

Are historical artifacts ready for the expected Istanbul earthquake?

Stating that historical monuments should be prepared for the expected big Istanbul earthquake, Cultural Heritage Management Expert Asst. Prof. Dr. İlknur Türkoğlu said: "Istanbul is not a newly established city. Its history goes back 300 thousand years. Therefore, the preparation and protection of historical artifacts in a possible earthquake becomes even more important. Exercises should be done in museums as if there was an earthquake. We should also organize workshops to protect each historical monument against earthquakes."

Asst. Prof. Dr. İlknur Türkoğlu, Cultural Heritage Management Expert from Istanbul Gelişim University, explained the precautions to be taken to protect historical artifacts from the expected big Istanbul earthquake. Saying that it is normal to expect 7 or more when looking at the earthquake history of Istanbul, Asst. Prof. Dr. Türkoğlu added: "There have been earthquakes since the Byzantine period and historical artifacts have also been damaged. It is written in historical documents that the dome of Hagia Sophia was demolished and damaged. It is the right decision to carry out disaster management studies in museums with the instruction of the Ministry of Interior."

WE SHOULD TAKE PRECAUTIONS

Emphasizing the need to evaluate the consequences of the earthquake expected to happen in the near future and take measures, Asst. Prof. Dr. Türkoğlu said: "Istanbul is not a newly established city. Its history goes back 300 thousand years. One of the oldest and tiered cities in the world. Therefore, the preparation and protection of historical artifacts for possible earthquakes become more important."

THERE ARE 3 STEPS TO PREPARE FOR EARTHQUAKE

Explaining the stages of preparing for an earthquake, Türkoğlu said: "First we need to study the inventory. So we should know where and what we have. Then we must prepare for the earthquake. Preparations consist of 3 stages: what to do before, during and after the earthquake."

THINGS TO BE DONE

Asst. Prof. Dr. İlknur Türkoğlu added: "Before the earthquake, we need to exhibit the historical artifacts in museums, so we have to strengthen them. If there is an earthquake with a magnitude of 7.5, will that work be able to withstand the shock? Or is the museum building robust against earthquakes? The places where the museum employees are located should be considered earthquake resistant. There may be a fire after an earthquake. Are the historical buildings intact? Will it be able to stand when an earthquake occurs? Similar studies need to be done."

EXERCISES MUST BE DONE AT MUSEUMS

Referring to the importance of planning ahead, Türkoğlu said: "Exercises should be done in museums as if there was an earthquake. If there are visitors in the museum during the

earthquake, we need to work on how to evacuate them smoothly. Direction signs and officials should be prepared. It should be predicted and planned in advance like a simulation.”

“WE MUST PROTECT HISTORICAL ARTICLES FROM LOOTING”

Reminding that 20 million people live in Istanbul, Türkoğlu said: “It's much bigger than before. If there are an earthquake with magnitude more than 7, a chaotic process may occur. Security systems will be stopped. In such a moment, we must protect the ancient artifacts in museums from theft and looting. Measures must be taken for these. The security of museum storages must be ensured, and it is necessary to check it now. The officials at the museum will also worry about the safety of their families at that time. Interdisciplinary work should be done to plan all these and take measures.”

“WORKSHOPS NEED TO BE UPDATED”

Asst. Prof. Dr. İlknur Türkoğlu concluded her words with the following: “IMM held an earthquake workshop in 2007, but 13 years have passed since. 21 years have passed since the 1999 earthquake. It is always useful to update the workshops. Workshops should be held according to the new conditions. Thanks to the technology, information can be obtained in advance how the buildings will react in an earthquake that will be over 7. We need to protect historical artifacts before they collapse because there are centuries of experience in those walls and objects. It is not possible to reconstruct the works after they are destroyed. You are making a copy of the work. That's why we need to talk and find ways to protect each historical monument of Istanbul against earthquakes and other disasters.”

“The elderly's sense of control changes in the pandemic”

Making an assessment on the psychological impact of the pandemic on the elderly, Gerontologist F. Sila Ayan said: “With the pandemic, the daily routines of the elderly people, the care and support they receive, their ability to stay socially connected and their sense of control are changing day by day.”

Increasing coronavirus cases brought new measures with it. The curfew imposed on the weekend was also applied to people over 65. Accordingly, people aged 65 and over will be able to go out on the streets between 10.00 and 13.00 in all cities, and the ban will continue both on weekdays and on weekends for people over 65. Lecturer F. Sila Ayan from Istanbul Gelişim University Gerontology Department, who stated that anxiety, illness and fear of death may also be seen in the elderly who take a break from their work and education activities and change their daily routines in accordance with the restrictions, added: “Seniors are struggling with basic prevention strategies based on spending more time at home, as well as negative emotions caused by the lack of contact and communication with family members, friends and colleagues. It is therefore important that we create opportunities to psychologically promote healthy aging during the pandemic.”

