

## **“Youngsters should know themselves well for their university choices”**

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.”

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İlker Öztürk continued his words as follows:

“What I always say is that our young friends know themselves well. When young people are aware of themselves, they can make more realistic choices. Again, I recommend young people to work in a planned way. As Istanbul Metropolitan Municipality, we organize many events. Finally, under pandemic conditions we supported Formula races, which is an international event. Again, we organized the stages of the ‘Istanbul Half Marathon’, ‘I’m Running Istanbul’, under pandemic conditions. We carried out all of these activities under pandemic conditions. Although it was difficult, we achieved these with our teammates.”

### “OUR YOUTH SHOULD PARTICIPATE IN THE ACTIVITIES OF LOCAL GOVERNMENTS”

Stating that the purpose of the interview is to inform young people, Lecturer at Istanbul Gelisim University School of Physical Education and Sports Tekmil Sezen Göksu said: “We hosted Istanbul Metropolitan Municipality Youth and Sports Manager İlker Öztürk. The subject of our live broadcast was "The Future of Youth and Sports in Local Governments". As Istanbul Gelisim University, we aim to inform our young people. Our aim is to explain the services of local governments to our students who are within the body of universities and to inform them about how they can benefit from these services. As a country, we have a young population. We also recommend our young people to participate in local government activities. I would like to thank the Lect. Uğur Caba, the Advisor of the Board of Trustees of our university, who helped us to realize the event.”

### “Protests in Russia run from Putin's own circle”

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.”

#### “POISONING NAVALNY WITH ‘NOVICCHOK OPERATION SPECIFIC TO FSB”

Stating that there is no doubt that the poisoning of Aleksey Navalny was an operation specific to Russian intelligence, Dr. Aliyev said: “The biggest evidence to prove this is that a month ago Navalny called Konstantin Kudryavchev, the chemist of the FSB, who had planned this assassination against him, with a special program and presented him as the secretary of the State Security Council and questioned the details of the operation. The interview, published on social media, included a series of confessions of the aforementioned person. It has long been known that Navalny had been stalked by the FSB, and Vladimir Putin himself admitted at the press conference that there was such a follow-up and that "the state carries out against all foreign agents". Besides, poisoning with ‘Novichok’ is one of the methods used by the old KGB from the times of the Soviet Union. In Salisbury, former Russian agents Sergei Skripal and his daughter Julia were killed by this poison, and Britain officially blamed Russia. In addition, Putin's brazen statement that “If we wanted to kill, we would take it to the end” to the question asked about the poisoning of Navalny at the same press conference, gave the appearance of desperate resistance to the psychological pressure on him.”

#### “THE NEW GENERATION OF RUSSIAN YOUTH IS MORE ADJUTORY”

Stressing that the new generation of Russian youth, who did not see the chaos environment after the collapse of the USSR, did not respect the old discourses of the government, Dr. Aliyev said: “Now a new youth has emerged in Russia. The majority see themselves as more European, living a life in line with European values. It is impossible to scare the new generation with the Wild 90s, dominated by chaos and ruled by gangs and mafias. That is why the overwhelming majority of the protesters are young people. The collapse in the economy with each passing day has already made people bored. With the release of the movie titled 'Putin's Palace' after Navalny's arrest, which was previously prepared by his team, young people came to the conclusion that the root of all problems lies in corrupt government, and they tried to protest this situation by taking the streets. The fact that all the details of the palace built for Putin are included in the film, the allegations of spending a hundred billion rubles for the construction of this palace alone and the fact that these money are purely bribery, as well as the documentation of other corruption caused the anger that has accumulated for a long time.

New and more adjuatory Russian youth cannot tolerate the insatiable corruption of the oligarchy.”

“THERE MAY BE SUPPORT BY PUTIN'S OWN ENVIRONMENT”

Mentioning that there might be groups supporting Navalny from Putin's own circle and providing them with documents, Dr. Bahlul Aliyev continued his words as follows: “Navalny had been preparing programs regarding the corruption of the oligarchy in the country before. There are more striking details in this last 2-hour program. The drone shooting of the palace, which is protected by the FSB itself, in the no-fly zone, the publication of its drawings, the details of its interior architecture in 3D format, the models, brands and prices of the furniture used in it, and many other details are not available to an ordinary researcher. In addition, it is thought-provoking to explain the corruption scheme in detail with the documents. It is very likely that there is the support of some groups who want to use the Navalny against Putin and who are tired of Putin's bribery empire. This is not to claim that Navalny is a project, but simply as an overlap of interests. Although it is not possible to think that these protests will reach their ultimate goal, it is certain that they will have serious effects in the future.”

### **“Protests could cause more unrest in Russia”**

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.

