

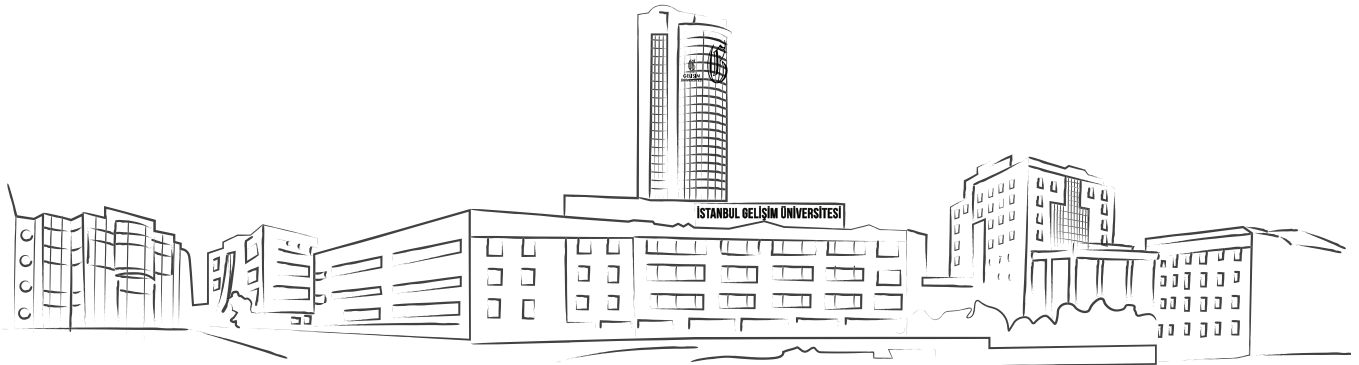


ISTANBUL
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UNIVERSITY

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AGENDA OF PERSONNEL

- No record has been registered on **Personnel Agenda** for the dates of 27.04.2020-01.05.2020.

Note: Personnel birthdays celebrated in the previous bulletins will not be published any more due to the obligations regarding data security within the scope of the **Personal Data Protection Law (KVKK)**.

The Impact Rankings 2020



Digital April 2020 report announced: We are addicted to technology**APRIL 27 2020**

Evaluating the “Digital 2020 April Report”, which reveals the effects of the coronavirus outbreak, the relationship with technology, Mehmet Başçillar said: “It seems that the risk of technology addiction is higher than ever. Increasing the employment of social workers who will conduct psychosocial studies in the field of Internet addiction will be appropriate.”

Effective measures for the corona virus epidemic, which emerged at the end of 2019 and subsequently affected the whole world, are stated as housekeeping and physical isolation. While leading home, education and business life to be carried to the internet environment, it completely changes daily routines.

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

Interpreted the effect of the pandemic on the global financial markets**APRIL 28 2020**

Noting that unless the coronavirus (Covid-19) pandemic, which strongly damages the economy of the countries, is taken under control, the risk of causing serious problems in the world economies will continue, Asst. Prof. Dr. Emrah Doğan said: “The Covid-19 outbreak showed its effects on the financial markets with the collapse of all world stock markets in March 2020.”

Istanbul Gelisim University (IGU) Asst. Prof. Dr. Emrah Doğan commented on the coronavirus effect on world financial markets. Stating that coronavirus pandemic has caused large contraction in production and fluctuations in stock markets and foreign exchange markets, Asst. Prof. Dr. Emrah Doğan spoke: “The problems in the financial markets caused by the pandemic, which affects the whole world, have a potential disruptive effect on the real economy. This has increased the possibility of creating a new global crisis by causing disruption and instability of macroeconomic systems in all economies.”

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

The biggest economies are the most affected by the virus**APRIL 29 2020**

The global pandemic created by the coronavirus has also profoundly affected the economies. As countries continue to deal with the health aspect of the pandemic, experts also put forward an idea about its economic effects and how it will change the world.

Mentioning that the world’s largest economies are among the countries most affected by coronavirus, Asst. Prof. Dr. Ebru Gül Yılmaz said: “The highest number of cases in 9 countries, which are America, Spain, Italy, France, Germany, England, Turkey, Iran and China, accounted for 74 percent of the total number of cases in the world. The share of these countries in the global gross domestic product is 56 percent. In other words, the largest economies of the world are among the countries most affected by the coronavirus.”

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

Health benefits of fasting

MAY 01 2020



Providing information on the health benefits of fasting, Quality Life Specialist Asst. Prof. Dr. Haluk Saçaklı said: “A program to remove unnecessary particles in weak and diseased cells when the human body gets hungry has been discovered. After 3 days of fasting, the body’s immune mechanism triggers the formation of white blood cells. Our body renews our entire immune system.”

Asst. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University gave information about the benefits of healthy fasting and how to keep healthy fasting. Saying that the diet changes completely during Ramadan, Saçaklı said: “Fasting, which takes 14-16 hours, negatively affects metabolism. Fasting may cause job performance to drop due to loss of attention in the afternoon. Foods that must be eaten at sahur should be consumed to minimize the decrease in performance. Since blood sugar drop in the morning is less than in the afternoon, busy and demanding work should be shifted to the morning hours. Sufficient food, liquid and salt should be taken between iftar and sahur so that weakness, fatigue, forgetfulness, pensiveness, tendency to sleep, bad temper, indigestion, swelling, acid reflux and hypotension do not happen during fasting.”

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

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?

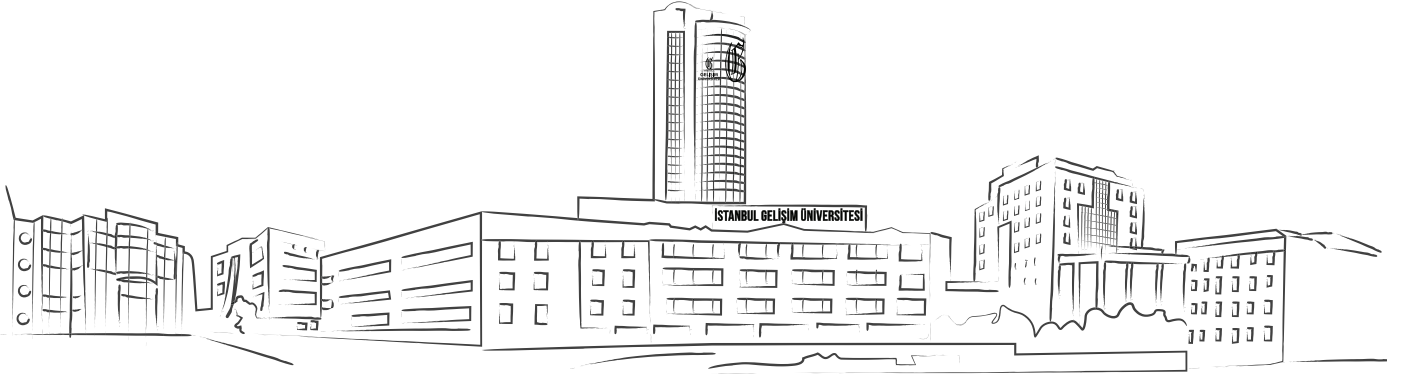
- When **coughing or sneezing**, the mouth and nose should be covered with a **disposable tissue**, if there is no handkerchief, the mouth should be closed with the **upper sleeve or elbow**, not with the palms.
- **Handshaking and hugging** should be avoided.
- **Mouth, nose and eyes** should not be 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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