

## **Net exchange reserve increases, pandemic decreases**

Stating that she determined the presence of a statistically significant co-integration relation between Covid-19 and net exchange reserves in Turkey at a long-term in one of her studies, Assoc. Prof. Dr. Gülgün Çiğdem said: “With this study, it was determined empirically that the net exchange reserve is the cause of the number of cases, the number of cumulative cases and the rate of infection in the short term. According to my study, there is a relation between the change in reserves and the pandemic.”

Assoc. Prof. Dr. Gülgün Çiğdem gave the following information about her work published in Journal of Business, Economics and Finance (JBEP): “It is empirically determined with the study that the reason for the increase in COVID-19 data is the lack of “sufficient” resources to prevent mass unemployment and bankruptcies caused by preventing the spread of pandemic, identifying and treating cases, and promoting isolation and social distance for protection purposes in the pandemic process. According to the results of the analysis, 1 percent increase in the rate of infection reduces the net foreign currency reserve by 719.9 percent. In other words, a decrease in the net exchange reserve brings about an increase in the rate of infection.”

## **“WORKS TO BE CARRIED ARE IMPORTANT”**

Assoc. Prof. Dr. Çiğdem stated: “New data to be announced and future studies to be carried out will be important for the pandemic, which has not been brought under control yet and which there are concerns that the second wave may be experienced.”

## **Smoking also causes muscle contraction**

Noting that smoking causes many metabolic damages in the human body, Asst. Prof. Dr. Engin Işık Abanoz said: “Muscle contraction occurring in oxidative muscle fibers is just one of them. Even one cigarette per day affects exercise capacity.”

Stating that smoking shortened the average life expectancy by 5 to 8 years, Head of Istanbul Gelisim University Recreation Department Asst. Prof. Dr. Engin Işık Abanoz said: “As a result of changes in body metabolism due to smoking, exercise capacity and physical activity level are directly affected and the quality of life of the person is

impaired. There are studies supporting that smokers' quality of life scores are significantly lower than non-smokers.”

#### “INCREASES FATIGUE”

Stating that the heart and lungs need high oxygenated blood to provide the necessary physical activity level, Abanoz spoke: “Even one cigarette per day affects exercise capacity. Smoking causes early fatigue and shortness of breath. Also, even passive smoking reduces exercise time and increases fatigue. Ending exercise early is twice as much in smokers due to fatigue, shortness of breath and leg pain.”

#### “ATTENTION EVEN IF YOU QUIT SMOKING”

Stating that exercise performance will improve positively in those who quit smoking, Abanoz said: “These people should not have a thought like “I will get better when I quit”, because smoking can cause irreversible damage as long as it is used. As a result, routine exercises for healthy life should be regarded as a habit that results in psychological and physiological positive results for every person.”

#### **60 kilograms on our spine in the offices: Workplace yoga from the expert**

Staying home for a long time during the pandemic also left people immobile. Physiotherapist Gülşah Konakoğlu gave suggestions on a workplace yoga not to stay still in the offices along with the new normal. Expressing that being immobile puts a 60-kilogram load on the spine, Konakoğlu said: “We can practice a certain yoga flow or stretching exercises every hour on the day. We can do it for 5 minutes and continue our work.”

Especially office job brings back pain, a stiff neck and stretched shoulders. Stating that working at a desk for more than 8 hours in a fixed position without moving at all exhausts our body, Physiotherapist Lect. Gülşah Konakoğlu from Istanbul Gelisim University (IGU) School of Health Sciences Department of Physiotherapy and Rehabilitation said: “Our back hurts, we put a load on our neck, and our muscles around the hip and shoulder are tightened. Therefore, by adding some of the yoga exercises we know at this point to the office environment, we can increase our energy and keep fit. We wear masks for a long time and our breathing is very important now. We breathe carbon dioxide in these masks. In this sense, we can work by balancing our breath.”

#### **60 KILOGRAMS ON OUR SPINE IN THE OFFICES**

Stating that a certain yoga flow or stretching exercises can be applied in the offices at the beginning of the hour, Konakoğlu said: “We can do the movements for 5 minutes and continue our work. In researches, the use of computers and tablets puts up to 60 kilograms on our spine, especially in the office environment. This brings serious problems in the long run. There are a number of relaxing exercises we can do for this. This is not just for our spine; we can also exercise to relax our wrist muscles depending on the keyboard usage.”

