factories interrupted production during the coronavirus process. Therefore, there were problems in new car supply. The demand for new car increased as the loan interest rates decreased. Stating that in 2020, automobile manufacturers have experienced transportation problems in shipping, especially under the influence of coronavirus, Automotive Engineer Lect. Mahmut Nedim Tansu (MSc) from Istanbul Gelisim University said: “Production troubles prevent new car arrival to Turkey. Therefore, vehicles bought by used car sellers before or beginning of 2020 have been launched. When those who want to buy new car go to the

distributors, a forward date is given for the sale. The customer leans to the used car sellers because s/he does not want to wait and the seller do the selling. Normally, prices should be lower in the used car market than new ones. When the customer cannot find a new car at the distributor, s/he turns to the dealers, they sell the cars more than the sales figure at the distributor. They say to the customer that they cannot supply the car and that prices will increase further. The customer buys the car eventually because there is no car at the distributor.”

“HIGH VOLATILITY AT CAR SALES”

Automotive seller Hasan Zengin spoke: “The 2019 model new car with license plate on the internet are sold at least 15-20 thousand liras above the price of the 2020 model brand new ones at the distributor. People cannot find new car at the distributors or does not want to wait for the car to arrive for 1 month, s/he goes and buys car with license plate. The prices of the car are quite high, even we cannot get the same cars from the price we sell. There has been some stagnation in the past 15 days due to the SCT rumors, but prices are volatile.”

“THE PRICE OF THE SECOND HAND CARS ARE OVER NEW ONES”

Saying that he is looking for a second hand car but the prices are high, customer Mesut Öztürk said: “There is no new car left at the distributors. Prices have increased as demand increased for the second hand. While a new car cost 210 thousand liras, now its second hand become 230 thousand. I am not looking for new car since they are out of stock. You need to put your name in the list and wait. Currently, distributors cannot even say the price of new cars. They put 30-40 thousand liras more in automobile prices. A car we can buy for 70 thousand liras is now 130 thousand liras. I am looking for a car for 150-200 thousand liras, and if I could find one budget-friendly, I will buy.”

Many people are afraid of being excluded because of Covid-19

Stating that one of the psychological effects of Covid-19 outbreak is stigmatization, Psychiatrist Dr. Onur Okan Demirci said that the most important emotions that disturb the logical thinking of man are fear and anxiety. Dr. Demirci said: “Although many people are diagnosed with Covid-19 today, they tend to hide it. Because if this situation is known, they fear that they will be excluded, people will stay away from them, they will be judged and criticized.”

“WE ARE AFRAID, WE EXCLUDE, JUDGE AND SOMETIMES WE ARE ANGRY”

Psychiatrist Dr. Onur Okan Demirci from Istanbul Gelisim University, who stated that the stigma occurred against people who were diagnosed with Covid-19 during the epidemic process, said: “We are perceived that people who receive this diagnosis pose a constant threat to us. Because of this perception, we are afraid, we exclude and judge them, sometimes we are angry, we can even behave in a way that can be violent. The two most important emotions that disrupt one's logical thinking are fear and anxiety. If we cannot manage these emotions well and get caught up in the

stigma of stigmatization, we will start losing our human emotions, conscience and morals as a society.”

“DAMAGING THE SOCIAL STRUCTURE”

Demirci, who said that the situation experienced in stigmatizing behavior caused by the idea that it would harm our identities, personalities, loved ones and our lives, added: “This thought causes us feelings of anxiety, fear and anger. In social events such as epidemic, it causes social reactions and damages our social structure.”

“THEY ARE AFRAID OF BEING EXCLUDED”

Demirci pointing out that people who are stigmatized and people who are observing stigma may start breaking with society, added: “With the fear of exclusion, they can close themselves, hide, or even lose faith in life and humanity. Today, many people tend to hide it, despite being diagnosed with Covid-19. Because if this situation is known, they fear that they will be excluded, people will stay away from them, they will be judged and criticized.”

“IT WILL SPREAD THE RISK OF TRANSMISSION”

Indicating that people who are afraid of stigma can hide their positive diagnoses, Demirci said, “In this way, people who stigmatize may also increase the risk of transmission in an unnoticed way. With the steady spread of stigmatization anxiety socially, people will be afraid of even testing, and many unknown Covid-19 positive cases will continue their lives without taking precautions, disregarding both their own health and the health of others. The only reason for this will be the people who stigmatize these people.”

