

## Regular exercise increases resistance

Stating that mild and moderate exercise affects the immune system positively, Asst. Prof. Dr. Engin Işık Abanoz said, “Regular moderate exercise increases the resistance against upper respiratory diseases, and the probability of upper respiratory tract infections decreases by 20-30% in people who exercise moderately.”

### “DURATION AND INTENSENESS OF THE TRAINING IS IMPORTANT”

Dr. Engin Işık Abanoz, Head of Recreation Department from Istanbul Gelisim University, stating that social activities in quarantine were restricted during the coronavirus process, said: “Restriction of our social activities brought health problems such as weight loss, muscle strength loss, blood pressure, cholesterol and cardiovascular risk as well as a decrease in the immune system due to immobility. Thanks to digital communication, people quickly realized the risk and turned to home exercises. The benefits of exercise in keeping the immune system strong are obvious, but one thing to consider here is the duration and severity of the exercise.”

### “INFECTION RISK INCREASES”

Dr. Engin Işık Abanoz, Head of Recreation Department at Istanbul Gelisim University, who said that long-term high-intensity exercises will lead to suppression of the immune system, added: “Following a high-intensity prolonged exercise, the lymphocyte concentration decreases and the ability of cells to proliferate, moderate cytotoxic activity, and immunoglobulin production is reduced, resulting in an immune system suppression. The immune system weakens for several hours following such exercises, and the risk of respiratory infections increases during this period.”

### “TRAIN AT MEDIUM INTENSITY”

Expressing that elderly people can have at least 150 - 300 minutes of aerobic exercise and 2 resistance training sessions per week, Abanoz said: “Under quarantine, the activities carried out to compensate for the decrease in normal daily physical activity levels can be distributed between 5 and 7 days and can be increased to 200 - 400 minutes per week. In addition, it is beneficial to perform these activities in quarantine times at medium intensity. In these home exercises, even if they do not have the special materials necessary for the exercise, aerobic exercises such as holding a chair at home, squatting, sitting on the chair, using a height as a

step up and down, and balance exercises such as walking on the toes or heels. If there is no prohibition of going out, it can be a suitable alternative to moderate-intensive aerobic exercise (such as brisk walking) in outdoor environments, maintaining a safe distance with people around.”

### **Faculty of Dentistry is waiting for its students**

Istanbul Gelisim University Faculty of Dentistry will admit students for the first time this year. Prof. Dr. Mahir Günday, Dean of the Faculty, who made explanations about the 60-student quota, said: “Our most important principle is to train dentists who are respectful to the values of the society, are human-oriented, ethical, and legally committed. I believe that we will succeed with our valuable students to reach the goals that will contribute to the development of our country and to become a preferred dentistry faculty of our faculty.”

Stating that they aim to be an outstanding dentistry faculty with national and international effectiveness, Günday said: “I believe that as the newest faculty of our university with entrepreneurial spirit and open to development, we will make a difference with its experienced staff, modern clinics and laboratories.”

### **“TREATMENT APPLICATIONS WILL BE CARRIED OUT”**

Stressing that the courses will be held theoretically and practically in the Faculty of Dentistry, Dean of the Faculty of Dentistry Prof. Dr. Mahir Günday said: “The first 3 years of the 5-year training period will include pre-clinical courses and practical applications. In the last 2 years, clinical applications will be made, and our students will carry out treatment applications on the patient under the supervision of our faculty.”

### **“WE PROVIDE INDIVIDUAL WORKING FOR STUDENTS”**

Reminding that 60 students will be admitted to the dentistry department this year, Günday added: “There is no special aptitude test for our students. They can come to our faculty according to their scores and preferences in YKS. Our faculty has student laboratories and a simulator laboratory with 40 phantom jaws for preclinical training. There are also 68 dental units and seats for clinical applications. We will provide the opportunity for each student to work separately.”

