

### **New skills of 2025; endurance, stress management and flexibility**

The Future of Jobs 2020 report, prepared by the World Economic Forum, has been published. Stating that the report published in 2020 aims to give an idea about the year 2025, Abdülkadir Gayretli said: "The essential skills of the business life of 2025; endurance, stress management and flexibility".

**"APPROXIMATELY 50% OF CAREER CHANGES RELATED TO ARTIFICIAL INTELLIGENCE AND DATA MANAGEMENT"**

Stating that the global developments all over the world and the Covid-19 pandemic accelerate the business world planning of the future, Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelişim University, said, "An increasing number of people are making career changes in completely new professions. Approximately 50% of career changes are related to artificial intelligence and data management. This gives an idea of the future jobs. The essential skills of the business life of 2025; it turns out to be endurance, stress management and flexibility. Employees now pay more attention to personal development courses."

**"THE EFFECT OF CHANGE WILL CONTINUE THROUGHOUT THE WORLD"**

Stating that there has been a 4 times increase in the number of people seeking online learning opportunities, Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University, said: "It is seen that there is a 5 times increase in employers who offer online learning opportunities to their employees and a 9 times increase in the enrollment of people who access online learning with government support. We have been developing our distance education process, which we have been moving rapidly since March, and we have been carrying out trainings on our own software. After 2020, when technology and distance education and working methods are popular, the effect of change will continue all over the world."

Emphasizing that those who can keep up with the pace of change will survive, Gayretli concluded his words by saying: "The acquisition of new personal skills will be the best investment that individuals can make for themselves."

### **Turkey has become a center of attraction for international students**

According to data of 2018 published by United Nations Educational, Scientific and Cultural Organization (UNESCO), Turkey was the 10th country in the world with the most international students in higher education with its 125 thousand 138 students. Assoc. Prof. Dr. Arda Öztürkcan, Director International Student Office at Istanbul Gelisim University, said: "Turkey's higher education has become a center of attraction for international students."

Assoc. Prof. Dr. Arda Öztürkcan, Director of International Student Office at Istanbul Gelisim University, evaluated the report published by United Nations Educational, Scientific and Cultural Organization (UNESCO) where Turkey is registered the 10th country in the world with the most international students in higher education with its 125 thousand 138 students. Stressing that Turkey's higher education has become a center of attraction for international students, Öztürkcan said: "In the next period that number will increase gradually and Turkey will always take its place on the top."

Stating that the total number of international students at Istanbul Gelisim University was 46 before January 2018 and that this number started to increase rapidly with the establishment of the Directorate International Students Office, Director International Students Office Assoc. Prof. Dr. Arda Öztürkcan added: "In the 2018-2019 academic year 720 students, in the 2019-2020 academic year 1521 students were registered. In the fall semester of the 2020-2021 academic year, 1459 international students completed their final registration, despite the coronavirus pandemic conditions. Our total number of current international students has exceeded 3,500. More than 170 students registered at the Institute of Graduate Studies."

**"INTERNATIONAL STUDENT RATE IS OVER 10 PERCENT"**

Reminding that nearly 1,500 international students were enrolled in the 2020-2021 academic year despite the pandemic conditions, Öztürkcan said: "According to the data of the Higher Education Council (YÖK) announced last year, we achieved a rate of 6,7 percent foreign nationals with 1,933 registered students, and this year we will succeed to increase above 15 and our goal is to exceed 20 percent in 2021."

**"THE MOST PREFERRED SECTION: BUSINESS ADMINISTRATION"**

Stating that international students from 97 different countries registered in 2020-2021, Öztürkcan said: "Our most preferred departments this year were Business Administration (English), Physiotherapy and Rehabilitation (English), Architecture (English), Nursing (English) and Civil Engineering (English)."

**GAYRETLI: TURKEY'S SHARE INCREASED 110 PERCENT**

Emphasizing that under the leadership of YÖK (HEC) President Prof. Dr. Yekta Saraç Turkey's share in the pool of international students in the world has increased by 110 percent Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University, said: "The data coming from 2 years behind show that we are on the right track. We believe that Turkey's success this moment is higher than mentioned. We will continue to work with all our strength to be better in education."

**“Turkey has logistics infrastructure to carry out vaccine coming from abroad”**

China-based coronavirus vaccine that Turkey has ordered CoronaVac came first results of the third phase of the experiment. Asst. Prof. Dr. Kadir Mersin said that it is advantageous to carry and store the Chinese vaccine.

The first results came from the third phase experiments of the coronavirus vaccine CoronaVac developed by the China-based Sinovac company. Indonesia-based company Bio Farma announced that they found CoronaVac to be up to 97% effective in initial trials. Faculty member Istanbul Gelisim University International Logistics and Transportation Department Asst. Prof. Dr. Kadir Mersin said that as a country, we have a logistics infrastructure to carry vaccines.