“THEY MAY FEEL EXCLUDED AND DESPERATE”

Emphasizing that stigmatization psychology will not only cause hiding, Demirci continued as follows: “It will somehow cause anger towards the public in some way. Because of this anger, some people may engage in the behavior of smearing knowingly and willingly even with the desire of revenge against the society, which does this to them, which disregards their emotions and identity. When social solidarity and understanding, which is the most important stage in the fight against epidemic processes, are lost against Covid-19 positive people, they may feel helpless as if they were abandoned, left alone, excluded and sentenced to death. What causes all this is not the stigmatized person but the society that stigmatized them.”

“WE SHOULD CREATE SOCIAL UNION”

Demirci pointed out that stigmatizing behavior can become a very dangerous situation, and concluded his words: “Stigma can be experienced not only in epidemic processes, but for all situations that contradict the perception of society. If we want to effectively combat the epidemic, we must abandon our stigmatizing behavior, be cognitive, empathetic and form a social unity against people with Covid-19 positive diagnoses.”

Breathing exercise recommendation to reduce stress before LGS

Recommending breathing exercise to students in order to reduce stress before the central high school transition system (LGS), Asst. Prof. Dr. Haluk Saçaklı said: “Arrive early to the exam place and walk for 5 minutes in a slow pace in a calm environment.” Saçaklı informed about abdominal breathing exercise that students can do.

“DO IT SLOWLY 10 TIMES”

Stating that most people’s breath is stuck between the rib cage and the trachea, Asst. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University said: “However, this is not a correct way to breath. You need to extend the path of the breath. First of all, the first place the breath fill is the abdominal cavity. Expand your belly with air through a deep breath that you take from the nose. By delivering the air you take into the chest, and then to the trachea through the diaphragm muscle. Feel the air in the trachea, get its flavor, after holding it for 2 seconds, if the nasal passages are open, start exhaling slowly again through the nose. First the shoulders come down, then the rib cage is pulled in; at the end, pulling your stomach in and out, exhale the air completely. Come early to the exam place, walk 5 minutes at a slow pace in a calm environment. Then, do this breathing exercise while sitting and do it slowly 10 times.”

“FEEL YOUR MUSCLES HAVE TINGLED BY COOLING DOWN”

Speaking about relaxation technique that students can do after taking their place in the exam, Asst. Prof. Dr. Haluk Saçaklı stated: “Open your arms to both sides, close your eyes and free your mind as much as possible. To begin with your head, make your muscles stretch especially in the forehead and skull area for about 10 seconds. Then relax your muscles completely. Think of the difference between the two situations in your mind and allow your muscles to relax more. Feel the tingling respectively in all your muscles on your face, neck, chest, upper legs and toes by relaxing within 30 seconds with the same method.”

“OMEGA-3 REDUCES STRESS”

Giving suggestions about the nutrition before exam, Saçaklı warned: “Do not consume red meat at lunch.” And he said that students should prefer to eat fish or chicken.”

Saçaklı spoke as follows:

“Omega-3 fatty acid in fish reduces stress. Amino acids in fish are also effective in order to reduce stress. Salads should have plenty of lettuce. Prefer grain made of brown flour instead of white bread, white rice, white pasta. High-glycemic carbohydrates instantly raise glucose and increased insulin hormone causes sudden glucose decreases. Decreased glucose increases stress, and sudden aggressive attacks may occur when stress increases. Before long and stressful meetings; if some bran biscuits, green apple, lemon juice, hazelnut, walnut, sunflower seed are eaten, the stress will decrease considerably. Herbal tea should be preferred over

excessive caffeinated beverages. Legumes are also one of the important nutrients that reduce stress.”

“USUAL BREAKFAST MENU SHOULD BE PREFERRED”

Emphasizing that plenty of water should be drunk during intense tension, Saçaklı spoke: “Certainly, main meals and snacks should not be skipped because stress increases as the duration of hunger increases. In the evening menu, yogurt or whole wheat pasta with cheese should be consumed. Dessert should not be eaten at lunch, if they eat, it should be preferred between 16.00-17.00. Breakfast should definitely be had on the exam morning. Breakfast regulates blood sugar, further affects brain cells, calms down, improves mental performance. The usual breakfast menu should be preferred. In addition, a handful of walnuts and hazelnuts should be consumed, but olives and milk should not be consumed for breakfast. Go to bed at 22.00 before the exam and try to have quality sleep by freeing your mind.”

Pay attention to accreditation when making preference

Emphasizing that graduates from an internationally accredited program will have an internationally recognized diploma, Prof. Dr. Burhan Aykaç said: “Prospective students can find which program of the universities in Turkey is accredited in the guidance booklets. It is the point that they should pay attention to when choosing.”

