

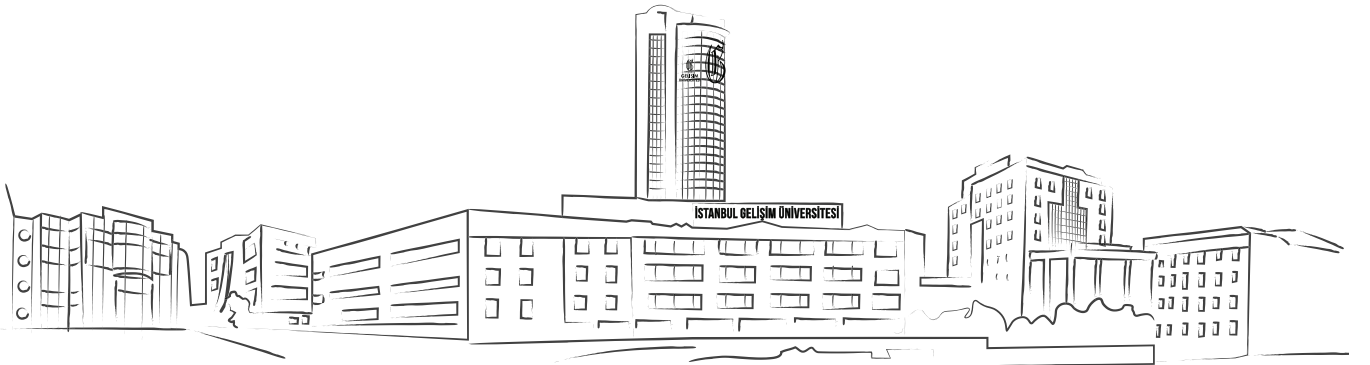


ISTANBUL  
**GELISIM**  
UNIVERSITY

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**AGENDA OF PERSONNEL**

**Assoc. Prof. Dr. Indrit MYDERRIZI** has been assigned as the Director of the Technology Transfer Office Application and Research Center at our University on May 12, 2020.

**The Impact Rankings 2020**



**Breathing exercise from the specialist for the masked exam****MAY 11 2020**

With the change of exam dates, students started to experience stress. Child and Youth Psychiatrist Assoc. Prof. Dr. Sevcan Karakoç Demirkaya said that students can relax by doing breathing exercises with a mask.

After the coronavirus epidemic, it was reported that the Entrance Exam to High Schools (LGS) will be held on June 20 and the Higher Education Institutions Exam (YKS) will be held on June 27-28. Psychiatrist Assoc. Prof. Dr. Sevcan Karakoç Demirkaya From Istanbul Gelisim University, who pointed out that changing dates, students going to take exams in their own schools and especially exams using masks can cause anxiety on students, said: "Some anxiety is always

necessary so that they sit and study for the exam and be productive this period. However, there was an uncertainty and it was an uncertainty about the exam. For this reason, some of the children stopped working or some young people were now exhausted. The clarification of history has been good in a sense and has reduced anxiety."

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**How did the pandemic affect young people and children?****MAY 12 2020**

Asst. Prof. Dr. Haluk Saçaklı pointing out that the biggest danger that awaits young people and children under 20 who cannot go out during the coronavirus epidemic is immobility, said: "It was normally 6 hours for the children to spend motionlessly on television, computer, internet, and lessons. Now it is at least 12 hours with distance education."

"THE INFORMATION RECEIVED IS PROCESSED SLOWLY"

Emphasizing that the 41.4 percent of boys 12-14 age range in Turkey, 69.9 percent of the girls do no exercise and sports Asst. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University said: "The rate for male youths aged 15-18 rises to 44.6 percent and 72.5 percent for girls. Considering that these young people will stay at home for a while, when not exercised, the brain is not getting enough oxygen and the efficiency of its capacity decreases. The information received is processed slowly, in this case, it is noticed with its reflections such as late detection, late notice, and quick forgetting."

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**Mechatronics students have passed first stage for the giant festival****MAY 12 2020**

Aviation, Space and Technology Festival TEKNOFEST will be held at Gaziantep Airport on September 22-27. The 'IGU Behemehâl' team, consisting of the students of the Istanbul Gelisim Vocational School Mechatronics program, has passed the first stage to join the festival and added a new one to its activities in the field of robotics.

"IGU Behemehâl" announced that it has successfully completed the first stage by completing the "Preliminary Design Report" in to 70 teams among the 127 teams among in the category of "Unmanned Underwater Systems Competition (Advanced Level)" in order to participate in TEKNOFEST. Lecturer Umut Uz is the consultant of the "IGU Behemehâl" team consisting of 1st grade students of the Istanbul Gelisim Vocational School Mechatronics

Program. The team, which includes Berk Bal, Rabia Gökçe, Berk Çiftçi, Yusuf Apaydın, İbrahim Aktaş and Mehmet Oktay, started the necessary work for the "Critical Design Report" process.

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**Advices for coping with corona stress****MAY 14 2020**

Stated that the key to coping effectively with the stress caused by COVID-19 is to maintain a positive attitude and listed advices for coping with stress, Prof. Dr. William Mosier said: "Physical exercise can help when you are in distress and want to feel better. The physical release of energy is important in constructively controlling our stress response. Be kind to yourself."

Saying that stress provides the necessary energy to sustain human life, American Prof. Dr. William Mosier, faculty member of the Department of Child Development at Istanbul Gelisim University (IGU) the School of Health Sciences spoke: "Humans are stress-seeking beings. The human body reacts to stress in a predictably physiological way. Stress creates an emergency discharge of adrenaline in our bodies. These chemical reactions lead to changes that speed up cardiovascular function and impact our digestion. To the human body, it doesn't matter whether our stress reaction is from joy or fear; the physiological response is the same. Our stress response is the condition we experience when the body is creating excess energy."