## “WE ARE READY FOR ANY KIND OF HELP”

Stating that the dentists who will graduate from their schools will obtain the right to practice dentistry in public hospitals or freely, Günday said: “Our students who will be admitted to the Faculty of Dentistry should love their profession, also, must not to forget that dentistry is a respected profession and work hard. I would like to express that we are ready with our experienced teaching staff for all kinds of help in order our students to love this profession, increase their knowledge and skills in this regard and graduate as self-confident dentists.”

Günday said that graduated dentists can improve themselves as specialists in different branches of dentistry by taking specialized training with the Dentistry Specialization Exam (DUS) if they wish.

## **Public information model of public relations comes forward**

Stating that public investments and regulations, public spots and promotions come forward in the pandemic process, Asst. Prof. Dr. Sarp Bağcan said: “The private sector aims to contribute to the solution through corporate social responsibility (CSR) activities, sponsorship or what it produces.”

## “RESULT: WORLD PUBLIC, MAIN THEME: SOCIAL ISOLATION”

Stating that the public, private and public sectors have to act together in the public interest, Asst. Prof. Dr. Sarp Bağcan from Istanbul Gelisim University said: “These messages have been delivered in the interpersonal communication level as well as in the corporate social responsibility, sponsorship, corporate advertising applications close to public spot of the companies, brands and private sector or in the spots of public institutions. In other words, a very important part of public relations and communication activities gathered at the same social level and even at the global focus. In the pandemic of this century, of which vaccine or cure has not yet been found, and community immunity has not occurred even in any country, a “world public” has been created on the subject. The main theme is "social isolation" under the current conditions.”

## “A MATTER OF COMMUNICATION AND PUBLIC RELATIONS”

Saying that it is inevitable for public relations practices to address social isolation, Bağcan said: “The factors coming from each country's own culture determine the extent and how seriously that person will take the issue. Bringing culture closer to the rationality of health management is also a matter of communication and public relations. At this point, it is necessary to organize campaigns that are not only about social isolation but also trying to transform this culture on the basis of practices.”

## “NEW SOCIAL STYLES FORMED”

Indicating that the developments in communication technologies are accelerating and becoming widespread in use with the Covid-19 process, Asst. Prof. Dr. Sarp Bağcan said: "In order to determine the main channel of all this communication, it is important to determine the media preferences of the communities. Because, while the main media followed and shaped by the masses before Covid-19 was television, the internet and the devices (mobile phones, tablets, computers etc.) come to the fore."

#### "INTERNET IN THE FOREFRONT"

Stating that the need for social isolation and accompanying communication leads individuals to work remotely, e-commerce use and social media interaction, Bağcan spoke: "The environment of uncertainty and panic brought about by the pandemic also brings the internet to the forefront to reach instant data. The Internet has turned into a common platform of business and general communication, not just as a media medium."

#### "THE TIME OF INTERNET USE HAS BEEN INCREASED"

Saying that internet-based media and tools are on an extreme rise, Bağcan stated: "Because as the automation in the economic system connects with artificial intelligence and the internet network, the increasing time that people spend in front of the internet screen has increased. Add to that the Internet use of the Z and younger generation, this rise is obvious, but the truth is that people live in the physical world. Other mass media, especially TV, are also currently active."

#### "EVENTS ARE POSTPONED, SPONSORSHIPS TURN TO THE INTERNET"

Stating that the Covid-19 outbreak accelerated this already developing process dramatically, Bağcan spoke: "The need for the communication brought about by social isolation and (remote) work had an extraordinary effect on this speed. People are now communicating through a "multi-channel" (increasingly internet-centric) communication. The brands do not only present messages that are of public interest, they focus on these multiple channels, but in accordance with the changes in terms of media follow-up brought about by the pandemic risk and socialization; postponing their activities such as culture, arts, sports, and so on, and usually makes 1-2 year plans to see ahead. In addition, these institutions are revising their business models or trying to shift them online."