The guest of the live broadcast organized by Istanbul Gelisim University (IGU) as part of the Online Promotion Days was IGU Rector Prof. Dr. Burhan Aykaç. The broadcast carried out from the university's social media accounts was moderated by IGU Vice Rector for Accreditation and Quality Prof. Dr. Nail Öztaş. Answering questions from prospective students during the live broadcast, Rector Prof. Dr. Burhan Aykaç provided information on many topics from the university's international accreditations to the steps they took during the Covid-19 outbreak.

“60 INTERNATIONALLY ACCREDITED PROGRAM”

Stating that they are included in the accreditation evaluations with their own wishes by applying to German, British and American accreditation organizations, Aykaç said: “As a result of the evaluation, our 60 programs are accredited and our university became Turkey’s the most internationally accredited university. We attach importance to internationalization. We prepare course programs with international quality and standards. We work with faculty members who look forward to the future and add value to the country and the university. Our university is one of the leading universities of Turkey with the quality of faculty members. Everyone wants to be a faculty member in internationally accredited programs.”

“PAY ATTENTION TO ACCREDITATION WHEN MAKING PREFERENCE”

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university. Those who cannot come due to the epidemic can review the related programs on our website and watch our promotional films. They can contact faculty members of the programs of their choice.”

“THERE WILL BE 60 DENTISTRY STUDENTS”

Stating that Dentistry Faculties will receive students for the first time this year, Aykaç said: “On 7 October, we will have 60 dentistry students. As we are a young university, our laboratories are both new and equipped with the latest technology. We have established Turkey's best dental faculties. We want to enrich our university with the faculties of medicine, law and education in the coming years.”

Stating that they have used all the authority that YÖK gave to universities on 11 March, Aykaç said, “We have prioritized the health of our students and staff. We set a record in passing distance education in Turkey, shifting 26 thousand students to a distance education in a week. We became the fastest university in the distance education process.”

“YOU’LL SAY: FORTUNATELY!”

Expressing that they plan to give their students 40% of distance education if they wish in the new academic year, Aykaç advised the prospective students who are going to take the exam not to worry at all. Aykaç finished as follows: “Don't be excited. Focus on the exam. Don't be pessimistic. When you choose Istanbul Gelisim University, you will say ‘fortunately’ instead of ‘I wish’.”

Turkey is in 15 of the world's largest market in the pharmaceutical sector

Evaluating the pharmaceutical and medical device industry in Turkey, Lect. Selim Can said that Turkey takes place in 15 major global markets in this sector. Can emphasized that the most important reason for this growth is the easy access to the devices and medicine needed.

Expressing that domestic and international companies in Turkey have been growing and their importance increases day by day, Istanbul Gelisim University Medical Publicity and Marketing Program Lect. Selim Can said: “The social security and health facilities, which covers almost all of our population, ensures that our citizens receive quality health services and access the medicines and medical devices they need in case of illness with insurance assurance.”

RAPID GROWTH IN THE MARKET

Indicating that the expectations of individuals and health systems from the pharmaceutical and medical device industry have been increasing day by day, Can stated: “The pharmaceutical and medical device industry works hard to develop R&D-based, scientifically-centered, innovative products to meet this expectation. With these efforts, more effective and less side-effect treatments, devices that will facilitate the patient's life and connect them to daily life emerges. Of course, these developments ensure the growth of the total market regularly every year. At the

current point, the global medical device market size exceeds \$ 420 billion and the global pharmaceutical market exceeds \$ 1.2 trillion, and this market grows rapidly.”

“BEING SPECIALIZED IN THE DEPARTMENT WILL MAKE A DIFFERENCE”

Stating that Medical Promotion and Marketing Department trains young people to keep up with this growing sector in Turkey and to provide support, Lect. Selim Can advised young people who want to take part in this sector. Can said: “The growing market and the increasing importance of the sector brings the need for equipped human resources. Until recent years, this need has been met by recruiting people from different branches and by specialized in the sector through training at work. Being a medical promotion and marketing department graduate will make a difference, but it will not be enough on its own. Students who want to progress in this field must develop some other competencies. Knowing a foreign language is not only beneficial for the student to broaden her/his vision, but also for the student to develop herself/himself socially, to be knowledgeable, well-educated and cultured will enable her/him to be accepted and appreciated in every environment in which s/he will do her/his job. Let's not forget that the steps of success will be reached one by one, and there are new learning in every step.”