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# IGUZEB

## Istanbul Gelisim University Distance Education



Due to COVID-19, distance education process has started in universities in accordance with the decision taken by the **Council of Higher Education (YÖK)**. Istanbul Gelisim University **Distance Education Unit (IGUZEB)**, which has been operating since 2016, works at full capacity in order to continue the educational life of students efficiently in this process, with its technical infrastructure and experience.

**IGUZEB** has made that its vision to increase the knowledge and experience of our faculty members to the level of **international e-learning standards** with the use of distance education technologies aiming the life-long and unlimited learning awareness of distance education as student-centered, independent of time and place. In this context, it continues to work on digital content development with technologies based on e-learning, by providing the necessary technical support to existing **associate, undergraduate and graduate programs** carried out within our university.

In this challenging process that our country and the world live, our students can follow their lessons with the distance education system and access **the course content such as video, notes, test** prepared by our faculty members with the support of digital infrastructure. They can view their homework and deliver their homework to their lecturers through the same system.

The system provides the opportunity to attend live classes and communicate simultaneously with their lecturers, and then watch the course video again. Our students can enter the exams of the courses they are responsible for online. In the exam system, **questions and time have been meticulously prepared** in accordance with this infrastructure. All these materials are accessed through a computer, tablet or mobile device with internet connection. If our students have any questions about the process, after they send support requests, our personnel will help them.

**As IGUZEB**, we work to provide the most efficient education by using of all the possibilities of **digital technology** in order to avoid interruption of education.



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# THINGS TO KNOW



## ABOUT NEW CORONAVIRUS



All necessary measures are taken for the **coronavirus** revealed in Turkey and the World at **Istanbul Gelisim University**. **Things to know about coronavirus are as follows:**

### What are the new coronavirus symptoms?

- The most common symptoms are **fever, cough and respiratory distress**.
- In severe cases, **pneumonia, severe respiratory failure, kidney failure and death** may occur
- Incubation period is between **2 and 14 days**.

### How is the virus transmitted?

- It can be transmitted by the contact of the droplets caused by **coughing and sneezing** with the contact of the **mouth, nose and eyes** of other individuals in certain environment and by touching the surfaces where the droplets adhere and taking hands **into the mouth, nose or eyes**.

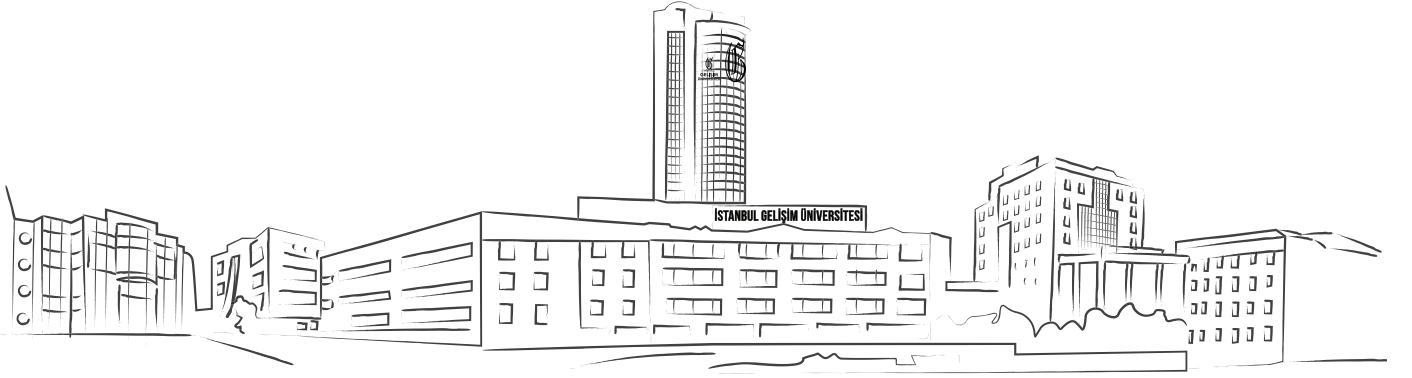
### What to do to be protected from the virus?

- When **coughing or sneezing**, the mouth and nose should be covered with a **disposable tissue**, if there is no handkerchief, the mouth should be closed with the **upper sleeve or elbow**, not with the palms.
- **Handshaking and hugging** should be avoided.
- **Mouth, nose and eyes** should not be touched with dirty hands.
- Hands must be washed for **at least 20 seconds** in accordance with the **Handwashing Instructions** found in the toilets. In the absence of water and soap, **alcohol-containing hand antiseptics** should be used. **Cologne of 70-80 degrees** also serve as disinfectants.
- Offices and classrooms must be **ventilated hourly**.
- Places frequently used by many people such as common areas and door handles should be **disinfected every 2 hours**.
- Hands **must be washed** after using **public transportation**.
- Because the virus progresses faster in people with low immune system; **a balanced and healthy diet** is required. Foods **must be washed thoroughly** before consumption.

### What to do if there are symptoms?

- If you have come from countries with infections **in the past 14 days**, apply to the **nearest healthcare facility** by wearing **a surgical mask**.
- If you are **coughing, have a fever and have difficulty at breathing**, apply to the **nearest healthcare facility** by wearing **a surgical mask**.
- **Always wear your mask** when you are in the same room with **a person who is recommended insulation** at home.





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