Emphasizing that Covid-19 and the necessity of social isolation accelerate a paradigm shift in the form of production (economy) and communication, Bağcan said: "It is possible to say that all business and communication activities will have been shaped around "multi-channel" and its users. It may be possible to add the management and governance understanding of the new world to this."

### **Recommendations for prospective students to take YKS**

Giving suggestions to prospective students who will take the Higher Education Institutions Exam (YKS), Educator Abdülkadir Gayretli said: "If we are successful in

anxiety management and send positive signals to our brain, we can solve questions with an open mind during the exam. It should not be disturbed the brain chemistry with conditions such as “I need to, I have to”. We can overcome stress and anxiety by managing brain chemistry well.”

#### “WE CAN OVERCOME STRESS AND ANXIETY BY MANAGING BRAIN CHEMISTRY WELL”

Indicating that students should be ready mentally and well-informed for Higher Education Institutions Exam, Istanbul Gelisim University Chairman of the Board of Trustees Abdülkadir Gayretli said: “When the body perceives a threat or as a result of a great arousal, it exhibits a "fight or run" situation. As a result, symptoms such as stomach contraction, hand/foot cooling, sweating, and low blood sugar. Adrenaline is released and the mind is opened, but even if this takes a long time, our energy stores get empty. It is at this very moment that we need to activate our parasympathetic nervous system. Because it provides relief and repairs the body. However, this system always waits for orders from the brain. Therefore, if we are successful in anxiety management and send positive signals to our brain, we can solve questions with an open mind during the exam. It should not be disturbed the brain chemistry with conditions such as “I need to, I have to”. We can overcome stress and anxiety by managing brain chemistry well.”

#### “NECESSARY MEASURES ARE TAKEN”

Reminding that all necessary coronavirus precautions will be taken in the exam and detailed cleaning of the exam buildings before the exam will be done and they will be disinfected, Gayretli said: “In every session of YKS, the officers will distribute masks and disinfectants to the prospective students at the entrance of the exam building within the scope of coronavirus measures. Students can come with their own disinfectants, masks and visors. Latex gloves will be distributed to the examiners along with the mask and disinfectant. You will be able to remove your masks during the exam in line with the recommendation of the Scientific Committee. Try to minimize your anxiety and focus only on the exam.”

#### "THE QUESTIONS FROM THE SECOND SEMESTER TOPICS OF THE 12TH GRADE WILL NOT BE ASKED"

Reminding that the prospective students will be responsible in YKS for the subjects they are trained face-to-face, he stated: "The questions from the second semester topics of the 12th grade will not be asked." Gayretli spoke as follows:

“The effect of this situation will be mostly on AYT, as there is already a curriculum that mainly includes 9th grade subjects in the TYT session. Although the change in exam date creates a problem of focusing, this will ensure that students do not face a situation such as not being able to know subjects. This situation created some

differences in the graduation procedures of 12th grade students. In the 2019 - 2020 academic year, first semester grades will be valid for graduation. The final grade will be determined by the grades taken in the first semester. Students with a year-end success score of 50 will be able to pass directly. 12th grade students who are required to pass will be able to get a diploma and graduate. Having 12th grade students having failed or courses to be needed to retake will not be an obstacle for them to enter YKS. In this case, students who have enrolled in the university will have the right to submit their diplomas of which they studied until the end of December to the higher education institution. Secondary education achievement scores of 12th grade students, final grades for 9th, 10th, 11th and the first semester of 12th grades will be created by calculating the arithmetic average.”

“PROSPECTIVE STUDENTS WILL BE ABLE TO SOLVE THE QUESTIONS AND CONTROL CALMLY”

Reminding that the time given for the Basic Proficiency Test (TYT), as required by the decision of CoHE, was increased to 165 minutes by adding another 30 minutes only for this year, Gayretli continued as follows: “This exam is a ranking exam, so students who mark the correct answer as soon as possible get a high score in this exam. For those who do not have a shortage of time, although the competitors seem to be a bit of a disadvantage when evaluated, the prospective students will have the opportunity to solve and control the questions more calmly. Students who have difficulty in meeting the time will be positively affected by this situation. However, this situation will not make any gap differences. When we examine the average graphics of 2018 and 2019 for TYT Turkey, we see that the most correct answers are given to Turkish Language and Social Sciences tests. But in Mathematics and Science tests are moving in a similar graphic both years and an average of Turkey is emerging as 2 net. Distribution of correct answers may mean a little more diversified for average in Turkey. Of course, the degree of difficulty of the exam will be of great importance. For this reason, all the tests in the TYT need to be solved.”

