

“We carry out higher education activities remotely”

Due to the increase in the number of coronavirus cases, President Recep Tayyip Erdoğan announced new measures after the Cabinet Meeting. Making a statement within the scope of these measures, Abdülkadir Gayretli, Chairman of the Board of Trustees, said: “Working hours were reduced and many units were directed to work remotely.”

“MANY ACTIVITIES PERFORMED”

Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University, said: “We have carried out many activities such as presentations, meetings, publications, productions, applications and planning for the benefit of our students and the society, especially for our students to be protected from the epidemic and easily adapt to the distance education system.”

“CONTINUOUSLY INFORMED”

Noting that all relevant units provide information and organize online meetings, starting with the academicians, in order to prevent the students from experiencing victimization in exam and educational activities, Gayretli said: “Continuous information is provided and the problems encountered, if any, the problems identified in the system are discussed. We carry out higher education activities remotely without a hitch” dedi.

“WE MADE DECISIONS TO REDUCE THE SPREAD OF THE DISEASE”

Stating that they have continued the decisions they have taken to maintain physical distance, ensure social isolation and reduce the spread rate of the disease within the framework of the coronavirus (Covid-19) epidemic, Gayretli said: “All services at our university are carried out without interruption. Working hours were reduced and many units were directed to work remotely. Collective consumption of tea, coffee and food within the university is completely prohibited.”

Nick Hobbs: “Sustainability is no longer just the dreams of idealists and visionaries”

Nick Hobbs from the Hiking Istanbul Project met with students at an online conference titled "Rethinking the Rural Area of Istanbul" organized by Istanbul Gelisim University (IGU) English Language and Literature Student Club. "Sustainability is no longer just the dreams of idealists and visionaries," said Hobbs, and shared his experiences ranging from popular walking tours in the rural Istanbul to his long career in the international music industry with students.

60 WALKING ROUTES OUTSIDE THE METROPOL

Stating that they are focused on giving sustainable values to Istanbul's precious countryside, Hobbs gave details about how Hiking Istanbul started and how it evolved into an online

community with more than 5,000 followers, and his upcoming book which maps about 60 hiking routes outside the metropolitan area.

Noting that "Sustainability is no longer just the dreams of idealists and visionaries" Hobbs added: "Either we immediately put sustainable economics into practice, or we accelerate the degradation of the planet's biosphere that we depend on and love, with terrible, largely-irreversible consequences that will likely plunge us into the darker visions of science fiction."

Hobbs concluded his speech as follows:

"the beautiful, historical and habitat-rich places should need no additional reason to be protected and conserved. The places that are not, could, with imagination, a little effort and modest expense, be transformed into natural and social assets — into common-wealth, that which we hold in trust for each other and those to come."

"With the coronavirus epidemic, the need for respiratory physiotherapy increased"

Physiotherapist Lecturer Tuğçe Bilgiç stated that the need for respiratory physiotherapy increased with the coronavirus epidemic and said, "With the respiratory rehabilitation to be applied to Covid-19 patients, hospitalization and emergency applications are reduced. Shortens the length of stay and increases the survival rate for inpatients."

Providing information about respiratory physiotherapy, Physiotherapist Lect. Tuğçe Bilgiç from Istanbul Gelisim University said: "In the treatment that we can call respiratory rehabilitation or pulmonary rehabilitation, there are methods applied by physiotherapists especially for resistant symptoms such as shortness of breath seen in COVID-19 in addition to standard medical treatment. At this point, improving the physical condition of the patient, reducing the symptoms, providing correct and effective breathing training and thus increasing the quality of life are among the main objectives."

"EVEN A SMALL EFFORT CAN WORSEN SYMPTOMS"

Stating that most of the patients had limited movements due to shortness of breath, Bilgiç said: "Even a small effort can worsen the symptoms. For these reasons, respiratory rehabilitation is a set of comprehensive interventions that require planning and implementation of multidisciplinary treatment methods for Covid-19 patients who are currently being treated at home or in hospital."

"DEPENDENCY TO RESPIRATORY EQUIPMENT MAY BE SUBJECT"

Sharing the information that approximately 80 percent of Covid-19 cases progress with mild and moderate symptoms without pneumonia (pneumonia / lung inflammation), Bilgiç said, "According to the studies, the disease manifests itself severely in approximately 14% of

pneumonia patients. In 5% of cases, acute respiratory distress syndrome (ARDS), multiple organ dysfunction/failure and/or septic shock develops. Especially in this group, symptoms are getting worse and there may be addiction to respirators.”

