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AGENDA OF PERSONNEL

- No record has been registered on **Personnel Agenda** for the dates of 30.03.2020-03.04.2020.

Note: Personnel birthdays celebrated in the previous bulletins will not be published any more due to the obligations regarding data security within the scope of the Personal Data Protection Law (KVKK).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

The definition of old age needs to be discussed

MARCH 30, 2020



Gerontologist Sila Ayan, who stated that the definition of the elderly is closely related to the level of development and quality of life, said: "Defining the age of 65 and over is valid for most Western societies as 60 years and over in the definition of the United Nations, 50-55 years in Africa and Sub-Saharan regions."

Gerontologist from Istanbul Gelisim University Lect. Sila Ayan said the following: "Age restrictions that apply across Europe and Turkey are defined so: 65-74 age - early age, 75-84 - older age, 85 and over as advanced old age. In the new suggestion it is offered that people under 65 years old to be defined a young, 66 - 79 years old middle-aged, 80-99 old, 100 and older individuals are called centuries old. However, this situation has no official validity. Considering the distribution of the elderly population, 65-74 age group has 62.8%, 75-84 age

range has 28.2%, 85 and over 9.1% population percentages."

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

There is a message with rainbow from the children

MARCH 30, 2020



A project has been held for elementary school students, who have to stay at home to take measures to coronavirus while distance education has been continuing. Within the project, children started to hang their rainbow painting on the windows of their homes. The project aims to make children feel that they are not alone when they see rainbow pictures in different windows.

"IT WILL MAKE THEM FEEL THAT THEY ARE NOT ALONE"

Informing about the project, Chairman of the Board of Gökkuşluğu College Abdulkadir Gayretli said: "We ask all our children to draw a rainbow on a paper. They paint it and hang it on the windows of their homes. Children who see the rainbow in the window will see that they are not the only ones staying at home and feel that they

are not alone."

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

They came in the first of the World in the Math League

MARCH 30, 2020


The winners of the International Mathematics League have been announced. In the competition, where more than 1000 schools from 19 countries participated, Turkish students came in the first of the world with 141 points.

The International Mathematics League, which has been implemented in many countries in the world, especially in the USA, Canada, China and Brazil, has been concluded. The students of Gökkuşluğu College ranked in the first of the World by getting 141 points as a team in the 7th grade category, and ranked in the fourth of the World with 125 points in the 6th grade category. In the individual evaluation, 7th grade students Kumsal Su Demiray came the 1st in the world ranking, Hüseyin Furkan Şahin 2nd and Onur Başaran 3rd.

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

It is not easy to return to normal life after quarantine

MARCH 31, 2020


Psychiatrist Onur Okan Demirci, who stated that 54 percent of people who were placed under coronavirus quarantine refrained from coughing and sneezing after the quarantine ended, according to a study conducted in Britain, said: "According to the research, it is determined that 26 percent do not want to enter crowded places anymore and 21 percent do not go to any public areas. It seems that these people return to their normal lives from a few months to three years."

Psychiatrist Onur Okan Demirci from Istanbul Gelisim University added: "This research shows that it is not so easy for us to return to our normal lives immediately after the quarantine process. I can easily say that how soon we can return to normal will depend on minimizing the time and losses with the measures we will take during the quarantine process."

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

Prof. Dr. Yolcuoğlu: Academicians from every branch should take part in the Scientific Committee

MARCH 31, 2020


Social Service Specialist Prof Dr İsmet Galip Yolcuoğlu, who advised the academics from all branches to enter the Coronavirus Scientific Committee, pointed out that there should be social scientists in the board. Yolcuoğlu said: "There should be not only medical professionals, but academicians in the fields of sociology, psychology, psychiatry, social work, social psychology, anthropology etc., as well."

