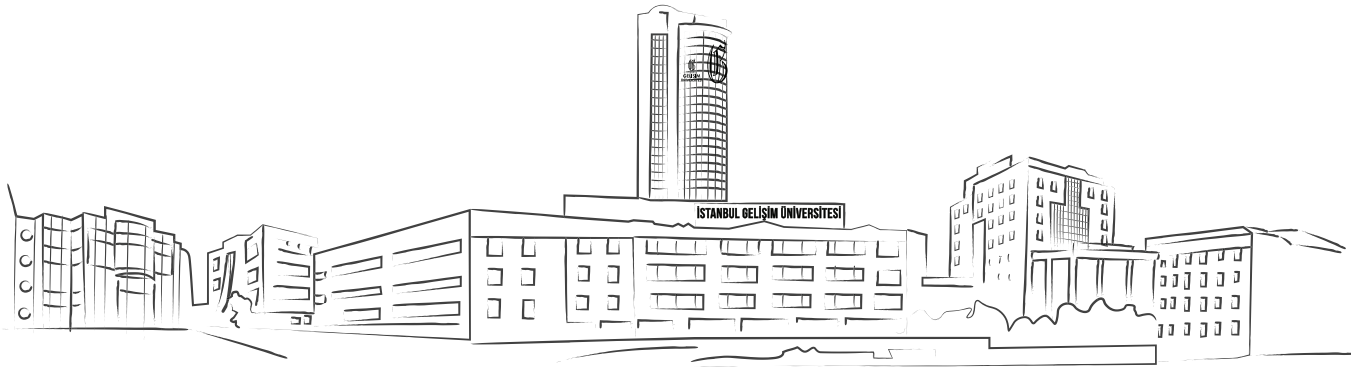




— ISTANBUL —
GELISIM
UNIVERSITY
WEEKLY PRESS RELEASE

MARCH 23 - MARCH 27, 2020 - VOLUME 4 / ISSUE 6



www.gelisim.edu.tr

AGENDA OF PERSONNEL

1. **Bekir TEMİZSOY** has been assigned as Security Department Manager at the Security Department Management of our University on March 23, 2020.
2. **Prof. Dr. Mahir GÜNDAY** has been assigned as Acting Dean at the Dean's Office at the Faculty of Dentistry of our University on March 24, 2020.
3. **Fikriye Deniz KAYGUSUZ** has been assigned as Faculty Secretary at the Dean's Office at the Faculty of Dentistry of our University by proxy on March 26, 2020.

Note: Personnel birthdays celebrated in the previous bulletins will not be published any more due to the obligations regarding data security within the scope of the Personal Data Protection Law (KVKK).

NEWS

Corona increased obsession level: Patient numbers may increase

MARCH 23, 2020



Drawing attention to the fact that the coronavirus affecting the world has a disturbing effect on mental health, Sp. Dr. Psychiatrist Emre Tan said: "This epidemic has increased obsessions such as bringing hands to face, washing hands, cleaning clothes. We can say that it increases the chance of getting sick in some people who did not have psychiatric illness before."

The coronavirus, which has emerged in Wuhan, China, and has rapidly become a global epidemic by spreading around the world, also adversely affects mental health. Sp. Dr. Psychiatrist Emre Tan from Istanbul Gelisim University, who pointed out that the rightful information given to increase public awareness turns into an obsession when people want to survive, said: "Unfortunately, this epidemic we have experienced recently has increased these obsessions. Wherever you look, there are many directives such as 'wash your hand like this,

protect your clothes when you go out, do not put your hand on your face'. All of these reveals obsessions and concerns in people such as 'I wonder if I'm doing it right? Am I doing wrong? Do I get sick? Do I get infected when I get sick? Do I harm my family?'"

You can visit www.gelisim.edu.tr to see the detailed news.

We do not stop training in preparation for LGS and YKS

MARCH 23, 2020



Stating that colleges in Turkey handle the coronavirus issue sensitively, the Chairman of the Administrative Board of Gökkuşluğu Colleges Abdulkadir Gayretli said: "All distance education plans were made and trainings started. We do not stop training in preparation for LGS and YKS."

Indicating that continuous and up-to-date information is provided by the Guidance and Psychological Counseling units Gayretli said: "Our children and families are important. We do our best to prevent them from being damaged in this process, we do not leave them alone. Our psychological support continues online."

You can visit www.gelisim.edu.tr to see the detailed news.

We also consider the status of students with disabilities

MARCH 23, 2020


Stating that they will use distance education methods simultaneously or without synchronization in all courses in formal education programs, Chairman of the Board of Trustees of Istanbul Gelisim University Gayretli said: "As a university, we consider the status of students with disabilities as much as possible in all measures and practices related to distance education."

"PRIORITY TARGET: MAKING FULL PARTICIPATION"

Stating that it is one of the primary objectives of ensuring the full participation of students with disabilities in the higher education process, Gayretli said: "Spatial accessibility is a prerequisite for disabled students' access to education. We have exam adaptations that we plan together with peer support for the disabled. Participation in classes is important. We also work to increase the accessibility of people with disabilities in

all matters."

You can visit www.gelisim.edu.tr to see the detailed news.

Universities with the necessary infrastructure started distance education

MARCH 23, 2020


In line with the decision taken by the Council of Higher Education (YÖK), the distance education process begins at universities today. Stating that universities with the necessary infrastructure and competence started distance education, Chairman of the Board of Trustees of Istanbul Gelisim University (IGU) Abdülkadir Gayretli said: "We have set an intense academic calendar for applied courses."