#### CAUSES WAIST AND NECK PROBLEMS

Saying that immobility causes waist and neck problems, Konakoğlu spoke: “The more flexible our spine actually means the healthier we are physically. The flexibility of the spine is also very important for participation in physical activity. Our goal is to provide flexibility to our spine with these movements. We work in fixed position for a long time. We are closing forward and the muscles around the shoulders and thighs are shortened and tightened. We want to stretch and relax them.”

#### WORKPLACE YOGA FROM THE EXPERT

Physiotherapist Konakoğlu gave suggestions on exercises to be done in office as follows:

“Due to the use of the keyboard for a long time, our wrists lose their flexibility. For this, we can do some wrist stretching exercises. We lift our arm up and stretch our wrist. Then we can stretch our fingers one by one. It will reduce the risk of discomfort such as carpal tunnel syndrome, which occurs due to the use of the keyboard. It is an exercise we can do for nerve compression.”

#### ATTENTION TO SHOULDERS!

Konakoğlu added: “We open our shoulders by lifting our arms up. Our heads extend as a continuation of the spine parallel to the ground. Then we put our right hand to the side and we open to the side and do the same to the left. Then we put our left hand on our right knee and turn to the right side where we sit. We are doing the same move towards the other side. Then we look up without pinching our heads at the back and we stretch back.”

#### DO NOT MIX WITH WAIST PROBLEMS! IT CAN BE NERVE ENTRAPMENT

Stating that inactivity causes nerve compression for a long time, Konakoğlu said: “There is a movement by placing our left leg on our right knee. When we work hard for a very long time, our muscles contract and stretch. Under this, the sciatic nerve passes. This situation can also be confused with waist problems. When we work at the desk for a long time, this muscle can be shortened and contracted. Our flexing this muscle minimizes the occurrence of back pain-like conditions.”

#### THESE MOVEMENTS CAN BE DONE TO STRENGTHEN MUSCLES

Stating that we need to do some movements to strengthen our muscles, Gülşah Konakoğlu finished her words with following:

“Here, we raise our arms and go to the chair pose. We bend our knees. Every person has a point of difficulty, we pay attention to this. We strengthen the hip muscles in the chair pose with arms up. When we remain steady at the desk for a long time, our shoulders are facing forward in front of the computer. There is a shoulder opener and standing exercise. We extend our feet forward with a shoulder width, our arms to a fixed table. We get an angle of 90 degrees from the hip. If there is burning in the posterior muscles, the knees can bend. We stretch our spine like a bow as much as possible. Here, while our spine flexes, our shoulders open. The aim is both to provide the flexibility of the spine and to flex the shoulder capsule a little more. Closing forward is important to stretch the muscle group around your waist. We bend our hands by bending and stretching our fingers and then lifting our arms upwards.”

### **Tweets by Trump increase anti-vaxxer**

A study in the U.S. revealed that tweets by US President Donald Trump increased anti- vaxxer. Psychiatrist Dr. Onur Okan Demirci said: "These studies show that politicians' discourses strengthen the thoughts of conspiracy theorists."

#### **“THE THOUGHT OF THE CONSPIRACY THEORISTS ARE STRENGTHENED”**

According to the research, it is shown that there is an increase in the number of people reacting against the vaccine as a result of Trump’s hesitant tweets about COVID-19 vaccine, Psychiatrist Dr. Onur Okan Demirci from Istanbul Gelisim University said: “These studies show that politicians' discourses also strengthen the thoughts of conspiracy theorists. According to the results of the research, it is seen that the people who become suspicious due to such tweets are also the ones who believe in the conspiracy theories like Princess Diana was murdered, and the climate changes have been made by China on purpose.”

#### **“THE OUTBREAK CAN ACCELERATE”**

Indicating that people who tend to believe in conspiracy theories also tend to believe in discourse that does not reflect reality, Demirci spoke: “This situation, namely, misrepresentation or the introduction of conspiracy theories will also hinder the challenge against COVID-19. Thoughts like "The vaccine is actually harmful", "The COVID-19 outbreak is not real", "this virus is produced in the laboratory", "The COVID-19 vaccine will never be found", "wearing a mask or using a disinfectant does not prevent the infection of the virus" and “virus loses its effect in summer” are affecting people who are prone to conspiracy theories. This will lead to disruption of measures and acceleration of the spread of the virus, thereby increasing mortality.”

