

## **"Cyber bullying" also increased with the pandemic**

During the epidemic process, it was determined that the rate of exposure to cyberbullying increased in parallel with the increase in the time people spend on the internet, especially on social media, by closing to their homes. It was observed that children and women aged 8-12 were the most exposed to cyberbullying and survived these traumas very hard.

Psychiatrist Dr. Onur Okan Demirci, a faculty member of Istanbul Gelisim University, pointed out that due to the inability of people to come together during the pandemic period, he shifted to the digital environment in his bullying such as many positive and negative behaviors, and said that the increase in the rate of "cyber bullying" that most people are exposed to in the society is directly proportional to the closure of people to their homes.

Mentioning that children are the most exposed to cyberbullying, Demirci said:

"Organizations conducting research on the negativities experienced in the digital environment determined that cyberbullying increased by 81 percent with the pandemic. It was determined that children in the 8-12 age group were exposed to this negativity the most. In addition, 50 percent of the cyberbullies were found to be classmates of the victim children."

Psychiatrist Demirci said that the children of families who were incomplete in communication during the pandemic period created a new world for themselves in a virtual environment and said: "Many children were exposed to bullying in the school environment. However, this situation has been transferred to the digital environment with the pandemic. Cyberbullying has become commonplace in front of families. Families can interfere with this situation. The most important condition of the intervention is to strengthen communication with children."

Explaining that children who are bullied start to see themselves inadequate, worthless and wrong, Onur Okan Demirci said: "Parents should be with their children in every situation and not lacking their love. Otherwise, the child will perish in the digital environment. Most of the young people who are bullied appear as a future bully candidate. Because most of the bullies have a history of being bullied. Families of children who are bullied need to be supportive. Parents of bullying teenagers should also be more interested in their children."

Emphasizing that there is bullying not only in the world of children but also in the world of adults, Dr. Demirci said: "Women are exposed to cyberbullying at a serious rate. Sexual harassment on social media has increased enormously. They need to report this situation to the necessary places. Bullies are fed by the breakdown of the victims' psychology. The more they see that the other party is being negatively affected, the more the violence of the bullying increases. On the other hand, a child who has a conflictual family structure naturally reflects his inner world to others. A child who cannot punish his family will harm a weak person, animal or plant outside. There can be many reasons why people are bullies. Young people who grow

up at points where divorce, conflictual marriage, violence and security cannot be established tend to be bullied.”

“CONTROL ON CHILDREN IS FULLY IN THE HAND OF DIGITAL AMBIAS”

Cyber Security Specialist Osman Demircan stated that the effort of a person to bring down the psychology of the other person by using force is bullying, and added: “We left our children alone with many technological devices during the pandemic period. Control over our children has completely taken over by digital channels. We do not control the time our children spend with technological devices. With the digitalization of their education, children spend more time in digital media than necessary. In this case, it caused a serious increase in cyberbullying. Evidence of cyberbullying is frequently encountered in the games played, messaging made in social media or other form media.”

Emphasizing that children should also be seen as individuals, Demircan said: “If we do not respect the thoughts and ideas of children, they will pursue other pursuits about proving themselves. Cyberbullying comes into play with social media. In video conversation applications, the child can have many tendencies such as abusive or heavy speech heard from his elders in order to show himself as an individual. Bullying by peers against each other or adults against children can also be seen on the Internet.”

Stating that the ClubHouse application, which has been very popular recently, threatens children seriously, Osman Demircan said: “This application is designed for adults. If children enter this practice without parental consent, they can find themselves in adult conversations and experience many things that can negatively affect their psychological development.”

Noting that the time spent by children in front of technological devices should be controlled and parental monitoring systems should be used, Cyber Security Expert Demircan said:

“Families need to improve themselves in terms of technology. The parent should not show that they are afraid of anything on the internet. Children should know that they have a family where they can take shelter when they are exposed to cyberbullying. Common tablet information should be used at home. It is necessary to position the computer screen so that everyone can see it. These small behaviors will prevent cyberbullying. Children talking to each other with insulting content can often end up in court with their families involved in the matter. Parents need to set an example for children. Children do whatever they see from their families. Ads in applications can take children to different media. You can be with the child while playing or having a technological device.”