Stating that 123 of 207 higher education institutions across the country have Distance Education Application and Research Center (UZEM) and IGU is ready for distance education, Gayretli added: "The needs of universities that lack or have insufficient Learning Management System were tried to be met in cooperation with other universities under the coordination of YÖK as of last week. As IGU, our course contents were prepared by the

lecturers who gave the lesson and we started education."

You can visit www.gelisim.edu.tr to see the detailed news.

Coronavirus and obsession

MARCH 24, 2020


Stating that the worldwide outbreak of coronavirus threatens not only physical but also mental health, Psychiatrist Dr. Emre Tan said: "Anxiety and panic because of the disease increase as the process gets longer. Repetitive publications for public awareness can become obsessions."

Emphasizing that the pandemic has increased many obsessions including foul and contamination, Psychiatrist Dr. Emre Tan from Istanbul Gelisim University said: "People have to face the concerns of getting the disease, discomfort and death more often. There are many people who are worried that they will get sick and infect their family."

You can visit www.gelisim.edu.tr to see the detailed news.

The aging science expert commented on the images of shame on social media: “They need to socialize”

MARCH 24, 2020


After the curfew of 65 years and older due to the coronavirus epidemic, emotional violence on individuals caused reactions in some images shared on social media. Gerontologist Fatma Sila Ayan said, “There is age discrimination. People over 65 have emotional needs and concerns, just like socializing. Young individuals who do not isolate themselves can also carry a virus home. What matters is empathy, tolerance, and to protect ourselves by isolating ourselves both as a carrier and as a patient.”

Within the scope of the measures taken along with the appearance of coronavirus outbreak in Turkey which ravaged the World, a curfew of elderly people over 65 years old started to be implemented. After the decision, some people shared the images of citizens aged 65 and over through social media. The videos, including emotional violence against the elderly, received great reactions, especially those who

watched footage of a citizen over the age of 65 showed a great reaction to the person who shot the image. Lecturer from Istanbul Gelisim University Gerontologist F. Sila Ayan made a statement to Demirören News Agency (DHA) about the actions of people aged 65 and over on social media and how to behave against over 65.

You can visit www.gelisim.edu.tr to see the detailed news.

Nation states get back to the stage after coronavirus

MARCH 26, 2020


International Relations Specialist Dr. Fatih Fuat Tuncer told about the coronavirus outbreak ravaging the World, and said: “The nation states that are claimed to be ineffective with globalization are coming back to the stage with this crisis”.

Stating that an international cooperation could not be developed against this crisis, Asst. Prof. Dr. Fatih Fuat Tuncer from Istanbul Gelisim University said: “Especially the fact that the member states of the European Union (EU) look for their own remedies and even reactivate the border applications they have removed are the biggest indications of this situation. In this sense, COVID-19 once again demonstrates the importance of internal and external sovereignty for nation states.”

You can visit www.gelisim.edu.tr to see the detailed news.

We will continue distance career planning

MARCH 26, 2020


Due to the coronavirus, the break in education has been extended until April 30. Expressing that they do not have a problem with distance education, Chairman of Gökkuşığı College Abdulkadir Gayretli spoke: “We will continue our distance career planning.”

Gökkuşığı College continues its distant education without slowing down. Stating that they have not had any problems about distance education so far, Gayretli said, “We will continue our distance career planning. Our technical infrastructure is available for this.”

You can visit www.gelisim.edu.tr to see the detailed news.

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**.

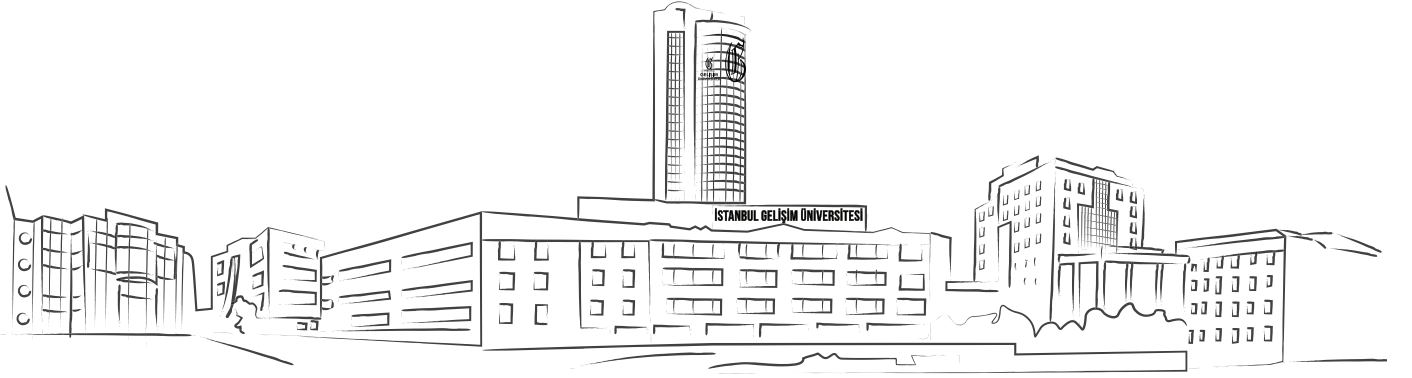
What to do to be protected from the virus?

- 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.





www.gelisim.edu.tr

 gelisimedu  gelisimedu  igugelisim