Expressing that the coronavirus epidemic is a major social, psychological and economic crisis, Yolcuoğlu stated that new and functional social sociology can be established by giving high importance to social sciences. Yolcuoğlu said: "It is now accepted all over the world that the problems of social events and facts in families, groups and organizations cannot be solved according to the information of a single discipline. Social reality and epidemic, famine, and other major social events do not adhere to the artificial distinctions of social sciences and occur as a whole. However, since this social reality is often difficult to understand as a whole, it has been necessary to divide it into parts that are the subject of different disciplines. Sociology, social anthropology, psychology, social work, and other disciplines and science branches were born in this way."

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

Students prepared food packages for families in the club they founded

APRIL 02, 2020


Students held a social responsibility project. With the income they earned from the events and studies of the solidarity club they established in this year, the students delivered food packages to 30 families in need.

Istanbul Beylikdüzü Gökkuşuğu College Cambridge students delivered food packages to 30 families in need, with the income they earned from the events and studies of the Hurts Foundation club they established in this year.

A group of students studying in the A Level program at the College set up the Hurts Foundation Club to reach people who need help while aiming to become a doctor. Students promoting the club in all branches of the College have aimed to increase the number of the participants through their social

media account by creating an organizational chart.

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

Follow these rules while breastfeeding your baby

APRIL 02 2020


Emphasizing that breast milk protects the baby against many diseases and the importance of breastfeeding during the coronavirus epidemic, Obstetrician and Gynecologist Dr. Muzaffer Uçarer said: "Covid19 virus has not been found to transmit breast milk so far. However, since Covid19 is transmitted by droplets and contact, great care must be taken to comply with the hygiene rules."

Obstetrician and Gynecologist Dr. Muzaffer Uçarer from Istanbul Gelisim University gives some suggestions to breastfeeding mothers. Stating that breast milk protects the baby and strengthens the immune system, Dr. Uçarer said: "The benefits of breast milk proceeds during adulthood. Breast milk reduces the risk of the baby getting respiratory diseases and other infections. Infections that require antibiotics are seen less frequently in the baby and allergic reactions are less common."

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

Inform children through games

APRIL 03, 2020


Stating that panic and anxiety caused by coronavirus outbreak are also seen in children, Psychologist Selin Kalabaş said: "Families should inform children through games."

Stressing that adults should stay as calm as possible and share their calm with their children, Kalabaş said: "The anxious state of their parents can be transmitted to their children, so parents should first control their own concerns."

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**.

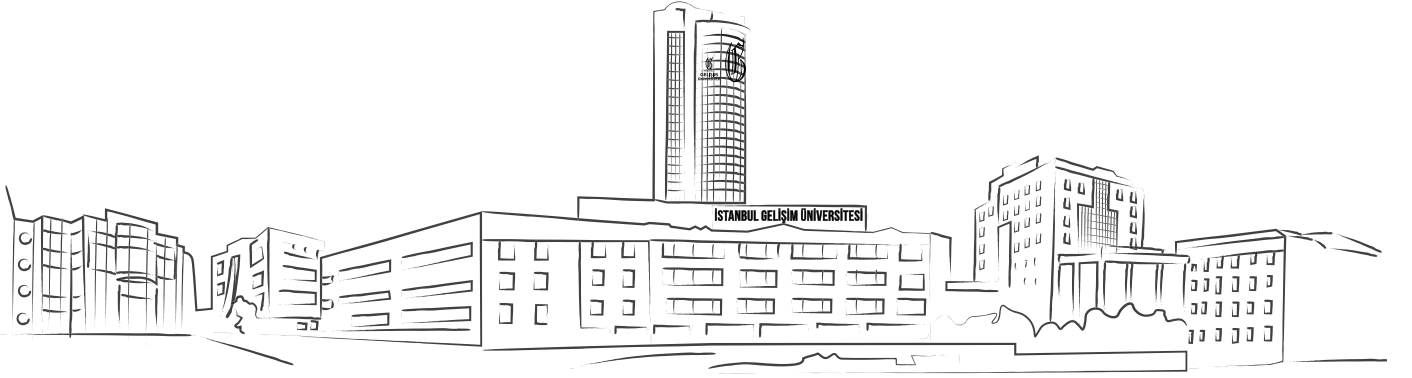
What to do to be protected from the virus?

- 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.





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