

YÖK (HEC) determined the professions of the future

Stating that necessary measures have been taken to prevent the manpower from encountering talent mismatch in the future, Abdülkadir Gayretli said: “Professions of the future are determined in the light of global developments. All plans were made in higher education for the national technology move.”

“NATIONALIZATION IS IMPORTANT”

Abdülkadir Gayretli, the Chairman of the Board of Trustees of Istanbul Gelisim University stating that they work hard towards improvement of Turkey in all fields such as academia, business community and industry, added: “The workforce profile needed for the national technology move was determined. Updates are also made in higher education programs for this need. We are working towards the future in many fields such as coding, robotics, cyber security, data analysis, artificial intelligence and cloud technologies. It allows our academicians to improve themselves. We update the contents of the lessons. While we take the developments in the world as an example, we attach importance to nationalization.”

“DETERMINES TURKEY’S FUTURE”

Mentioning that Professor Dr. Yekta Saraç, the President of Higher Education Council (YÖK), rapidly includes new departments in academic programs, Gayretli stressed: “Higher Education Council (YÖK) aims innovation and quality in education and invests in nationalization and the future. It also opens new horizons and determines Turkey’s future and professions.”

“THEY WILL CONTRIBUTE TO THEIR HOME COUNTRIES”

Şule Gayretli, a member of the Board of Trustees of Istanbul Gelisim University, reminding that the number of university students has reached 7 million 800 thousand and the number

of faculty members is 168 thousand, added: “The number of international students has reached 172 thousand. Innovations applied in higher education will affect the nations that prefer our country for education. Possessors of future professions will also contribute to the development of their country when they return to their home country.”

Psychiatrist made a profile analysis of the murderers: 50 percent were exposed to psychological violence

Psychiatrist Dr. Onur Okan Demirci, who made a profile analysis of murderers around the World, said: “In the childhood life of those who committed murder, 50 percent of them were exposed to psychological abuse, 36 percent of them were exposed to physical abuse, and 26 percent were exposed to sexual abuse.”

According to a study done at 3 thousand 623 armed violence in 2019 leaked to the press in Turkey; 2 thousand 211 people were killed and 3,736 people were injured. Psychiatrist Dr. Onur Okan Demirci from Istanbul Gelisim University made the profile analysis of the murderers. Demirci stated that with the developing artificial intelligence systems, the personality and character structures of people who are likely to commit murder can be interpreted and their possible actions can be estimated and added: “It turns out that 50 percent of those who committed murder were exposed to psychological abuse in their childhood, 36 percent to physical abuse, and 26 percent to sexual abuse. We can classify murderers as dreamers, task-oriented, hedonistic (pleasure-oriented), power-oriented, excitement-oriented, profit-oriented, family-murder-oriented, space-oriented.”

“EXPOSED TO ABUSE IN CHILDHOOD”

"We can say that the murderers were exposed to at least one of the types of abuse in childhood" said Psychiatrist Dr. Onur Okan Demirci, and continued as follows: “Abuse can be defined as the physical, sexual and / or psychological abuse of a person somewhere in his life history from childhood to date. Childhood abuses cause some abnormalities in one's mindset. Since their judgment systems do not work properly, they have an uncontrolled aggressive structure as a result of erroneous evaluations. When the structures of murderers

(rape, etc.) that kill for sexual satisfaction are analyzed, it is seen that these people are exposed to other types of abuse in childhood, except neglect-style abuse. Thanks to the method used to determine the behavior patterns of the people before the murder action, typologies of the murderers are divided into 4 classes with a focus on strong desire (lust), power, anger, and material gain. While murderers who have been exposed to sexual abuse in childhood are committing murders that conform to sexual typologies, murderers who have been subjected to physical abuse carry out their murders in an excessive level of violence.”

Yoga recommendation for stress and anxiety

Physiotherapist Gülşah Konakoğlu stating that there are too many studies proving the mental and physical benefits of yoga, said: “Including yoga in your routine helps you improve your health, increase strength and flexibility, and reduce stress, depression and anxiety symptoms. It will be enough to do yoga several times a week to make a noticeable difference when it comes to your health.

