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UPDATES FROM IGU

Lecturer from Istanbul Gelisim Vocational School, Finance, Banking and Insurance Program Duygu Çelik and from Foreign Trade Program Lect. Esat Daşdemir's papers "THE EFFECT OF INFLATION ON INCOME DISTRIBUTION: PANEL DATA ANALYSIS ON OECD COUNTRIES" were accepted as a full text at the DEVELOPMENT – UWE 5th International Conference on Economics and Finance. The paper will be presented on 25-26 May 2021.

Lecturer from Istanbul Gelisim Vocational School, Human Resources Management Program Gonca Yılmaz received acceptance from the University of Rijeka / Tourism and Hospitality Management within the scope of Erasmus + Teaching Staff Mobility. Subjects to be taught at the university include sustainability, circular economy and green human resources.

Lecturer from Istanbul Gelisim Vocational School, Flight Operations Management Program Demet Dağlı's paper titled "The Use of Solar Energy within the Scope of Sustainable Energy Management in Airports", prepared with Asst. Prof. Dr. Hakan Rodoplu, has been accepted at the IMASCON 2021 Spring Congress. The paper will be presented on 21-22 May 2021.

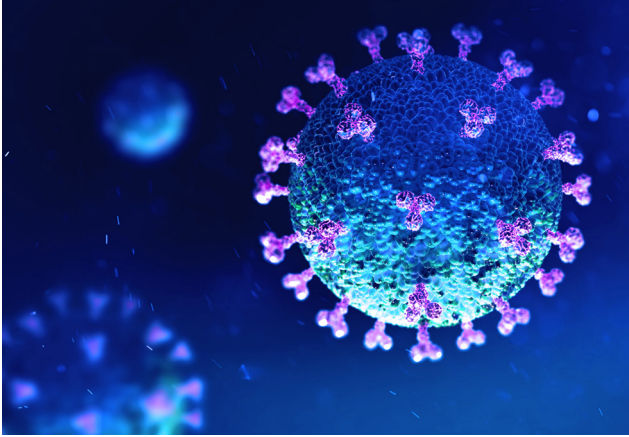
Istanbul Gelisim Vocational School, Lect. Atilla Aydın's article "The Long-Term Relationship Between Export and Gross Domestic Product in the Turkish Economy" has been published in Bucak Faculty of Business journal. Access link is below.

<https://dergipark.org.tr/tr/pub/bifd/issue/62157/865548>

From Istanbul Gelisim Vocational School, Logistics Program Lect. Seren Fırat and Foreign Trade Program Lect. Esat Daşdemir's article "Quantity Theory Application in Crypto Currencies: The Example of Bitcoin and the Effect of the Covid-19 Outbreak" has been included in the publication portfolio to be published in the Faculty of Economics Magazine, which has been published since 1939 by Istanbul University.

BY A DOYEN

Coronavirus and Exercise



It is a fact that the exercises that help get rid of the coronavirus are suitable for many people fighting the virus, as a result of many scientific studies. Evidences showing the difficulty of returning athletes exposed to the Covid-19 virus to a normal rhythm of life constantly take place in the media.

Francesca Menato, WH social media editor, caught the Covid-19 virus before a marathon competition and said: "Without a doubt, I was in the highest sports form I ever had in my life. When I started the marathon run, I started experiencing sudden symptoms only after 3.30 minutes. It all started with a bad feeling. I started to feel drowsy as if I had consumed

alcohol the night before. Then came a hellish dry cough and I began to choke as if I couldn't breathe completely with my lungs. I had a fever for about 5 days and my sense of taste and smell disappeared in about 10 days."

Fortunately, Francesca Menato recovered without the need for additional medical care. After about a week and a half she felt good enough to try to move again, but it turned out to be too early for her. Menato continues: "I was still thinking about the plan to run the marathon and couldn't admit that I had to take a longer break, but my body knew that wasn't true. Despite this, I started my exercises. No matter how slow I ran, my heart rate kept rising and going up. I went through several paths until I acknowledged the fact that I needed more time to wait. I took a few more weeks off before I felt ready to start training in July. Although I felt better than before, it was not easy for me to be fully prepared. My body was reacting as if I had no energy, with each new run I had the feeling that the previous week's workout was really an intense workout. This is crazy."