#### **“AVOID WRONG INFORMATION SHARING”**

Indicating that there are numerous people who can believe such false information without even searching not only in all the world but also in Turkey, Demirci said: “For this reason, if we do not avoid sharing false information about COVID-19, our chances of success in reducing the spread of the virus and preventing related deaths will decrease. Therefore, correct information sharing on social media accounts, which have a large number of followers, is quite important.”

## **What are the effects of pandemic on education?**

Stating that COVID-19 outbreak has unexpected positive results in terms of education and training, Asst. Prof. Dr. Derya Kavgaoglu said: “The student who experiences distance education gains learning autonomy, and the teacher who experiences distance education starts to produce original teaching design.”

### **“POSITIVE RESULTS REVEALED”**

Stating that COVID-19 pandemic brought about a global transformation in terms of educational practices, Asst. Prof. Dr. Derya Kavgaoglu said: “The transformation required the transfer of school-based established educational processes to the completely digital platform. The countries of the world produced their own formulas quickly in order to continue education and minimize losses. Turkey could be considered among the countries which produced a strong education policy in a very short time and provided healthy and problem-free transition from school based education to the digital education. The data in the report titled 'Education in the COVID-19 Outbreak 2020' published by the Organization for Economic Development and Cooperation (OECD) also supports this evaluation. With the same research report, OECD also found that the crisis produced an unexpected series of positive results for education and training.”

Kavgaoglu spoke as follows:

“Among these positive results, a very valuable data in practical terms is the increasing tendency of students to take their own learning responsibilities and the pedagogical freedoms of teachers. That means that the student who experiences distance education gains learning autonomy, and the teacher who experiences distance education starts to produce original teaching design.”

### **“STUDENTS DISCOVER INDEPENDENT RESEARCH”**

Noting that the student who had the opportunity to learn at her/his own pace with distance education is more motivated when s/he experiences success, Asst. Prof. Dr. Derya Kavgaoglu from Istanbul Gelisim University said: “The student discovers independent research. Therefore, they actually ponder about subjective learning strategies they never thought before.”

### **“THE MOST SUCCESSFUL STUDENTS ARE THOSE WHO PAY ATTENTION TO LEARNING STRATEGIES”**

Kavgaoglu stating that “Learning strategies are learning ways that enable the student to learn easily and permanently” and added: “These strategies make the student a conscious learner and facilitate learning with pleasure. “To repeat by memorizing, writing, drawing, vocalizing to obtain a set of information; expanding previous information or adding new information using mental images, meaningful codes abbreviations; classify, tabulate, and schematize information; questioning, controlling, comparing, evaluating oneself to determine if they have learned enough and correctly; to recognize and eliminate barriers that will prevent their own learning and

to create optimum learning conditions for him”. These are learning strategies and are rarely used among students accustomed to traditional education. The most successful students of the class are the students who realize these learning strategies and have gained application autonomy.”

#### “IT BECAME A SAVIOR FOR A LOT OF TRAINERS”

Kavgaoğlu also evaluated the distance education process experienced with the epidemic in terms of teacher: “In educational activities that are stuck in the classroom and entered into routine, we see that the free movement ability of the teacher is limited as much as the student. The teacher, who cannot move away from traditional methods and does not use innovative teaching strategies in education, and does not produce original designs to differentiate teaching, starts to repeat himself after a while. This routine also negatively affects professional satisfaction in the long run. Compulsory digital transformation experienced with Covid-19 has been a savior for many instructors in this line.”

#### “A VERY IMPORTANT STEP TO PROVIDE EQUAL OPPORTUNITY IN EDUCATION”

Stating that Covid-19 epidemic brought digitalization into education much earlier and faster than expected Asst. Prof. Dr. Derya Kavgaoğlu concluded as follows: “Digitalization is an important milestone for global education, its spread, settlement and normalization will be a very important step in ensuring equal opportunities in education.”