#### GATHERED TOGETHER DESPITE THE RISK OF CORONAVIRUS AND ARREST

Political Scientist Demydova, underlining that 370 thousand people gathered in Moscow despite the coronavirus in the protests supporting the Russian activist and opponent Aleksey Navalny, said: “On December 10, by the decision of the mayor of Moscow, bans on collective action were extended in the Russian capital. In parallel, applications submitted by Navalny supporters to legalize the protests were rejected. This means that all protests are illegal and activists violate Russian law. Despite the risk of Kovid-19 or arrest, approximately 370 thousand people gathered in Moscow. They expressed their basic demands with the slogan "Freedom for Navalny". Protesters don't want regime change, but opposition blogger's release.” She added that the protests here are different from the protests and revolutions in Belarus that were held in response to election fraud.

#### “ACTION PREPARATION TAUGHT FROM SOCIAL MEDIA”

Stating that the hottest events in 2021 will take place on the social media network known for its short video content for young people, Dr. Demydova said: “Numerous videos began to circulate on the internet in which young people tear Russian passports, dropped President Putin's photos from the walls and replaced them with Navalny's photos. A few days before the protests, videos on social media taught teens how to prepare for mass demonstrations.”

#### “2 -7 YEARS OF PRISON SENTENCE IS STIPULATED”

Stating that Roskomnadzor, who controls the Russian media, announced that social networks that encourage underage youth to participate in mass rallies will be punished, Dr. Demydova said: “The Moscow Office of Chief Prosecutor sent warning letters to social networks. According to them, information should not be disseminated about unapproved calls to attend rallies. Also, no distinction is made between the ages of target audience members. On the contrary, emphasis is placed on the obligation to act according to the law in order not to be punished or even imprisoned. The law is quite clear on this subject. As stated in the package of amendments to the Criminal Code adopted in early January 2021, hooliganism, slander,

closure of roads and foreign agent are considered criminal cases, and a prison sentence of 2 to 7 years is stipulated. According to the legislation, those who attend mass rallies are likely to get a criminal record that will hinder their education and career in the future.”

Stating that the protests do not aim to change the regime in Russia, they can cause more unrest in the country, Dr. Demydova continued as follows:

“Russian society has been moving towards revolution in recent years, comparable to revolutions in other Eurasian countries. A rapid and smooth regime change should not be expected in Russia. The measures taken also show how afraid Russian officials are of Navalny. But even though Navalny is considered a lawyer, anti-corruption fighter and political activist who excels in online media, his capacity to organize and manage people is severely limited under these circumstances. Also, Navalny's liberal stance on certain issues can be questioned. For example, his interviews on the annexation of Crimea reveal Russia's support for its actions in Ukraine.”

**“THE RUSSIAN ARE AFRAID TO JOIN THE MITINGS”**

Stating that despite the corruption uncovered by Navalny, Putin's supporters have increased, Dr. Demydova said: "According to the Levada Center survey, while the rate of this support was 59% in May 2020, it increased by 6% in November. The numerous social payments made to families with children in 2020, as well as propaganda threatening Russians with possible consequences similar to the crisis in Ukraine, contributed to this. At the same time, Russian society is still passive and people are afraid to attend rallies. Given the lack of critical approach in the majority of Russians and the economy still stable due to high oil prices, Russia may not see a protest level of action by Belarusians.”

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### **Pay attention to these while preparing for the exams!**

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 Gelişim 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.”

**“REPEAT YOUR GOAL LOUDLY”**

Stating that a determined goal also increases the will to work, Gayretli said: “You may have short-term and long-term goals. Repeat your target aloud to yourself, hear yourself. If you don't have enough motivation to work out, establish an exercise habit before studying. Exercising before studying speeds up the heartbeat, releases endorphins and reduces stress. Increases memory and comprehension.”

“MUSIC POSITIVELY AFFECTS THE STUDYING”

Stating that there is no requirement for the working environment to be very organized, Gayretli said: “This varies from person to person. There are students whose balance is disturbed when the working environment is very regular. For this reason, I recommend that you change your working environment from time to time. It improves the memory as well as the concentration level. Mild voices and non-verbal music that disrupt the silence in the working environment also positively affect the study. However, this may not suit everyone. For those who study with headphones, there should be classical or non-verbal music.”

“DON’T NEGLECT REPETITIONS”

Reminding that working before going to bed makes it easier to remember information, Gayretli said: “Make an agreement with yourself. Stay away from distractions, especially the tablet and phone. Be your own teacher. Work intermittently, take a break from your long work. Make your work continuous. Do not neglect your weekly and monthly repetitions. Repetition will ensure that the information takes place in our minds for a long time.”