

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 Çırıkçı, 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, Gökkuşağı 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."

Housewives become addicted to the internet

The results of the research on housewives in Istanbul have been announced. According to the research, 53 percent of housewives, that is, 1 out of every 2 women, said that it is their choice not to work. In the same study, it was revealed that housewives spent an average of 3 hours and 21 minutes on cleaning jobs and 3 hours and 6 minutes on the Internet.

Lect. Mehmet Başçilar from İstanbul Gelişim University Social Services Department and Res. Asst. Ali Taşçı from Atatürk University Social Services Department conducted the 'Assessment of Women's Goodness' research. In the study, which was completed in 4 months, 294 housewives across Istanbul were interviewed via forms sent online.

70 PERCENT ARE AT HIGH SCHOOL LEVEL AND BELOW

Evaluating the results of the research, Mehmet Başçilar said that 7 out of 10 housewives are at high school level and below, Başçila said: "4 out of 5 housewives have children. In addition, 1 in 4 housewives have more than 3 children."

53 PERCENT OF WOMEN ARE NOT WORKING AT THEIR OWN PREFERENCE

Stating that 1 in 2 housewives do not work at their own preference, Başçilar added: "One out of every 4 housewives cannot work because they take care of the child. 1 in 10 housewives do not work because their spouse does not allow. Housewives spend 3 hours and 21 minutes a day cleaning the house, 3 hours and 12 minutes watching TV and 3 hours and 6 minutes online. The life satisfaction scores of women who spent a significant part of the day on housework were significantly lower. Likewise, the depression scores of housewives who could not work because their spouses did not allow were found high."

GENDER EQUALITY EDUCATION

Başçilar emphasized that gender equality trainings should be given to the general public employing social workers by the Ministry of Family, Labor and Social Services and added: "Men spend a period of their lives in the military. The Ministry of National Defense can also employ social workers, and gender equality training should be provided."

NURSERIES, KINDERGARTENS SHOULD BE FREE OF CHARGE

Stating that a lot of work has fallen on local administrations, Başçilar said: "Turkey is a social state so day-care centers, nurseries should be free of charge because every 1 from 4 housewife can not work because of children. In addition, housewives spend most of the day watching television and on the Internet. Social policies for leisure time development should also be developed, and local governments should also play a role in this area."

HOUSEWIVES SOCIALIZE ON INTERNET

Asst. Prof. Dr. Berna Uzundağ from Kadir Has University Department of Psychology expressed that housewives may be using social media to stay in touch with other people. Dr. Uzundağ stated: "Especially in big cities, if there are no neighbors to be contacted around, if they do not have friends, they turn to social media and seek communication there."

THE PROBLEMATIC USE OF TECHNOLOGY BY PARENTS NEGATIVELY AFFECTS THE CHILD DEVELOPMENT

Dr. Uzundağ, continued as follows: "If the mother and father spend a lot of time on the smartphone and tablet, their communication with the child is reduced. For example, the interaction drops if the child answers the question late or is completely ignored. According to researches, problematic technology use of parents negatively affects children's language, social and cognitive development."

Scientists from 25 different countries attended the CIRIEC meeting

The plenary meeting of International Centre of Research and Information on the Public, Social and Cooperative Economy (CIRIEC) where some of the members of the cooperative organizations from Turkey also attended was held at Istanbul Gelisim University (IGU).

CIRIEC is a non-governmental organization with the committee in Turkey represented by IGU, consisting of experts and academics. It aims to create a public, social or cooperative economy that can be an alternative to the liberal market economy, collaborates with scientific studies and professionals, and also conducts various European Union projects.

CIRIEC, an international scientific organization on social economy, founded in Belgium in 1947, organizes meetings every year in order to conduct studies for lower income groups in various countries.

Istanbul Gelisim University Rector Prof. Dr. Burhan Aykaç stated that scientists from 25 countries attended the meeting and discussed how to make lower income groups high income groups.

"DOCUMENTARY ON WOMEN COOPERATIVES WAS SHOT"

Dr. Aysun Kaya Deniz from Istanbul Gelisim University the Faculty of Economics, Administrative and Social Sciences mentioned that she is a member of CIRIEC Turkey National Committee, and gave information about the meeting and continued: "We carry out various academic studies on social economy, social state and public economy through our university. In particular, we shot a documentary on women's cooperatives in Turkey for our meeting. We revealed the importance of women's cooperatives in Turkey and how they contribute to the family budget through their productions by interviewing with more than 10 women in 6 different districts. Our goal as the members of CIRIEC Turkey National

Committee is to underline the importance of the concept of social economy, public economy and social state, especially to the university students.”