**“TRANSPORTATION AND STORAGE OF MRNA-BASED VACCINES IS GRUPELLING”**

Stating that the storage conditions of mRNA-based vaccines should be between -70 and -80 degrees, Mersin said: “Currently, there are vaccination studies related to the coronavirus epidemic. One of them is the mRNA-based vaccine and the other is the Chinese vaccine, which we know as the classical vaccine. One of the mRNA-based vaccines is a vaccine made by Pfizer. Shipping and storage of the mRNA-based vaccine is a bit of a challenge. Because the storage conditions for this vaccine should be between -70 and - 80 degrees. However, the storage of these vaccines also poses a problem.”

**“EVEN A DOSE MUST NOT BE DAMAGED”**

Stating that 34 billion dollars of vaccine was wasted in the world in 2019, Mersin said: “34 billion dollars vaccine was wasted due to the breaking of this cold chain. However, we do not have such a luxury because the issue is the coronavirus epidemic. Due to the coronavirus epidemic, this chain should not be broken in any way and even a dose of vaccine should not be wasted. Therefore, although the vaccine is difficult to transport, it is not impossible. Compared to other countries, I can say that Turkey has logistic infrastructure to transport these vaccines.”

**“CHINESE VACCINE MORE EASY TO TRANSPORT AND STORE”**

Stating that the Chinese vaccine will be easy for our country considering the storage conditions, Mersin said: “The Chinese vaccine has its own advantages. One of these advantages is that the Chinese vaccine is easy to transport and store. It is known that the shelf life of the Chinese vaccine is 1 month in the refrigerator and 3 months in freezers.”

**“WE DO NOT HAVE A -70 DEGREES COLD STORAGE”**

Asst. Prof. Dr. Mersin continued his words as follows:

“When we look at the transport side of vaccines, Pfizer designed a thermal box. Thanks to this box, 5 thousand doses of vaccine can fit into this box at once. As a country, our problem will

arise in the storage of vaccines. We do not have a storage with -70 degrees of cold. In order for vaccines to be stored in our country, they must have an adequate infrastructure in the hospitals. For this reason, it will not be very easy to keep mRNA-based vaccines in our country.”

### **“Physiological balance and harmony can be restored with yoga”**

Saying that yoga supports the immune system, Asst. Prof. Dr. Çiğdem Öner said: "Physiological balance and harmony can be re-established with yoga.”

Referring to the fact that the Covid-19 pandemic is a phenomenon that keeps health-related stress experiences strong, Asst. Prof. Dr. Çiğdem Öner, from Istanbul Gelisim University, said: “When coronavirus is combined with stress, anxiety and fear, it can turn into a state that fluctuates the entire balance of the organism. It can also cause negative reflections on our immune systems. It is reported that an individual with strong immunity is more successful in combating coronavirus infection. The most common measure recommendation we encounter is to strengthen immunity. Today, we witness numerous Yoga organizations and Yoga experts frequently voicing Yoga and Yoga-based lifestyle recommendations to help people stay mentally healthy and promote optimal immune functions during the current pandemic.”

### **“PHYSIOLOGICAL BALANCE AND HARMONY CAN BE RESTORATED”**

Noting that one step of Yoga practiced with pleasure by all participants is Asanas, that is 'Yoga postures', Asst. Prof. Dr. Çiğdem Öner said: “While strength, endurance and flexibility are developed in muscles, bones and joints through Asanas reflecting the physicality of Yoga, stress experiences in these areas have led to Physiological balance and harmony can be restored by reducing tensions. In addition, effective results are achieved in dealing with pain. Methodical practices of yoga postures play a role in regulating the circulatory, digestive and excretory systems, increasing the sense of well-being in the body.”

### **“WITH THE RIGHT BREATHING, THE HEART AND LUNGS CAN BE SUPPORTED”**

Pointing out that another application step of the yoga system that makes the organism strong is Pranayama 'Breathing techniques', Öner said: "Breath is an important instrument that builds mental calmness in Yoga and grounds the deep bond that the individual will establish with himself. It is aimed to support the heart and lungs by means of correct breathing, as well as to increase body energy and protect the holistic balance. The right breath affects many areas from the spiritual life of the person to the way he perceives the world. Every breath taken accurately, deeply and with awareness becomes the main nutritional source of mental health.

For this reason, observing the natural breath flowing in the body during the practice of bonding with breath in Yoga practices is a priority. The sensations that occur while breathing, the sensations created by the flow of air into and out of the body through the nasal passages, the observation of the changes experienced by the structures involved in the breathing process with the intake and exhaled breath, and the search for the realization of what is happening during this time are among the important keys of the journey with breath. Awareness of the breath frees the attention from thoughts, it is the way to develop consciousness, contact with holistic consciousness, being in the here and now.”

“ORGANIZES MENTAL ACTIVITY”

Giving the information that 'Meditation' studies, which most people are familiar with in daily life, are expressed with the term Dhayana in the Yoga literature, Öner said: "A significant part of the techniques that regulate and develop mental activity in the yoga system are applied in the Dharana 'Concentration' stage. These techniques are structured to enable the individual to meet reality, increase inner awareness, thus establishing a bridge between needs and reality and discovering the meaning of life.”

