



ISTANBUL
GELISIM
UNIVERSITY

WEEKLY PRESS RELEASE

JANUARY 25 - JANUARY 29, 2021

VOLUME 5 / ISSUE 16



www.gelisim.edu.tr

AGENDA OF PERSONNEL

ACADEMIC

Lect. Fatma Kayım has been appointed as the Head of Department of Istanbul Gelisim Vocational School, Social Service and Counseling Department as of 25.01.2021.

Abdelrahman Mahmoud, started to work at our University Dean of Students Department as a Student Affairs Office Clerk as of 25.01.2021.

Lect. Selim Ögüt has been appointed as the Director of Department of Health, Culture and Sports Department of our University as of 27.01.2021.

ADMINISTRATIVE

Ahmet Melikşah Akdeniz has started to work as a Call Center Officer at our University's Public Relations and Publicity Directorate as of 27.01.2021

Jihad Akbazlı, started to work as an International Student Advisor at our University International Student Directorate as of 27.01.2021

Louna Dabousi started to work as International Student Advisor at our University's International Student Directorate as of 27.01.2021

FROM THE RESEARCH CENTER

One of the Most Important Problems Awaiting Istanbul in 2021 and After: Water Shortage

While water is the most fundamental element for the continuity of life, the consumption of existing water resources is continued every year due to unconscious water usage. At the point reached today, while serious water shortages are experienced in some countries around the world, the rate of the population who cannot reach clean water constitutes approximately 40%. While some countries around the world are dealing with the water shortage problem, it seems that some countries will face this problem in the near future. Especially the drought experienced in the end of 2020 and in the first months of 2021 causes experts to have more predictions about water projections. The most important of these projections, especially in large cities since 2021, water shortages will be almost

anywhere in Turkey. It seems that Istanbul, which is the most populous city in terms of the number of people per square meter, will have difficulties in reaching sufficient clean water in 2021 and beyond. Experts consider 2020 as the least rainy year of the last 40 years. Dams remained empty in Istanbul, which did not receive sufficient rainfall during this period when autumn and winter began to occur. While Istanbul's dam occupancy rate was around 40.0% in September, this rate had dropped to 20.0% in December. Even though the rains have increased in January, one of the issues that is still up-to-date is the water shortage in Istanbul. As a matter of fact, in January, which is one of the months with the highest rainfall in Istanbul in 2021, the least precipitation of the last seven years was seen and the dam occupancy rates could reach 37.0% from 20.0% only. The precipitation forecast for February shows that this rate will not increase much.

Although the water shortage in Istanbul seems to affect the year 2021 significantly, the environmental adversities experienced in recent years will cause Istanbul to be one of the water poor cities in the medium term. The negative effects of climate change, the excessive physical carrying capacity of metropolises such as Istanbul due to the rapid increase in population, and the unconscious use of water are among the most important causes of water shortage. Due to climate change, it is expected that the air temperature in the Mediterranean Basin will increase by an average of 2.2 degrees until 2040. This is the most important indicator that drought will increase. On the other hand, it is known that water use has increased in large cities, especially in Istanbul, in the last year due to the Covid 19 outbreak, but there is not enough water left in the dams.

When the water shortage in Istanbul is evaluated, some urgent measures should be taken and these measures should be measures that will remedy the water shortage in Istanbul in the medium and long term. At this point, it is important to increase the studies for the reuse of wastewater on a local basis and to develop new systems, ways and methods to ensure the efficient use of water in the agricultural field. Apart from this, enacting the water law and preparing drought management plans and putting them into effect immediately will be a remedy for the possible water shortage in Istanbul. Apart from all these, it is of great importance to pay attention to water use individually and to take necessary precautions for individual water use in order to prevent water shortage in Istanbul in the short, medium and long term.