Holding a bachelor's degree in sports and medicine, Folusha Oluvajana indicated that as with any infection, too much exercise can slow down my recovery and said, "It can be difficult to decide when to start the training process again after Covid -19 since the recovery time can be very different for individuals. We are still learning about this new virus, and the path to recovery is not always clear. If you're here, you probably don't need to be reminded how important exercising is to both physical and mental health. We know you want to go back, but understand that returning to your previous state of health may take time. Making money is not more important than your health." With this fact in my mind, I would like to remind you of five important things we need to know about returning to exercise after getting rid of Covid-19.

5 Things You Should Know About Exercises After Covid-19

1. Experts recommend 2-3 weeks rest

According to the consensus of pulmonologists published in The Lancet, athletes are advised to have at least 10 days of complete rest from the moment symptoms disappear, followed by another off week until symptoms disappear (17 days totally).

This recommendation is almost in line with a similar article published by a group of cardiologists at JAMA Cardiology. Due to uncertainty about the long-term effects of Covid-19 on the heart, they recommend at least 2 weeks of rest from the onset of symptoms. Typically, only about 1% of people develop heart problems with acute viral infections other than Covid-19, but about 22% of patients hospitalized with Covid-19 have been diagnosed with more serious heart problems such as myocarditis (inflammation of the heart muscle).

2. Resting is the best decision even if you have mild symptoms

As we know, Covid-19 can affect people in many different ways. For example, some people may experience nothing but a loss of taste and smell. Dr. Oluvajana says, "Mild symptoms may only have a low inflammatory response of your body to the virus, so your ability to exercise is unlikely to be significantly affected."

3. It will be necessary to let our body fully recover gradually

When you give your body enough time to heal and you're ready to start again, start slowly. Even after symptoms pass, your body still continues to deal with inflammation in the lungs and other tissues.

According to Dr. Oluvajana, although exercise is still important for your health, it is also important to avoid exercise too early. Exercising without giving the body enough time to recover can increase inflammation levels in our body, slowing your recovery or worsening your symptoms.

Try to start with a walk (provided you isolate yourself according to social distancing rules before going out - 7 days from the time you start experiencing symptoms and longer if other members of the house show symptoms) or a short, light yoga or pilates class may also be an option.

4. Watch your body's reaction

Dr. Olivaiana recommends paying close attention to your body when you start over. "As you gather yourself up and increase your energy, you will be able to slowly increase the intensity of your exercise."

Do you feel worse after a workout? Then, reduce the intensity or get some rest and get enough fluids and nutrition. If you experience any of the following symptoms while exercising, stop exercising and seek medical attention:

- Chest pain or tightness
- Irregular heartbeat
- Shortness of breath with minimal activity
- Dizziness
- Fainting

5. You won't be like where you used to be - be patient

As the effect of Covid-19 on people changes, the recovery rates will also change. Dr. Oluvaiana explains "Some people can return to the intensity of their previous exercise routine fairly quickly, but for others it may be a longer process. If you've spent a few weeks on vacation - as it should be - you won't be able to go back to the level of preparation and strength you were in before. According to Dr. Oluvaiana, "It can be frustrating, but being patient and avoiding excessive exertion is the safest way. If you are worried that your energy levels or breathing will not improve over time, especially if you are affected by your ability to perform your normal daily activities, talk to your doctor."

Source
<https://www.womenshealthmag.com/uk/fitness/workouts/a33337341/exercise-recovering-coronavirus/>

Prof. Dr. Fehim Coşan

School of Physical Education and Sports
Lecturer

Another effect of the coronavirus revealed: Early puberty

MAY 10

2021



GELISIM NEWS

According to a research conducted by scientists in Italy, the cases of early adolescence have increased in children during the pandemic period due to the sedentary life and intensive use of technology. Child and Adolescent Psychiatry Specialist Assoc. Prof. Dr. Canan Tanıdır says, "Keep the children away from convenience food, limit the use of technology, shorten the time spent on the computer. "Do not let them have a social media account before the age of 15."

In the studies conducted during the pandemic in Italy, it has been revealed that early adolescence cases in girls have remarkably increased within a year. In the study, cases in the last 5 years were compared. Accordingly, during the epidemic process, there has been an increase in the number of cases and an acceleration in the course of the children diagnosed.

