

'Role model' warning from psychiatrist to teenagers

Psychiatrist Onur Okan Demirci, warning young people as a role model, said: “The person who is taken as a role model is imitated by the person who takes his/her as a role model from the lifestyle to his/her eating pattern.”

Psychiatrist Onur Okan Demirci from Istanbul Gelisim University, who stated that the phenomena of the movement created by the image and lifestyle of the music groups called "K-Pop", especially from South Korea, are accepted as idols and symbolized by the young population, said: “Meeting with different music cultures surely enriches our lives. However, the worlds that are in the infrastructure of these cultures can affect us, especially the young population. In today's world, behaviors, speech styles, hairstyles, clothing designs, relationships and communication styles are shaped according to these popular cultures.”

“CAN BE IMITATED EVEN THE EATING ORDER”

Expressing that the life styles and body images of the models belonging to this culture are tried to be imitated, Demirci said: “In psychology, the dynamics of the situation we call role models are realized by imitation. The person who is taken as a role model is imitated by the person who takes him as a role model, from his lifestyle to his eating pattern. For example, a phenomenon role model who shares the unhealthy diet he has made today may have the power to spread that diet around the world the next day.”

“THEY WILL LOOK FOR SATISFACTION AT THE END LEVELS”

Psychiatrist Onur Okan Demirci, who stated that phenomenal models live in a situation that can be called stage ego, said: “The ego spirit known to all humanity, which causes him to be chased, and is fed by millions of followers and applause, will maximize the levels of satisfaction in the person. Thus, these people will not be satisfied with the pleasures of ordinary life and will seek extreme levels of satisfaction for themselves. The society that witnesses all these stories can be encouraged to the lives of these people, whom they take as role models, and may disappear in the desire to live a life that does not actually belong to them and they cannot feel belonging.”

“MAY MISS THE ENTIRE ENJOYMENT OF LIFE”

Stating that one's taking care of someone else's difficulties while struggling with his own difficulties will cause him to take heavy loads that he cannot bear, Demirci said: “When we cannot overcome these burdens, we may lose all the joy of life and be pushed towards behaviors that can reach the end of our life. It is a wonderful feeling to be able to get to know different cultures and reach them easily, but we can find ourselves in a world where we cannot feel belonging when the thread is lost.”

Additional preferences for university applicants started

Additional preferences have begun for students who have not yet been able to enter a university after the YKS university placement results. Applications for vacant quotas will be made between 17-23 September. Applicants will make preferences for 57 thousand vacant and unregistered quotas. Providing information about who can apply for additional preferences, Guidance Specialist Elif Alu Gulsen said: “In central placement, it is necessary to not be placed in any higher education program. Applicants who have been placed in a higher education program with a special talent examination in 2020-YKS can also choose for additional placement.”

“THEY HAVE A RIGHT FOR 24 PREFERENCES”

Reminding that applicants have 24 preferences in Additional Placement, Guidance Specialist Elif Alu Gulsen from Istanbul Gelisim University said, “The applicant who will make additional placement can make any number of choices provided that they do not exceed 24 choices. Make sure that you have spelled the correct program codes in the preference list you will create. A applicant can only qualify for one program, no matter how high their scores are. For this reason, create your preference list according to the section you want the most and the section you want at least.”

“DON'T FORGET TO PAY ADDITIONAL PLACEMENT FEE”

Gulsen added: “In order to choose associate and undergraduate programs whose quota is filled in the central placement and has the smallest score, but there is a shortage of quotas

due to the fact that few of the placed applicants do not enroll, it is necessary to have a score equal to or greater than the lowest score of the program. All applicants whose placement scores have been calculated can choose programs whose quota is not filled and the smallest score is not obtained. Remember to pay the additional placement fee after completing your notice of preference.”

“AN ADDITIONAL + 50% PREFERENCE DISCOUNT WILL BE APPLIED TO THE OSYM SCHOLARSHIP”

Giving information about the preference discounts, finished her words with the following: “For those who are placed in Istanbul Gelişim University undergraduate and associate degree programs in any of the top 5 choices in the 2020 YKS additional quota preferences, or those who prefer Istanbul Gelişim University regardless of their rank without including any university in between, the ÖSYM scholarship is an additional + 50%. preference discount will be applied”.

The right time and the right cooking are essential for delicious fish

Lecturer of Cooking Program Levent Demirçakmak emphasized that the fish should be cooked with the right technique in order to get the best taste in fish consumption. Demirçakmak said, “Fish must be cooked in different times at different techniques, otherwise we can cool people from seafood.”

Following the end of the fishing ban that started on April 15, the fishing season has recently started. The opening of the season brought along the questions of 'what should we pay attention to when buying fish', 'which variety is more beneficial to consume' and 'how to cook'. Providing information on the tricks of fish consumption, Istanbul Gelişim University Cookery Program Instructor and President of the Cookery School Alumni Association Levent Demirçakmak also explained that especially fish should be cooked in different time periods with different methods.