“CHANGING AND TRANSFORMING FROM YEAR TO YEAR”

Pointing out that emotion regulation is very important for naming and managing emotions in a constructive way, Ayan said: “These conscious and implicit strategies change and transform from year to year in our life stream. Our response to physical, biographical, and emotional stresses is centered on options to fight it, escape it, or deny it. When the stress management and emotion regulation mechanisms of the elderly are observed, four main groups appear. These groups are highly optimizers, high differentiators, integrators and self-preserving ones.”

EMOTIONAL AND SOCIAL NEEDS SHOULD NOT BE IGNORED

Ayan continued as follows:

“According to the data in the literature, the elderly group, which is called the high optimizer, develops strategies with assimilative methods, that is, without trying to make sense of their feelings, without making deep questioning and paying attention to the problem, while the highly differentiating group adopts the opposite attitude. In this respect, high differentiations versus optimizers with high self-confidence always seek to examine themselves and their environment, future projections, emotions and interactions. We observe higher demand, profitability and anxiety level, both psychologically and physically, in elderly people who are focused on self-protection. The group we find the most healthy and balanced is people with integrated emotion regulation attitude who can use all these strategies as a tool at a good functional level. These people have a critical rationale for questioning and interpreting the source of stress, and letting themselves go to the flow of uncertainty when necessary. In other words, it can interpret thoughts and feelings in a controlled manner. In order to support the integrated emotion regulation of the elderly, not only physiological health but also emotional and social needs should not be ignored.”

“DETACHING FROM LIFE SHOULD BE PREVENTED”

Giving information about how to strengthen emotion regulation strategies in the elderly, Ayan said: “For emotion regulation, individual-oriented interventions within functional abilities are essential. In the gerontology literature, we evaluate individual competences separately in terms of general competencies, partial competencies and sense of control-competence. In this sense, individual counseling programs, training and group strengthening organizations designed to support the cognitive development of the elderly and designed in accordance with pandemic measures, active use of technology and telecare are of great importance in these days when we all have concerns about the loss of control over our lives and routines during the pandemic process. In accordance with the isolation measures in the institutions, we started to see burnout in the professional staff working as inpatients, just like our healthcare workers. It is very important to strengthen the elderly and all actors affected by this experience together and individually according to their needs and to prevent them from being detached from life.”

“THE IMPORTANCE OF ARTISTIC ACTIVITIES SHOULD NOT BE FORGOTTEN”

Emphasizing that the elderly should pay attention to social distance measures against the pandemic, Ayan said, “They should protect their physical health. The active use of technological communication channels should be given importance. The importance of artistic activities should not be forgotten. Seniors with cognitive competence can keep short diaries to reconcile their experiences and feelings. As in the example of the "Story Box Project" implemented in the UK, positive emotion can be achieved with the pleasure of nostalgic transmissions between generations and peers from past to present.”

“STAY AWAY FROM ANXIETY”

Speaking about caregivers and family members during the pandemic process, Ayan stated that they can get online consultancy regarding the anxiety of people and said, “The Sunset Phenomenon and psychotic attacks seen in dementia patients can increase with the tension of other members at home, monotony and access to services due to pandemic restrictions. Combining calmness, empathy and therapeutic activities can be recommended to divert attention from the anxiety-causing developments on the agenda.”

The effect of the pandemic on faith tourism

Four scientists conducting academic studies in Turkey Covid-19 examined the impact of the pandemic on religious tourism. The study sheds light on the history of the virus, its impact on the global economy, and crisis management measures involving holy places.

In the study carried out by Prof. Dr. William Mosier, Dr. Tariq Elhadary, Dr. İsmail A. Elhaty ve Dr. Mehdi Safaei, working at Istanbul Gelisim University, the issue of the COVID-19 pandemic was addressed from the perspective of medical science, chemistry, management science, economics and religious sociology.

American Professor Dr. William Mosier said: “The spread of the novel coronavirus (COVID-19) has caused a worldwide shockwave of fear and much misinformation leaving chaos in its wake. Holy shrines and other religious sites have a special place in the hearts and minds of many people. For example, the mosques in Makkah and Medina, Saudi Arabia typically accommodate over one hundred thousand Muslims daily. Due to the spread of COVID-19, both mosques were forced to shut their doors to pilgrims for health and safety reasons. This situation has saddened millions of Muslims all over the globe. The same situation applies to Qom City in Iran, Bethlehem on the West Bank, and the Vatican City. This paper sheds light on the history of the virus, its effect on the global economy and crisis-management measures involving sacred places.”