Öner concluded her speech as follows:

“Yoga practices, which can be described as a multi-dimensional way of knowing oneself, transform the skills of coping with difficulties into permanent experiences while managing life events. Because physical practices clarify the meaning of existence with a strong, flexible body, awareness of mental practices, spiritual contents. Therefore, a high quality of life, a high life satisfaction and a clear perception of reality are the simple gifts of Yoga practices. This naturally reflects on behavior as increased coping skills, acceptance, resilience and self-efficacy.”

### **Multiple disaster risks in stairways**

Faculty members Asst. Prof. Dr. Gül Yücel and Asst. Prof. Dr. İlke Ciritci, who worked on the disaster and accessibility of the stairways in Istanbul, examined 26 examples from different districts.

Asst. Prof. Dr. Gül Yücel and Asst. Prof. Dr. İlke Ciritci from the Architecture Department of Istanbul Gelisim University examined 26 examples from different districts over 100 steps. In the on-site detection and examination, the relationship of the stairs with the topography, landscape, building connections, step structure, purpose of use, density and earthquake, disaster and emergency risks such as flood and fire were evaluated.

### “THERE ARE DIFFERENCES DEPENDING ON THE SITUATION IN THE USE OF STAIRS”

Expressing that they are working on streets with many stairs in different districts of Istanbul, Dr. Gül Yücel said: “One of the most important problems of streets with stairs is accessibility in emergency situations. The difference in social life and needs in residential areas with different textures brings differences in the use of streets with stairs.”

### “STREETS WITH STAIRS A PART OF SOCIAL LIFE”

Mentioning that they made examinations on many stairs within the scope of the research, Yücel said that in addition to the characteristics of the stairs, they also looked at the physical structure of the surrounding buildings, the number of floors, the elements that could be risk on their facades and the width of the streets.

Stating that the streets with stairs have been a part of the social life of Istanbul from the past to this day, Yücel said, “We met with the Istanbul Metropolitan Municipality Fire Department and AFAD Istanbul Provincial Directorate to determine the risks of those living in disaster or emergency situations on the streets with stairs. Of course, our main goal was to find the basic elements of how to easily evacuate the people living in the buildings around the stairway street to a safer place in disaster and emergency situations. We made important observations in this regard.”

### “SUBSEQUENT ADDITIONS OF BUILDINGS MAY INCREASE THE RISK FOR SAFETY OF LIFE”

Drawing attention to the fact that pedestrianized streets and the stairs leading to these streets are frequently used, Dr. İlke Ciritci, a faculty member of Istanbul Gelişim University, said: “Asmalı Mescit Neighborhood and Cezayir Street in Beyoğlu can be shown as examples. It is important that people living in that area have their escape routes to the streets in a clean and non-dangerous manner in case of a disaster. Subsequent annexes to buildings on these streets and stairs may create the danger of falling on people on the street during an earthquake and increase the risk of outdoor life safety.”

Stressing that they has many observations on this subject, Dr. Ciritci said: “Maybe, restorations can be made by experts on these determinations with the right methods. Thanks to these measures, disaster resistance can be increased and loss of life can be prevented.”

### “Trust in education under the guarantee of higher education”

Stating that education and certification programs are indispensable for personal development and business life, Abdülkadir Gayretli said: “Choose a specialized and well-known institution, trust the trainings provided under the guarantee of higher education.”

Starting off with the slogan of Be Open to Development, Istanbul Gelişim University announced that it accelerated its online education and certificate programs prepared using

distance education methods and techniques. Online training and certificate programs that will be open to everyone will be given with assurance of Istanbul Gelisim University, Turkey's most internationally accredited university.

#### "SELECT A RECOGNIZED INSTITUTION"

Speaking on the subject, Abdülkadir Gayretli, the Chairman of the Board of Trustees of the university, stated that education and certificate programs are indispensable for personal development and business life, and added: "Choose an expert and well-known institution in its field, trust the education provided under the guarantee of higher education."

#### "CERTIFICATION PROGRAMS IN EVERY FIELD"

Stating that training programs are seen as an important competence in job applications, Gayretli said, "Candidates who want to make a difference in business life can participate in certificate programs in any field they want to improve their expertise. It should be questioned how effective the trainings will be in the sector."

#### "THE PARTICIPANT DETERMINES THE DURATION OF THE PROGRAM"

Stating that the participant can determine the duration of the online training and certificate programs, Gayretli said: "Since the trainings are remote, the participants can watch the training videos whenever they want. It can be planned according to working and educational life. It is up to the participant to determine the start and end time of the program."

#### "WE WILL INCLUDE CORPORATE TRAININGS"

Emphasizing that Istanbul Gelişim University will accelerate distance education and certificate programs in the near future, Gayretli said: "The trainings we have prepared with national and international protocols will be given under the assurance of our university accredited by international accreditation institutions. Trainings will be held in Turkish and English. We will bring together many international experts who are experts in their profession with the participants. There will be trainings on many topics such as Human Resources Management, Health Services Management, Accounting Finance and many areas such as communication and tourism. We will include corporate trainings as well as individual trainings."