“THRESHOLD IS SET ON 170”

Stating that more prospective students can choose undergraduate programs with the threshold set as 170 in the related score type which was 180, Chairman of the Board of Trustees of Istanbul Gelisim University Abdülkadir Gayretli said: “This is estimated to be around 112 thousand to 95 thousand prospective students. However, the mass that will be affected by the change of the dam will be the students who have a dam problem in the AYT (Field Proficiency Test) session of the exam.”

**CALL TO FAMILIES**

Calling the families of YKS prospective students, Gayretli said: "Do not wait in the school yard and entrance after you leave your children to prevent clutter in the school gardens and maintain social distance." Expressing that it is necessary to be ready at the exam building at least 1 hour and 15 minutes before the exam time, Gayretli warned: “Don't forget to take your Identity Card with you”.



## **Sevilay Kaygalak Urban Studies Article Award found its winner**

The Sevilay Kaygalak Urban Studies Article Award, organized by Praksis magazine for the first time this year, found its owner with an online ceremony held yesterday. For the article "Intergenerational Approach to Education in Slums: Borders, Expectations, Preferences", Asst. Prof. Dr. Leyla Bektaş Ata was awarded.

The winner of the Sevilay Kaygalak Urban Studies Article Award, organized by Praxis, Turkey's leading academic journal, was Asst. Prof. Dr. Leyla Bektaş Ata from Istanbul Gelisim University with article titled "Intergenerational Approach to Education in Slums: Borders, Expectations, and Preferences" that deals with intergenerational education and professional translations in a slum neighborhood in Izmir. The ceremony was held yesterday on the online platform due to coronavirus pandemics. Sharing her feelings before the ceremony, Ata said: "It is a pleasure for me to be worthy of this award. Such awards are very limited in the field of social sciences. It is very valuable for me that the qualitative research I have done received an award."

### **Slums were examined over two generations**

Providing information about the research, Ata said: "In the slum that I was working on, I handled people who migrated from Eastern Anatolia, Central Anatolia and Southeastern Anatolia, the Inner Aegean. This group consists of people with limited educational background, many of whom are primary school graduates. I called the second generation of individuals between the ages of 20 and 40, who are the children of this group, and carried out my work over two generations. In the study, I dealt with the relationship of the second generation with education, access to education opportunities as urban poor from the slum area and class movement opportunities through education."

"Profession choices are not geared towards interests and skills"

Referring to the data obtained in the research, Ata continued as follows: "Second generation individuals think that they participate in educational opportunities unequally because of living in the slum area. They are also not satisfied with the quality of institutions providing education in the slum areas. Even if they are entitled to attend more prestigious schools, they are afraid to be students in these schools. They do not have the socioeconomic opportunities required by socialization in these schools. This situation causes young people to question their school preferences while participating in education. In addition, families want their children to have a desk job shortly. For this reason, they mostly direct their children to vocational high schools. In vocational high schools, the preference of the department is for the professions of the period. As a matter of fact, the accounting department is dominant

for those born in the 80s and 90s. Then the computer and IT departments came forward. In addition, in the career preferences, a path towards catching the spirit of the period is followed, not according to the interests and skills of the individuals in the second generation. Because these groups fight poverty and care that their children can get a job without requiring university education. Their budgets for education are also limited. However, in general, we witness that the individuals in this group live high school life and are not employed in the fields they are studying. Serious conflicts arise because their education does not match business life.”