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

Attention if you have insomnia! Do not check the time at nights

MAY 11

2021



GELISIM NEWS

A healthy sleep is very important for feeling vigorous in daily life. Making recommendations for a healthy sleep, which is one of the fundamentals of a healthy lifestyle, Psychiatrist Dr. Alişan Burak Yaşar said, "Checking the time frequently at night can make you lose your sleep over and reinforce your negative thoughts about insomnia."

"WHEN YOU FEEL SLEEPY, TRY TO SLEEP"

Psychiatrist from Istanbul Gelisim University, Alişan Burak Yaşar made suggestions for those who have trouble falling asleep and insomnia, "Trying to sleep when you feel really sleepy instead of spending too much time awake in bed will positively affect your sleep quality. If you haven't been able to fall

asleep again for twenty minutes or more, getting out of the bed, waiting until you feel sleepy and trying again later will make it easier to sleep. You should be careful not to use your bed for any other purpose than sleeping. Thus, your body will associate the bed with sleep and it will be easier to go to sleep."

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

Entrepreneur Mothers Academy Social Responsibility Project begins

MAY 12

2021



It has been announced that the “Entrepreneurial Mothers Academy Social Responsibility Project”, organized by Istanbul Gelisim University (IGU) School of Applied Sciences, Public Relations and Advertising Department and Avcilar Municipality Women’s Counseling Center, will start on May 20 and continue till May 30, 2021.

The university reported that it opened its doors online to mothers who reside in Avcilar and have children between the ages of 0-12. With the Social Responsibility Project of the Entrepreneurial Mothers Academy, it is aimed to support mothers who want to put forward entrepreneurial projects in any field and to contribute regionally in terms of increasing women’s employment.

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

Information pollution about vaccination raises concern; health sector and economy affected

MAY 17

2021



Pointing out that there has been an increase in the number of people who have not made an appointment or did not go to their appointment recently, Dr. Mehmet Başçillar said that this is due to the psychological and social reasons that come with information pollution. He emphasized that the absence of criminal sanctions is also effective in cancellation of appointments.

Stating that there have been problems in vaccination appointments due to information pollution and anxiety recently, Dr. Mehmet Başçillar drew attention to the need to raise awareness of the public. Başçillar explained the effects of many people not getting their vaccination appointment or going to the appointment they made on the public health, the health sector and the economy.

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

Attention to neck pain after Covid-19

MAY 17

2021



Radiology and Interventional Radiology Specialist Prof. Dr. Onur Sıldırođlu made statements about neck pain that develops after coronavirus. Sıldırođlu said, "Thyroid inflammation (thyroiditis) is common after Covid-19."

Saying that neck pain is very common in patients with Covid-19 disease, Radiology and Interventional Radiology Specialist Prof. Dr. Onur Sıldırođlu said, "This pain is especially seen in the front of the neck. In ultrasonography performed to investigate this pain, we find that the pain is concentrated on the thyroid gland in most people. In ultrasonography, we observe that the thyroid gland is darker than normal and its structure is deteriorated. This condition is called viral thyroiditis. "We can say that it is a thyroid inflammation caused by

coronavirus."

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

The first match factory of the Ottoman Empire is on sale for 70 million liras

MAY 18

2021



The first match factory of the Ottoman Empire, built by the French during the reign of Abdülhamid II in the 19th century in Küçükçekmece, has been put up for sale by families with shares for 70 million liras. Eda Akalın, one of the inheritors of the factory, said, "My grandfather bought the factory with his partner to produce rubber boots. When the First World War broke out, he could not realize his dream."

The factory, being idle for many years, was registered as a 1st degree historical monument in 1991 by the Ministry of Culture and Tourism and was taken under protection.

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

This time “Social Imperative Project” from the students

MAY 20

2021



University students announced that they have started a project to draw attention to the issue of digital addiction. It is aimed to reduce technology addiction and gain the habit of reading books with the project called “Social Imperative Project” (SOIP).

Speaking about the social responsibility project, which aims to raise awareness of young people who use technology a lot about digital addiction, the project coordinator from Istanbul Gelisim University Asst. Prof. Dr. Melis Boyacı, “Digital addiction is a situation that we all face as individuals of an era in which digital transformation is intense. Especially with the pandemic, it started to be felt much more. We wanted to create an awareness about this situation. At this

point, we decided to share on the social media platform as a place where we can make our voices heard and at the same time create awareness as a reverse corner.