## **Jewelry and accessory designs digital exhibition opened**

The jewelry and accessory designs of the university students started to be displayed in a virtual environment. Projects of the students of the "Jewelry and Accessories Design" course conducted by Lect. Nihal Ekici Demir were highly appreciated.

Istanbul Gelisim University (IGU) Fine Arts Faculty Fashion and Textile Design Department "Digital Student Projects Exhibition", which includes the projects of the students of the "Jewelry and Accessories Design" course, conducted by Nihal Ekici Demir, was opened. Thematically produced projects are exhibited at Artsteps: IGU Digital Exhibition Hall.

“TRANSFORMED INTO CONTEMPORARY AND FUNCTIONAL PRODUCTS”

Speaking about the exhibition, Lect. Nihal Ekici Demir used the following statements:

“The students were very motivated by the fact that they transformed the knowledge gained from the historical development processes of jewelry and accessory designs into contemporary and functional products as applied projects at the end of the semester. Based on different themes, students created decorative brooch designs based on legends, innovative watch designs combining technology and historical knowledge, and functional arch designs that reflect art trends.”

The digital exhibition can be visited both via web browsers and a mobile application that can be downloaded to smart devices.

## **Prof. Dr. Sacide Vural becomes the President of ILEDAK**

Prof. Dr. Sacide Vural has been elected as the Chairman of the Communication Education Evaluation Accreditation Board (ILEDAK).

Prof. Dr. Sacide Vural, a faculty member of Istanbul Gelisim University (IGU) Public Relations and Publicity Department, has been the chairman of the Communication Education Evaluation Accreditation Board (ILEDAK), where he has been a board member in addition to his studies on accreditation and communication for years.

Prof. Dr. Sacide Vural, who stated that since 1989, which is the establishment of the Communication Research Association (İLAD), has been actively working on communication since 1989, said: "We do the quality and evaluation of the undergraduate programs in terms of accreditation, including the communication programs within the communication faculties and different faculties. Turkey to the European Higher Education Area project has participated in the meetings held in Prague in 2001. As a result of our country's entry into the Bologna process, the European Credit Transfer System (ECTS) has been adopted with the harmonization of higher education programs to Europe. The transition process was completed

in 2010. Turkey is a member of basic umbrella organizations in Europe (ENQA) European Association for Quality Assurance in Higher Education. The Higher Education Quality Board (YÖKAK) naturally operates within the framework of the basic policies of this organization. As İLEDAK, the Association of Communication Researches Association (İLAD) and the accreditation committee of this association, we, under the umbrella of YÖKAK, evaluate the undergraduate programs at national level.”

Emphasizing the importance of key elements such as how the accreditation process works, the program's mission, vision, the institution's strategic plan, and regulations in the accreditation process, Vural said that the coronavirus pandemic that surrounds the world affects the accreditation studies.

### **“Exercise is a non-pharmacological drug that strengthens the immune system”**

Stating that exercise plays a major role in strengthening the immune system, Physiotherapist Çağıl Ertürk said: “Exercise practices we do at home strengthen the immune system. It also strengthens our cardiovascular system and improves our bone health along with it. Therefore, we can say that exercise is a non-pharmacological method of medicine in international societies.”

Experts emphasize that a strong immune system plays an important role in combating Covid-19. The importance of exercise is highlighted during the pandemic process where millions of people are locked away and work on digital platforms. Lecturer Physiotherapist Çağıl Ertürk from Istanbul Gelisim University said that exercise is seen as a non-pharmacological treatment in the international community.