Explaining why fish consumption is very important for our health, Levent Demirçakmak stated that fish is a very important nutrient for human body health and continued as follows; “Although they are a very good source of protein, they also contain at least 13 vitamins that should be in our body. Therefore, it is very rich in terms of both protein, vitamins and minerals

that make up 4 percent of our body. It is a particularly good source of calcium and phosphorus. Another feature is that it contains omega 3 fatty acids EPA and DHA, which are only found in aquatic products, which are not found in other nutrients. The body cannot synthesize them. We can only buy from seafood. It causes very serious biochemical and biological changes in the body. Its protective and developing properties are known in diseases. Our consumption of fish will protect our body from many diseases such as some migraine pains, protection against diabetes in adults, high blood pressure, cholesterol.”

IT PLAYS AN IMPORTANT ROLE TO STRENGTHEN THE IMMUNE SYSTEM

Adding that fish consumption is very important in order to strengthen the immune system, which we have mentioned more recently with the coronavirus, Demirçakmak said, “Although the water-soluble vitamins are the same as other animal-based products, the fat-soluble vitamins A, E and K vitamins are much more in fish. Vitamins A, E and K are vitamins that strengthen our immunity very much. When omega 3 is combined with fatty acids, we can only get it from fish, it has very serious positive effects on our body in terms of protective antioxidants and antibacterials.”

“STALE FISH SMELLS BAD”

Stating that we should be very sensitive about fish selection, Demirçakmak also gave information about how to understand fresh and stale fish. Demirçakmak stated that we can easily understand it from the eyes of the fish and said: “The eyes of a good and fresh fish are plump and lively. Strainers for fresh fish are open and brightly colored. When we hold the fish with our hands, its tail is upright. The eyes of the old fish are also collapsed and when you press the body part, it has lost its elastic structure. It is also true that the fish smell all over again. In other words, if the fish starts to spoil, a highly acidic odor starts to spread from the head to the whole body. When you press the body of fresh fish, it will keep its form. Stamps have not lost their vivid appearance. In fish that do not have scales, it has lost its lively appearance. Water is sprinkled on the fish to show the fish alive on the looms, but we can easily understand its freshness from there when we press it by touching its eyes and body.”

THE TIP OF COOKING; THE RIGHT TECHNIQUE AT THE RIGHT TIME

Reminding that fish should be consumed at least twice a week, Demirçakmak also made recommendations for the best cooking of fish. Emphasizing that the taste of fish can only be reached with the right method, Demirçakmak said: “Of course there are many different cooking techniques for fish, but it is necessary to use the right cooking technique at the right time. There are fish that we consume using heat, and there are fish that we cook without using heat. However, we can apply many different methods of cooking fish in deep frying, frying in a little oil or grilling. Finding the right cooking technique is a bit risky for seafood. With the wrong cooking, maybe we can cool people from those seafood. That's why we need to apply the right technique at the right time to get the most delicious result. For example, acorn has just come out, it has not been fully oiled yet. Normally, grilled bonito will be very tasty, but grilled bonito will be very hard and tasteless at this time. Therefore, oil cooking technique can be used. Like this, cooking it on the pan or grill according to the time will differentiate the flavor of our fish.”

Demirçakmak, who also gives examples of other fish species, briefly stated that each fish has different tastes at different times and said, “In the following periods, anchovies will be in full crispy time in December, and in January it is fully oiled. While we can cook it in deeper oil in December, we can cook it in a pan with much less oil in January. The horse mackerel is in the season again, we can cook it in deep oil, and the red mullet is approaching slowly in the same way, its season and the best cooking technique is in deep oil and in the oven. We can say something like this while cooking on the grill, especially when the sea bass, bream and bonito are oiled after a month, it is very delicious to cook them on the grill. Lightly flouring, then filtering the fish very finely with olive oil and throwing it on the grill will also prevent the skin from sticking.”

“HALVA CONSUMPTION AFTER FISH IS USEFUL FOR DIGESTION”

Stating that classical halva consumption after fish is also suitable for digestion, Demirçakmak said, “We recommend the consumption of halva after fish consumption, provided that it is not too excessive. Because tahini restores the balance of phosphorus in the body and stomach acid again, which makes us comfortable in terms of digestion.”

FISH DIMENSIONS MATTER FOR SUSTAINABILITY; "SMALLER SHOULD NOT BE SOLD OR BOUGHT!"

Lastly, Demirçakmak touched upon the issues that need to be considered in terms of sustainability in fishing and concluded his words with the following: "We should pay attention to the centimeters of the fish according to the declaration of the Ministry of Food and Agriculture in order to ensure sustainability. We should not sell or buy smaller fish on our stalls. For example, the shield should be 40, bonito 25, anchovy 9 cm. These are very important criteria for the life and sustainability of our fish."