“SCIENTISTS FROM 25 COUNTRIES ATTENDED”

Istanbul Gelisim University Rector Prof. Dr. Burhan Aykaç stated that CIRIEC is an organization that examines and supports projects of the social and public subjects and continued as follows: “As Istanbul Gelisim University, we want to inform our students about social and public economy, and support scientific studies, acting on the principle of social state in our constitution. This is the second meeting of CIRIEC that IGU has held. Now, there are different scientists from 25 countries attend and we are working on some topics that are preliminary preparation for the congress to be held next year. CIRIEC's main theme is social economy, public economy and cooperatives. It focuses on how to make lower income groups high income or middle income groups, and how they can contribute to the production economy. Since it is seen that lower income groups especially in developed countries are increasingly subdivided, we desire to increase their income levels, establish solidarity among them and spread the social state principle across the country through scientific studies on those.”

Bernard Thiry, General Manager of CIRIEC and professor of economics at University of Liege, stated he was very happy to be back in Istanbul and said: “I find this meeting very interesting. It is very valuable to exchange interesting ideas, to have these discussions among the CIRIEC National departments from around the world.”

“CIRIEC IS ORGANIZATION CARRYING OUT ACTIVITIES ON ENVIRONMENTAL POLLUTION, POVERTY, MIGRATION AND THE ECONOMIC INDEPENDENCE OF WOMEN”

IGU Vice Rector Prof. Dr. Nail Öztaş said: “CIRIEC that we host today is concerned with what we call social economy, engaging in the times where both the private sector and the state cannot afford while producing, to engage in the subjects where the market and the state fail, to try to produce alternatives, to discuss them intellectually. Therefore, it is an international organization that carries out activities especially on the subjects such as environmental pollution, poverty, migration, and women's economic independence.”

West proved its lack of attention to Ukraine

The Munich Security Conference, one of the largest meetings in the world in the field of international security and policy, came to the end along with mass protests. Political Scientist Dr. Viktoriia Demydova evaluated the conference and said: "The final report of Munich Security Conference mentioned Ukraine only 8 times. It showed very disinterested side of the West."

Many world leaders from 30 countries and 70 foreign ministers attended the conference, held for the 56th times. The findings of Political Scientist Asst. Prof. Dr. Viktoriia Demydova from Istanbul Gelisim University are remarkable for the conference, which is closely followed by the whole world: "Discussions were mostly devoted to Donbas ignoring Crimea. In its turn, Russia does not seem to give up its attempts to prompt a special format for Ukraine. During his visit to Jerusalem in January, Putin called for a summit of leaders of the five permanent members of the UN Security Council, to "defend peace" in the face of global instability. Furthermore, in Munich, Euro-Atlantic Security Leadership Group that includes a group of European, American and Russian former government officials and experts issued 12-step program for solution of the Donbas issue (East Ukraine Crisis) in a very pro-Kremlin way."

"KREMLIN WANTS THE SECOND YALTA-1945"

Stating that the program proposed measures in the area of security, politics, economy and humanitarian spheres, Demydova said: "It suggested establishment of the Joint Center for Control and Coordination and Normandy format dialogue. One of the main contradictions of the plan is that Russia, among others, is trying to settle down the conflict while being the only responsible for its start. Besides, the information war and the 12-step program seems to be the part of it aims at deteriorating the image of Ukraine not only in Russia but in the whole world. On the other hand, there is an attempt to organize the second Yalta conference similar to the one that ended World War II."

"UKRAINE IS LEFT ALONE WITH RUSSIA'S AGGRESSION"

Pointing out that some leaders tend to sympathize with Putin, Dr. Demydova said: "French President Emmanuel Macron called for better long-term relations with Russia underlining that sanctions changed nothing in Russia and led to "totally inefficient system".

Furthermore, 12-step program links the progress on the Minsk agreement to the abrogation of the sanctions against Russia. It proves that Ukraine is left alone with Russia's aggression.

"HE CALLS UKRAINE TO SUPPORT"

Stating that the newly elected President Zelensky is much softer towards Russia compared to Petro Poroshenko, Asst. Prof. Dr. Viktoriia Demydova from Istanbul Gelisim University said: "Also, Zelensky avoided criticisms of the 12-step plan in Munich. In general, he rather prefers diplomacy to military conflict in relations with Russia. Moreover, speaking in Munich, he called the leaders of the countries to restore international law and support Ukraine."