#### **EXERCISE IS A MEDICINE**

Stating that it is one of the factors that strengthen the immune system, Ertürk said: “First of all, nowadays we are struggling with Covid-19, everyone is looking for ways to strengthen the immune system. Exercise is also part of that. We, as physical therapists, recommend exercises. We have been closed to our homes for about 1 year and the exercise practices we do at home strengthen our immune system. It also strengthens our cardiovascular system and improves our bone health along with it. Therefore, we can say that exercise is a non-pharmacological method of medicine in international societies.”

#### **MUST BE INDIVIDUAL**

Underlining that exercise planning should be accompanied by a physiotherapist and unique to the individual, Ertürk said: “In the end, every individual is unique. Each individual's cardiovascular health and bone structure is unique. However, if we need to categorize it, it is appropriate to plan the maximal oxygen consumption around 50-60% and 30-40 minutes of

exercise in young individuals. In the older population, which we call geriatric, this rate may drop to 40-50 percent. We can recommend 20-30 minute exercise types. However, as I said, it has to be unique to the individual.”

Providing information about the types of exercise, Çağıl Ertürk continued her words as follows:

“Activities such as walking, jogging, and cycling can be planned on the beach as much as possible. But basically, the types of exercise that the individual likes and support the use of oxygen, which we call aerobics, are very useful.”

### **‘Gelisim Rocket Team’ is at TEKNOFEST this year as well**

Stating that they will participate in TEKNOFEST 2021 with the 'Gelisim Rocket Team' this year, Abdülkadir Gayretli said: "Our students from Mechatronics Engineering, Computer Engineering and Aeronautical Engineering departments, who are interested in this work, also joined the team established this year.”

Thousands of young people from primary school to graduate levels will be able to apply to TEKNOFEST 2021 (Aviation, Space and Technology Festival) Technology Competitions, which will be held in 34 different categories to realize their dreams, until February 28. ‘Reminding that the Gelisim Rocket Team participated in the first competition with a team of 6 students from the Mechatronics Engineering Department, Abdülkadir Gayretli, the Chairman of the Board of Trustees of Istanbul Gelisim University, said: “We were among the first 49 teams among 570 teams in general scoring and were among the teams that were awarded the right to shoot. We succeeded in being the 13th among 34 low-altitude teams, with 4 out of 5 labels in the field of shooting.”

### **“RESULTS ARE SUCCESSFUL”**

Emphasizing that the work was expanded in 2020 and they formed 3 different teams, Gayretli said: “We participated in the competition with 3 different teams in 1.500, 3 thousand and 10 thousand meters different altitude rocket categories with the participation of students from Computer Engineering, Industrial Engineering and Electrical-Electronics Engineering Departments. “The Kuzgun Rocket Team”, which is our 1,500 meters altitude team, qualified for the second stage. Our 3 thousand meters altitude team "Alaca Rocket Team" ranked 18th among 313 teams in the Preliminary Design Report. The 10 thousand meters altitude "Pegasus Rocket Team", which only the competitors of the team that made it to the finals in the previous year, can participate, became 9th among 22 teams and all three teams achieved very successful results in scoring.”

**“OUR GOAL IS TO TRAIN ENGINEERS FOR THE DEFENSE INDUSTRY”**

Stressing that students from the Mechatronics Engineering, Computer Engineering and Aeronautical Engineering Departments will also be included in the "Gelisim Rocket Team" in 2021, Gayretli said: “This year, we will participate in the Teknofest Rocket competition as two teams in the 3 thousand meters altitude category. As a university, we aim to train pioneering engineers who can be employed in organizations such as Aselsan and Roketsan, leaders of the Turkish defense industry that reverse brain drain, and will produce projects with these organizations.”

**“The coup attempt in Armenia is the Kremlin's new strategy”**

Sociologist and International Relations Expert Asst. Prof. Dr. Bahlul Aliyev, who describes the call of the General Staff Presidency of Armenia to resign Prime Minister Nikol Pashinyan as the 'coup attempt of the Kremlin', said: "The General Staff Memorandum is the first leg of the new strategic initiative published with the intervention of Russia."