Istanbul Studies Application and Research Center

Youngsters should know themselves well for their university choices

JANUARY 25

2021



GELISIM NEWS

A talk titled “Youth and the Future of Sports in Local Governments” was held under the leadership of Istanbul Gelisim University. Istanbul Metropolitan Municipality Youth and Sports Manager İlker Öztürk, who made a statement in the live broadcast on the social media accounts of the university, said: “Our young friends should know themselves well. Young people can make more realistic choices when they are aware of themselves.”

The talk titled “Youth and the Future of Sports in Local Governments” was held under the leadership of Istanbul Gelisim University. Istanbul Metropolitan Municipality Youth and Sports Manager İlker Öztürk attended the interview moderated by Istanbul Gelisim University Physical Education Sports School Lecturer Tekmil Sezen Göksu. The conversation was broadcast live on the

university’s social media accounts.

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

Protests could cause more unrest in Russia

JANUARY 26

2021



GELISIM NEWS

In Russia, 370 thousand people demonstrated for the release of the arrested Russian activist and opposition Alexey Navalny. Commenting on the demonstrations in which more than 2 thousand people were detained, the Ukrainian Political Scientist Dr. Viktoriia Demydova said: “Even if there is no aim to change the regime in Russia, the protests can cause more unrest in the country. Russian society has been moving towards revolution in recent years, comparable to revolutions in other Eurasian countries.”

370 thousand people gathered in Moscow, the capital of Russia, protested for the release of the imprisoned Russian opposition Alexey Navalny. Stating that the protests, in which more than 2,000 people were detained, could cause

further unrest in the country, faculty member of Istanbul Gelisim University Department of Political Science and International Relations Asst. Prof. Dr. Viktoriia Demydova said that the Russian society has moved towards a revolution comparable to the revolutions in other Eurasian countries in recent years.

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

Protests in Russia run from Putin's own circle

JANUARY 26

2021



The protests, which have spread to more than 100 regions of Russia since January 23, were recorded as the first major events of 2021. Emphasizing that the events actually took place on the basis of the reckoning within the dominance, Dr. Bahlul Aliyev said: "We can say that behind the Russian protests, there is a group of people who are tired of Putin in his own circle."

After the Russian political oppositioner Alexei Navalny, who was poisoned during a flight in August and was treated in Germany, was detained at the airport after his return to his country on 17 January and was arrested on January 18 on the pretext of the case belonging to 6 years ago, thousands of people took to the streets in separate regions and shouted 'Freedom to Navalny'. There have been many arrests in clashes between protesters and law enforcement, as the police declared the action illegal. Evaluating the issue, Sociologist and International Relations Expert Dr. Bahlul Aliyev from Istanbul Gelisim University said: "The principle from the Soviet times of 'no human, no problem' is still very effective in Russian politics. Charismatic leaders and influencers, seen as threats to domination, continue to fall victim to unsolved perpetrators. The murder of dissident Boris Nemtsov, who was seen as the most effective candidate for Presidency long before Navalny was poisoned, is a prime example of this."

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

Fear of pandemics occurs with these symptoms in children

JANUARY 26

2021



The coronavirus, which affects the world, is considered as a factor affecting the mental health of both adults and children. Speaking on the subject, Child and Adolescent Mental Health and Diseases Specialist Prof. Dr. Özden Şükran Üneri said that the pandemic can increase psychological changes and fears in children. Üneri also added that the feeling of fear that may arise in children due to pandemic, isolation and changes in their daily routines can trigger various anxieties in children and sometimes cause symptoms such as increased harmful behavior, pain of unknown origin, speech problems.

Speaking at the panel titled "Psychological Effects of the Corona Pandemic" organized by Istanbul Gelisim University online, Prof. Dr. Özden Şükran Üneri stated that the content of anxieties and fears can change during childhood and listed the mental symptoms that can be seen by age groups during the coronavirus pandemic. Drawing attention to the importance of observing children well, Üneri said, "In preschool children, symptoms such as excessive fear of strangers, sticking to parents or not being able to separate from them, sleep problems, anorexia, fears, bed-wetting may occur due to the anxiety of the period."