Physiotherapist Lect. Gülşah Konakoğlu from Istanbul Gelisim University, made statements about the scientifically proven benefits of yoga: “Yoga can help reduce risk factors for heart disease when combined with a healthy lifestyle or done alone. It is an important part of heart health, and general health. One of the main causes of heart problems such as high blood pressure, heart attack and stroke. It is known that those who do yoga have lower blood pressure and pulse rate than those who do not.”

“REDUCES THE DEPRESSION SYMPTOMS”

Stating that yoga can reduce the symptoms of depression by affecting the production of stress hormones in the body, Gülşah Konakoğlu said: “Yoga has an antidepressant effect and helps reduce symptoms of depression. The reason for this is that yoga can reduce cortisol levels, a stress hormone that affects serotonin levels, which are often depression-related neurotransmitters.”

“IT HELPS TO REGULATE THE SLEEP”

Expressing that yoga can help improve sleep quality, Konakoğlu said: “Low sleep quality is associated with obesity, high blood pressure and depression, among other diseases. Yoga practitioners fall asleep faster, sleep longer and feel better rested in the morning. There are also studies showing that yoga increases the secretion of melatonin, a hormone that regulates sleep and wakefulness.”

“DO 15-30 MINUTES YOGA EVERY DAY”

Physiotherapist Lect. Gülşah Konakoğlu stating that yoga causes a decrease in eating too much, an increase in physical activity and a small decrease in weight, continued her words as follows:

“For those with and without irregular eating behaviors, practicing awareness through yoga will help develop healthy eating habits. Also, doing just 15-30 minutes of yoga every day can make a big difference for those who want to improve their performance by increasing flexibility and balance.”

Stating that they will open "Yoga Training" programs at Istanbul Gelisim University Continuing Education Center, Chairman of the Board of Trustees Abdülkadir Gayretli said: "It is important to make yoga accessible to everyone through the training of an activity that can stay healthy even for a short time during the day."

Sports Workshop will be held on March 4

"Sports Workshop in Academic and Real Sector Collaboration" will be held on March 4 in collaboration with Istanbul Gelisim University (IGU) the School of Physical Education Sports and Başakşehir Municipality.

It is announced that 7 different commission will discuss 7 different topics in 7 tables in the Sports Workshop aiming at bringing together different sectors at the work of all individuals who have graduated from IGU the School of Physical Education Sports and contributing to the studies in Turkey in this field.

IGU has announced the topics to be discussed at the commissions as follows:

- Undergraduate and Graduate Scientific Research Commission in Sports Education

- Real Sector Evaluation and Job Opportunities Commission in Sports
- Application Areas Norms and Internship Commission in Sports Education
- Principles of Education and Training Programs and Evaluation Commission in Sports Education Undergraduate Programs
- Commission for Personal Development Programs in the Real Sector
- Scientific Projects Commission at National, International and Sectoral Level
- Real Sector and Career Opportunities Commission in Sports
- Professional Competence Commission in Sport Today and in the Future

Many important names from the sports community are expected to participate in the workshop which is thought to make important contributions to the sports in Turkey.

A big impact on the course of Turkish foreign policy

Noting that the malicious attack in the city of Idlib will have a great impact on the future course of Turkish foreign policy, International Relations Specialist Dr. Fatih Fuat Tuncer said: “It is not right to make an analysis with clear statements about last night without examining the process after the Sochi summit between Russia and Turkey on September 17, 2018. Turkey needs to prevent the recurrence of the ambush last night by mobilizing the international community and to ensure that Russia and Syria are sanctioned with the support of the international community.”