“TRAVELLERS MIGHT FEEL RELUCTANT”

Stating that the negative impact on faith tourism may affect future pilgrimage visits negatively, Prof. Dr. William Mosier added: “Due to health and safety concerns, travellers might feel reluctant to resume pilgrimages if they believe the health risks remain even after the pandemic has officially ended. The impact is potentially grave for Islam because the most important pilgrimage is the heavily populated pilgrimage to Makkah which occurs annually. It is unclear whether the pilgrimage will be cancelled in 2021. The same uncertainty befalls the Christian pilgrimages to Bethlehem, The Vatican, the Camino to Santiago de Compostela in Spain and many other religious sites throughout the world in the coming months. Fears surrounding the COVID-19 pandemic could have a longlasting impact on religious tourism and make believers more hesitant to go on pilgrimages.”

“PANDEMIC SEEMS TO HAVE REKINDLED SPIRITUALITY”

Stating that the COVID-19 pandemic seems to have rekindled spirituality and a willingness by many to have greater respect for individual differences and see the essential oneness of all humans, Moiser said: “Motives that drive millions of pilgrims to embark on their pilgrimage should not be underestimated. The future of religious tourism depends to some extent on these strong motives as its recovery force.”

“Decision of the French Senate is the new dimension of immorality in international relations”

The French Senate's adoption of the resolution proposing to the government to recognize the independence of Nagorno-Karabakh caused controversy. Sociologist and International Relations Expert Dr. Bahlul Aliyev from Istanbul Gelisim University said: "This decision of the French Senate represents the transition to a new phase of immorality in the history of international relations.”

“NAGORNO-KARABAKH IS NOT A DISPUTED AREA”

Stating that the independence of Nagorno-Karabakh is not a matter of debate, Dr. Aliyev said: "The status of Nagorno-Karabakh has never been evaluated outside the territorial integrity of Azerbaijan. The resolutions 822, 853, 874, 884 of the UN Security Council are the most important indicators that Nagorno-Karabakh is recognized within the internationally accepted borders of the Azerbaijan Republic. Thus, Nagorno-Karabakh is not just any disputed region, on the contrary, it is the Azerbaijani territory that has been under occupation for nearly 30 years and liberated from the occupation again by the 44-day Homeland War of the Azerbaijan Armed Forces. The status quo, which has been mentioned so far and offered as the only alternative, has now been disrupted. The Azerbaijani Army alone implemented the UNSC resolutions. So any independence is unacceptable even to be discussed.”

“FRANCE TRIES TO CONCEAL THE WAR CRIME”

Emphasizing that the decision taken by the French Senate is not binding at all, Dr Aliyev said: “There are 4 important factors behind this decision taken by the French Senate. First of all, France is trying to repair its prestige, which is shaken day by day. Developing a new pressure mechanism for Azerbaijan in order to show itself as an important actor in the region after Azerbaijan has ensured its territorial integrity is another dimension. In addition, a strong Armenian lobby operates in France, which finances important politicians, statesmen and thus can pressure them. With this decision, the desire to satisfy their hearts is one of the main factors. The last and most important factor was to conceal the war crime committed by France against Azerbaijan during the Homeland War and to prevent any future claims by the Azerbaijani side on this issue. Because it is no longer a secret that a large number of French citizens have come voluntarily and with state support to fight in the Armenian ranks in Karabakh.”

“DIPLOMATIC BURNOUT OF THE DEGENERATED STATE”

Stating that the aforementioned decision is not a binding document, Dr. Aliyev said: “This decision of the Senate is a proposal to the French government and it has no binding and sanction power. It is nothing more than embarrassing speculation. With this, France not only shows how degenerate it is as a state, but also paints the painful picture of diplomatic burnout. State Secretary of the Ministry of Foreign Affairs of France, Jean-Baptiste Lemoyne, pointed to the absurdity of the decision and stated that ‘Recognizing the independence of Nagorno-Karabakh is absurd and it will not benefit anyone and it is also against the policy of France’.”

“THE NEW DIMENSION OF IMMORALITY”

Assessing the reaction of Azerbaijan to the accepted decision, Dr. Aliyev completed his words as follows: “For Azerbaijan, this decision is nothing but a piece of paper as stated by the assistant to president of the Azerbaijan Republic, Hikmet Hajiyev. Although it has no binding and validity, even the discussion of this issue at the Senate level shows the extent of immorality and represents the transition to a new phase of immorality in French politics.”