Bilgiç continued her speech as follows:

“The approaches recommended by physiotherapists to these patients in the acute phase are positioning, relaxation and passive, active-assisted or active mobilization that can be applied to the extent permitted by the patient's clinical condition. It is suggested that breathing exercises, including airway cleaning techniques, exercise training and practices for respiratory muscles can also be included in the treatment program in the chronic period.”

BENEFITS OF RESPIRATORY REHABILITATION

Physiotherapist Lect. Tuğçe Bilgiç added: “It facilitates compliance with exercises and exertion by increasing the lung capacity, reduces dependence on respiratory devices, increases the quality of life by reducing shortness of breath. Exercises for chest and arm muscles increase strength and function. Hospitalization and emergency admissions are reduced. It shortens the length of stay and increases the survival rate for hospitalized cases. There is a decrease in psychiatric symptoms such as depression and anxiety and an increase in motivation. It allows for aerobic exercises such as long walks. It also increases compliance with the drugs that should be used.”

Bilgiç added that the Turkish Physiotherapists Association also stated that those who had Covid-19 may have different problems in respiratory, cardiovascular and musculoskeletal systems: “In the fight against Covid-19, especially for the population with risk factors such as advanced age, chronic disease and weak immunity, respiration rehabilitation is one of the most powerful weapons and its importance is understood more and more every day.”

“They ran together for clean water”

Athletes and famous names accompanied the short runs by Amputee national football player and paralympic athlete Burak Abacıođlu. In each run, awareness talks were held on a purpose of Sustainable Development.

Amputee national football player and paralympic athlete Burak Abacıođlu, who performed short runs of 17 minutes and 17 seconds in different symbolic locations of Istanbul to draw attention to the Global Goals for Sustainable Development consisting of 17 items came together with the academician Asst Prof. Dr. Nevruz Berna Tatlısu, who took part in the project for "Clean Water and Sanitation", one of the Sustainable Development Goals.

“LACK OF WATER ON A GLOBAL SCALE CAN BE EXPERIENCED”

Asst. Prof. Dr. Nevruz Berna Tatlısu from Istanbul Gelisim University said: “If the sustainable development goals are not taken into account, there will be a global water scarcity and access to clean water will be very difficult. Safe drinking water, the extent of defecation in open spaces, water quality, waste water management, increasing efficiency in water use, increasing water and sanitation support to underdeveloped and developing countries, and raising awareness of local people should be supported.

Speaking about the run, amputee national football player and paralympic athlete Burak Abacıođlu said:

“We ran 17 minutes and 17 seconds with dear Nevruz Berna Tatlısu and dear Elif İldem, IMM SC national athlete, clinical psychologist who qualified to participate in the 2021 Tokyo Olympics, on the Golden Horn Beach. I would like to thank dear Nevruz Berna Tatlısu and Dear Elif İldem for their support to my awareness project.”

Advice for students who will take the LGS from Gayretli

The Ministry of National Education stated that there was no change in the scope of the central examination and the exams such as the Higher Education Institutions Exam (YKS), within the scope of the High School Transition Examination (LGS), and students will be held responsible for the entire curriculum. Speaking after the statement, Abdülkadir Gayretli, Chairman of the Board of Trustees, said: “Students should continue to participate in their distance education regularly. Trial exams must be solved in real time.”

“DO NOT FORGET TO SOLVE SAMPLE QUESTIONS PUBLISHED BY NATIONAL EDUCATION”

The countdown continues for candidates preparing for high school and university exams. Istanbul Gelişim University Chairman of the Board of Trustees Abdülkadir Gayretli advising the students preparing for the exams, said: "Follow the exam preparation lessons for 8th and 12th grade students at EBA. Do not forget to solve the sample questions published by National Education and sample questions published in EBA. Take advantage of various question books and online platforms. Ask questions you can't solve, online. Don't skip topics and questions.”

“READ LOTS OF BOOKS”

Emphasizing the fact that students continue to participate regularly in their distance education, Gayretli said: “Trial exams should be solved in real time and period. Students should definitely get support from teachers about unsolved questions and read plenty of books.”

“DETERMINE THE TIME TO REST”

Referring to the need to create a repeat program for the lessons to be responsible for in the exam, Gayretli said, “Determine when to study and when to rest. Spend more time on your schedule for the lessons you are missing and remember that you will be responsible for the entire curriculum.”

Stating that being responsible for the entire curriculum can increase the stress level of students, Gayretli advised: “Success comes with effort and work discipline. Keep your exam anxiety to a minimum.”