After the General Staff of Armenia issued a memorandum calling for the resignation of Prime Minister Nikol Pashinyan, Prime Minister Pashinyan, who described the memorandum as a coup attempt, invited his supporters to the squares. Underlining that such an initiative cannot occur without the control of Russia, Bahlul Aliyev, the School of Applied Sciences of Istanbul GeliSim University (IGU), said: “The General Staff Memorandum is a step towards bringing a person who gets along well with Russia to domination in Armenia rather than protecting Onik Gasparyan. Russia needs a more loyal and more harmonious leader of Armenia for its plan regarding the region."

**"RUSSIA HAS REACTIVATED THE 'KARABAKH CLAN'"**

Emphasizing that the Kremlin has reintroduced the Karabakh Clan under the leadership of Kocharyan - Sarkisian in order to discredit Prime Minister Pashinyan, Asst. Prof. Dr. Aliyev said: “Russia wants to recreate the political-military situation in the 90s to keep the area under more effective control as well as to prevent the growing influence of Turkey in the South Caucasus. Although the western-leaning Pashinyan government cannot completely prevent the implementation of this plan, it slows down the process. For this reason, Pashinyan has re-engaged the 'Garabagh Clan', using the defeat in the Nagorno-Karabakh war, to overthrow the government as soon as possible. It is part of this plan that Robert Kocharyan, who had been on trial for corruption, declared his return to politics again, and Serzh Sargsyan accused Pashinyan of pursuing cheap fame, since the opposition parties' unification and demand for Pashinyan's resignation did not yield the expected results. Thus, they first tried to discredit Pashinyan in society. The fact that the majority found the old Karabakh clan guilty in the defeat

in the war during the interrogation of GALLUP in Armenia and Pashinyan was still in power showed that he had a lot of supporters.”

"THE POLEMIC AROUND "ISKANDER" SHOOKE THE REPUTATION OF THE RUSSIAN WEAPON INDUSTRY"

Aliyev pointing out that the polemic that Pashinyan unwittingly started over the uselessness of the 'Iskander' missiles triggered the Kremlin's long-planned strategic initiative in the South Caucasus and enabled the action to be put into effect as soon as possible, added:

“Pashinyan’s words responding to the criticisms made to him recently and stating that the Russian-made 'Iskander' missiles, which were included in the inventory during the Sargsyan period, were used in the war, but only 10 percent exploded, therefore they raised the tensions between the two countries. The Russian arms industry, which suffered a serious loss of prestige in the arms market after the war in Libya, Syria and most recently in Nagorno-Karabakh, was further shaken by this statement.”

Aliyev continued his words as follows:

“The fear that Russia's second source of income after fossil fuel could be negatively affected with the Joseph Biden’s coming to power after Trump, who took a moderate approach to Russia in the USA, and immediately after that declaring Russia the greatest threat to America's security, caused political hysteria in Russia in the period when there were concerns that sanctions against Russia would increase in the coming days. The fact that Russian officials at different levels count the advantages of the "Iskander" missiles and make repeated statements that "Pashinyan attributes his incompetence to Russian-made weapons" is an indication of how angry the Kremlin is at the issue. In addition, Chief of General Staff Onik Gasparyan’s statement, whom Pashinyan tried to dismiss, that they wanted to use "Iskander" missiles during wartime, but Pashinyan did not allow it, sounds like an ordered claim.”

“TENSION MAY RISE IN THE REGION”

Underlining that if Russia's attempt is successful, the situation in the region will be difficult for all parties again, Asst. Prof. Dr. Bahlul Aliyev concluded his words as follows: “Russia will enable the person to rule over Armenia to make more revanchist rhetoric and to re-militarize the society. This may lead to new disasters for the countries of the region. According to what Pashinyan said, President Armen Sargsyan is also forced to participate in the coup attempt. If the Pashinyan supporters fail to suppress this initiative, tensions may rise in the region.”