Education level and revenue are related

Stating that the rising education level in Turkey will bring many positive results both individually and socially, Abdulkadir Gayretli said: "Education level and revenue are related. The individual with increased productivity, his/her revenue increase and the risk of unemployment decreases. Job search process is shortened and quality of life improves."

Emphasizing that there is a relation between education and income, Chairman of the Board of the Trustees at Istanbul Gelisim University Abdulkadir Gayretli expressed: "Turkey's biggest challenge is considered to be medium and long-term improvement of the quality of the workforce to sustain its growth. The most important role in overcoming this difficulty belongs to the education system. Therefore, primary and secondary education and higher education will have a decisive impact on long-term economic growth performance."

"EFFECTIVE CAREER PLANNING WILL REDUCE UNEMPLOYMENT"

Emphasizing that the causes of youth unemployment should be understood well, Gayretli spoke: "Young population is more affected by unemployment. The majority of this is young educated people. It is possible to minimize the impact by making an effective career planning."

"CAREER PLANNING SHOULD BE STARTED IN YOUNGER AGES"

He referred to the statement of Gökkuşağı College Chairman of the Executive Board Şule Gayretli "Career planning should be started in younger ages" and continued his speech as follows:

"It's the right idea. Career planning should be started in younger age and children's abilities should be determined and guided in guidance research centers. There will certainly be deviations and variables. When I was in 1st grade at high school, I decided to establish a school and become a teacher. I directed myself in this way. I established a college in 1997 and Istanbul Gelisim University in 2011 and brought it to education."

"EMPLOYMENT OPPORTUNITIES CAN BE INCREASED WITH EDUCATION"

Speaking about the most important gaining expected from education, Gayretli ended his words: "With education, employment opportunities are increased by gaining knowledge, skills and abilities that will work in the increasingly complex and competitive labor market, thereby reducing the risk of unemployment. Managers, institutions and non-governmental organizations should also be mobilized for the peace, well-being and welfare of the community."

Certificate for International Yoga Expert to 15 persons

The American Yoga Association's rapidly expanding yoga expertise program "International Yoga Expert Certificate (IYEC)" was held in Istanbul between February 10-17 in cooperation with Istanbul Gelisim University. 15 persons participating in the program received the "International Yoga Expert" certificate, which is the first and only internationally valid.

The American Yoga Association specialized in yoga, brings those who want to become a yoga expert to the level of providing yoga at an international level after 8 days and 16 hours of intensive training.

The spread of yoga training, which lasts up to 1500 hours and where wages of up to 20.000 TRY are widespread, irritated many yoga lovers. The American Yoga Association, one of the most competent organizations in yoga, took action and prepared a highly effective and

intensive yoga expertise program and presented it to the world of yoga under the name of "International Yoga Expert Certificate (IYEC)" in 2018 at a very economical fee.

IYEC, which started the practice in many countries outside of the USA, started to spread rapidly with the positive effects of the program by yoga lovers in a short time. IYEC program brought by Yoga National Federation (ULUYOF) to Turkey were included in the training program approved by Director of Istanbul Gelisim University Lifelong Education Center Asst. Prof. Dr. Fatih Fuat Tuncer and External Training Specialist Mustafa Yücel.

Officials stated that the second of the program, in which 15 people received the International Yoga Specialist Certificate on February 17, will be available in Istanbul on May 11-18, 2020; and continued to receive the registrations.

First Level Fire Trainer Training has been completed

Final year students of Istanbul Gelisim University (IGU) Occupational Health and Safety

Department completed the 1st Level Fire Trainer Training program.

The 1st Level Fire Trainer Training program, which is carried out by Istanbul Gelisim University Continuing Education Center and lasts for 5 days, has been successfully completed. Trainer certificates were given to the participants who were successful in the training.

The trainings were given by instructors Muhlis Özkan, Nurcan Esin, Ferhat Perçin and the Head of the Occupational Health and Safety Program Tuğçe Oral. Applied trainings were held at the Fire Brigade Training Center (İBİTEM).

With the trainings they received, the participants gained knowledge on many issues such as how to intervene in case of first aid and burns, burns and fire extinguishing materials, dangers at the fire place, vehicle and material information, fire intervention and fire safety.