

ISTANBUL GELISION UNIVERSITY WEEKLY PRESS RELEASE

JULY 06 - JULY 10, 2020

VOLUME 4 / ISSUE 21



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AGENDA OF PERSONNEL

Lect. Göker ATILGAN has been assigned as Training Manager at Flight Operations Management Program from the Directorate of Istanbul Gelisim Vocational School on July 03, 2020.

Assoc. Prof. Dr. Canan TANIDIR has been assigned as Head of the Department of Psychology (Turkish and English) at the Faculty of Economics, Administrative and Social Sciences on July 08, 2020.

The Impact Rankings 2020



NEWS

880 thousand aircraft maintenance personnel are needed

July 06 / 2020



Expressing that the need for aircraft maintenance personnel has increased despite the economic recessions in the world, Pilot Dr. Tamer Saraçyakupoğlu said: "The need for commercial and military aircraft maintenance personnel is determined as 880 thousand personnel between 2019 and 2038."

Stating that the need for personnel performing various tasks such as installing, removing, repairing and performing routine inspections of the aircraft components has increased, Saraçyakupoğlu added: "According to the 2019 projection plan of a US-based aircraft company, 769 thousand aircraft maintenance personnel needs are in the world between 2019-2038. in question. With the addition of military aircraft maintenance personnel, this

figure is determined as 880 thousand personnel. The staff in question will be trained by many approved or non-approved schools worldwide."



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You can protect against Covid-19 with breathing exercises

July 07

2020



Emphasizing that poisonous substances in the body cannot be thrown out breathing wrong, Assoc. Prof. Dr. Haluk Saçaklı said that 'you can protect against Covid-19 with breathing exercises'.

Stating that approximately 15-20 billion dead cell residues are carried in the body daily, Assoc. Prof. Dr. Haluk Saçaklı from Istanbul Gelisim University said: "In order for the body to overcome all these loads, the blood needs to carry enough oxygen to organs and tissues. Therefore, the lymphatic system will work very well so that it can throw off such a big excavation. A good breathing is required for the lymphatic system to function well. Oxygen loading of our

blood takes place through breathing. Accurate and conscious breathing ensures that your blood is loaded with oxygen, as well as the order of both the lymphatic system and blood circulation."

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

47 percent of generation Z feels lonely and excluded

July	08	2020
July	UO	2020



According to the research conducted by a private health company in the USA in online interviews with 20 thousand people over the age of 18, 47 percent of the Z generation feels alone or excluded, and 27 percent feel that they are not understood by other people. Psychiatrist Dr. Onur Okan Demirci commented: "They are experiencing the worry of the future intensely. Stress levels are higher compared to other generations."

A private healthcare company in America conducted a research on the mental health and loneliness of the Z generation youth. According to an online study with 20 thousand people over the age of 18, generation Z sees itself as the loneliest generation. 47 percent of the participants feel alone or excluded, and

27 percent feel that they are not understood by other people. 43 percent said that they found relationships meaningless and that they isolated themselves from other people.

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



Why do driving abilities change in old age?

July 09 / 2020

Noting that the use of drugs, multiple chronic diseases and loss of selfconfidence as well as the normal changes that come with old age, Gerontologist F. Sıla Ayan said: "It is known that the elderly can have problems while changing lanes, traffic, brake-gas balance, follow-up distance and attention level. These changes are vital in assessing the driving abilities of the elderly."

"OLD-FRIENDLY TRANSPORTATION OPPORTUNITIES MUST BE IMPROVED"

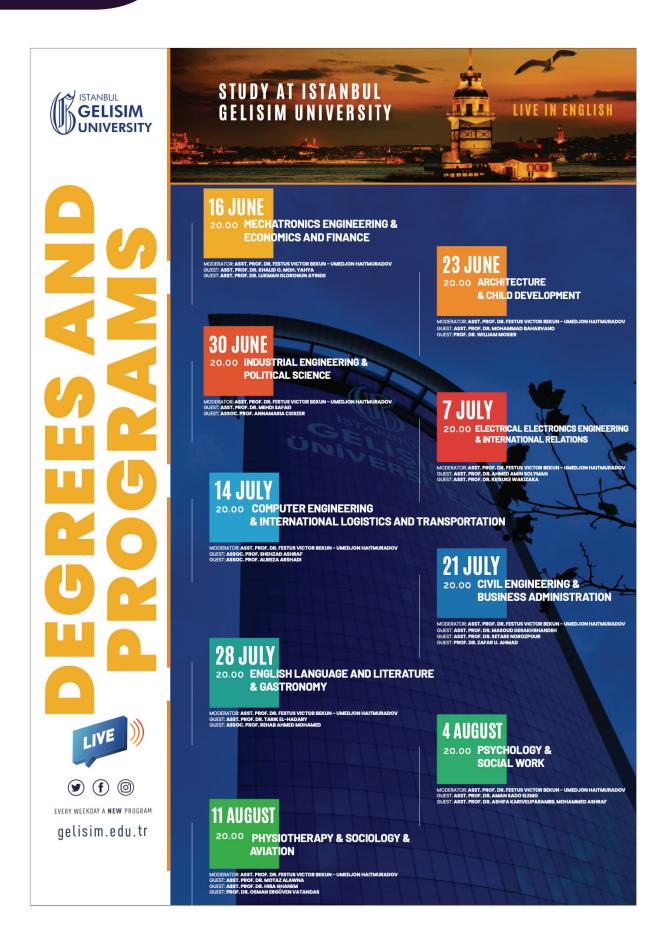
Stating that the elderly are perceived as novice drivers driving at low mileage

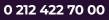
and only in health related emergencies, Gerontologist from Istanbul Gelişim University Lect. F. Sıla Ayan said: "However, they are more vulnerable and more easily injured in case of an accident. After the ability to drive a suitable vehicle is lost, according to the data of the USA, considering that men 6 women live 10 more years, we see that our traffic rules, the vehicles we produce or our age-friendly transportation opportunities should be improved."



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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.



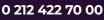
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