Asst. Prof. Dr. Fatih Fuat Tuncer and Dr. Hakkı Göker Önen from Istanbul Gelisim University interpreted the malicious attack in Idlib. Tuncer stated that the Sochi Agreement could not go beyond a text full of ambiguous articles for both parties, and said: “According to Article 5 of Agreement, Turkey would remove all the radical terrorist groups in the region on October 15, 2018. According to Article 6, a 15-20 km deep weapon-free zone will be created in Idlib and until 10 October 2018 this zone will be free of tanks and heavy weapons. According to the 8th Article, M4 (Aleppo-Latakia) and M5 (Aleppo-Hama) highways would be opened to traffic to "ensure free movement of local people and goods" until the end of 2018. With this

agreement, the Syrian Army postponed the Idlib Operation, which it had been preparing for a long time.”

Tuncer continued his speech as follows:

“It was seen that the targets in the agreement were not reached until the end of 2018, and on February 2019, a second summit among Iran, Russia and Turkey was held in Sochi, and with the statement made as a result of this summit, it was stated that Article 5 was not fulfilled by Turkey and there is a concern that HTS (Hayat Tahrir al-Sham) would increase its power in Idlib.

Again, in the 2nd summit, the statement of "Presidents (...) emphasize the strong and constant commitment of the Syrian Arab Republic to sovereignty, independence, unity and territorial integrity" was added. The issue that should be noted here is not "Syria's territorial integrity", but the emphasis on "sovereignty of the Syrian Arab Republic". We do not recognize the regime, we do not establish direct relationships, but we recognize its sovereignty. Even this emphasis alone justifies the reason why it increased its movements in the region in the past year from February 2019 to February 2020. In other words, Syria, which had delayed the operation planned with the first agreement, would come to the stage with the support of Russia and Iran after the second agreement. Undoubtedly, the Turkey's reliance on Russia and Iran, and the willingness of taking measures in order to provide a durable political solution to the situation in Syria is of the importance.”

“RUSSIA AND SYRIA ARE TRYING TO BUILD A PUBLIC OPINION USING DISINFORMATION”

Stating that many of our soldiers were martyred by Russia and Syria, Tuncer said: “Especially in recent weeks, it is constantly expressed by Russia and Syria that Turkish actions in the region (not here) doesn't comply with the agreement. This way it is intended to make public opinion by disinformation. The fact that we are on the opposite poles with Russia on issues outside of Syria undoubtedly affects our position in Syria. However, the fact that the agreement in Sochi was ambiguous from the very beginning and especially the disagreement about who is a terrorist and who is not, prevented the realization of the articles in the agreement.”

Emphasizing that Russia and Syria violated the agreement, Asst. Prof. Dr. Fatih Fuat Tuncer from Istanbul Gelisim University said: “As a result of the Syrian Army's aggressive movements in the region with the support of Russia and Iran, 3 million civilians were threatened to be killed in Idlib. The security of these people and the prevention of mass migration were the main aim of the Sochi agreements. Turkey must act to prevent the repetition of the ambush such as it was last night by mobilizing the international community and ensure that Russia and Syria are sanctioned with the support of the international community.”

Tuncer continued his speech as follows:

“In case of the escalation of the problem, the crisis will go beyond the Turkish-Syrian-Russian triangle and countries of the region together with EU, USA, and China will be negatively affected. Turkey, should behave moderately and manage the process using all diplomatic channels and proceeding with all the actors. For this, all political actors and the media in Turkey is of a great mission.”

DR. HAKKI GÖKER ÖNEN: RUSSIA'S STATEMENTS ARE NOT SATISFACTORY

Mentioning that the recent events should be evaluated in the context of Turkey-Russia and Turkey-US relations, Political Scientist Dr. Hakki Önen Göker, continued as follows:

“Although it is said that there are regime forces behind the attack, it is not possible to carry out such a movement here without the knowledge of Russia. The statements made by Russia in this context hours later are not satisfactory anyway. In fact, the deterioration of the relations that have undergone a certain improvement after Astana and Sochi could be caused by the influence of the meetings with Ukraine and Azerbaijan and attitudes towards Libya. The exchange of ideas about the situation of Crimean Tatar Turks in Ukraine and the TANAP project with Azerbaijan can also be considered as developments that disturbed Russia. This development could lead to a natural convergence between the US and Turkey because the US gave speeches condemning the attack from yesterday.”