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

Pay attention to these while preparing for the exams!

JANUARY 28

2021



According to the information in the education calendar of the Ministry of National Education, the semester break started on Monday, January 25, 2021. The 2021 Higher Education Institutions Exam (2021-YKS) will be held on June 26 - 27. Stating that learning takes place according to individual differences, Educator Abdülkadir Gayretli emphasized that it is not possible to talk about a universal working method for everyone and said, "If we manage time correctly, focus our attention and have the necessary motivation, we have everything to perform efficient studying."

Stating that there is a positive relationship between regular sleep and getting good grades, Abdülkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University, said, "For this reason, we will take care not to be

sleep deprived. It is not like 'I slept for 10 hours but got 100; we must sleep for 7 - 8 hours.'

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.





PROTECTION AGAINST VIRUS IS IN OUR HANDS



THE MOUTH AND NOSE SHOULD BE CLOSED WITH PAPER TOWEL DURING COUGHING AND SNEEZE. IF YOU DO NOT HAVE ANY WIPE, THE INSIDE OF THE ELBOW SHOULD BE USED.



CLOSE CONTACT SHOULD AVOID LIKE HANDSHAKE AND HUGGING.



IT SHOULD BE STAYED AWAY FROM CROWDED ENVIRONMENTS.



DO NOT TOUCH THE MOUTH, NOSE AND EYES WITH DIRTY HANDS.



HANDS MUST BE WASHED WITH WATER AND NORMAL SOAP FOR AT LEAST 20 SECONDS.



ALCOHOL CONTENT HAND ANTISEPTICS SHOULD BE USED IN CASE OF THERE IS NO WATER AND SOAP.

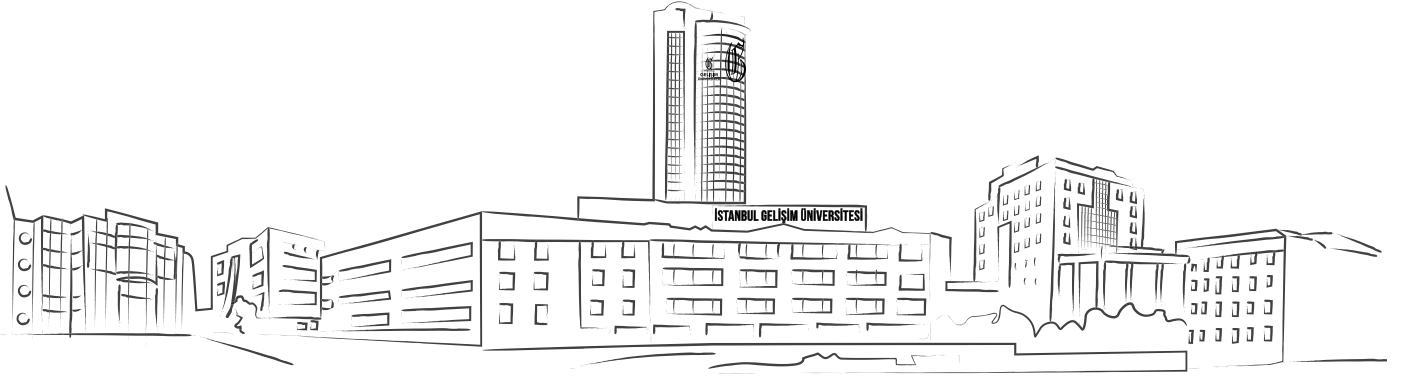




DATE	TIME	TYPE OF EVENT	TITLE OF EVENT	LOCATION OF EVENT	DEFINITION	ORGANIZER
01.02.2021 / 07.02.2021						
6.02.2021	15:00	Seminar	PSYCHOLOGY SERIES 2- Health Psychology	Zoom	The event called Psychology Series will take place with the attendance of Dr. Savaş	Directorate of Health, Culture and Sports/ Psychology Club

* Events are held online

* Applications for attendance are submitted to relevant units



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