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

“Bizce İstanbul” project researches turned into an exhibition

MAY 21

2021



The researches of the ‘Bizce İstanbul’ project, which was signed by university students, aiming to raise awareness about the formation of a youth that embraces its art and culture by promoting the cultural heritage of Istanbul correctly, turned into an exhibition.

The exhibition, made up of the research series of the Bizce İstanbul* project team, which consists of undergraduate students in many different departments such as Interior Architecture, Interior Architecture and Environmental Design, Cinema and Television, Communication Design, Graphic Design, met with art lovers online.

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.





PROTECTION AGAINST VIRUS IS IN OUR HANDS



THE MOUTH AND NOSE SHOULD BE CLOSED WITH PAPER TOWEL DURING COUGHING AND SNEEZE. IF YOU DO NOT HAVE ANY WIPE, THE INSIDE OF THE ELBOW SHOULD BE USED.



CLOSE CONTACT SHOULD AVOID LIKE HANDSHAKE AND HUGGING.



IT SHOULD BE STAYED AWAY FROM CROWDED ENVIRONMENTS.



DO NOT TOUCH THE MOUTH, NOSE AND EYES WITH DIRTY HANDS.



HANDS MUST BE WASHED WITH WATER AND NORMAL SOAP FOR AT LEAST 20 SECONDS.



ALCOHOL CONTENT HAND ANTISEPTICS SHOULD BE USED IN CASE OF THERE IS NO WATER AND SOAP.



 ISTANBUL GELISIM UNIVERSITY EVENT SCHEDULE 						
DATE	TIME	TYPE OF EVENT	TITLE OF EVENT	LOCATION OF EVENT	DEFINITION	ORGANIZER
24.05.2021 / 30.05.2021						
24.05.2021	12:00	Talk	Awareness Talks Against Addiction (Alcohol Addiction)	Google Meet: https://meet.google.com/fsz-cqmb-vym	It will be held with the participation of Spc. Psy. Kübra Çelik	Directorate of Health, Culture and Sport / IGU Young Green Crescent Club
24.05.2021	19:00	Talk	What Are The Effects Of The Pandemic On Us?	Google Meet: https://meet.google.com/chf-cdgg-jxe?authuser=0	It will be held with the participation of Spc. Psy. Buse Duranoğlu and Spc. Psy. Nur Eda Kaplan	Social Responsibility Application and Research Center
25.05.2021	10:00	Seminar	Labor Law Practices During Pandemic Process	Google Meet: https://meet.google.com/myr-iggp-hph	It will be held with the participation of Ahmet Sait Ceylan	Directorate of Health, Culture and Sport / Human Resources and Career Club
25.05.2021	13:00	Talk	Waste-Free Life Guide 1	Google Meet: https://meet.google.com/vzk-unoc-yqu	It will be held with the participation of Assoc. Prof. Dr. Çağdaş Gönen	Sustainable Environment and Society Research Center
25.05.2021	13:00	Seminar	Are you aware? Corona destroys mankind, chemical wastes destroy nature!	Google Meet: https://meet.google.com/hkt-fngx-utc	It will be held with the participation of Mehmet Kaan Kaya, Erman Değirmenci ve Nazlıcan Yüreklı	School of Applied Sciences /Public Relations and Advertising
25.05.2021	14:00	Seminar	Individuals with Special Needs in the Covid-19 Pandemic Process	Google Meet: https://meet.google.com/eke-ejpp-kve	It will be held with the participation of Asst. Prof. Dr. N. Beril Özer Tekin	Social Responsibility Application and Research Center
25.05.2021	15:00	Talk	Let's Recycle Waste	Google Meet: https://meet.google.com/mou-hhvq-dhj	It will be held with the participation of Ethem Murat Anaç	Sustainable Environment and Society Research Center
25.05.2021	17:00	Seminar	Basic Polisoft Skills Training	Google Meet: https://meet.google.com/kjw-bzzv-ucj	It will be held with the participation of Volkan Kamadan-Polisoft Software and System Development Manager	Directorate of Applied Sciences / Banking and Insurance

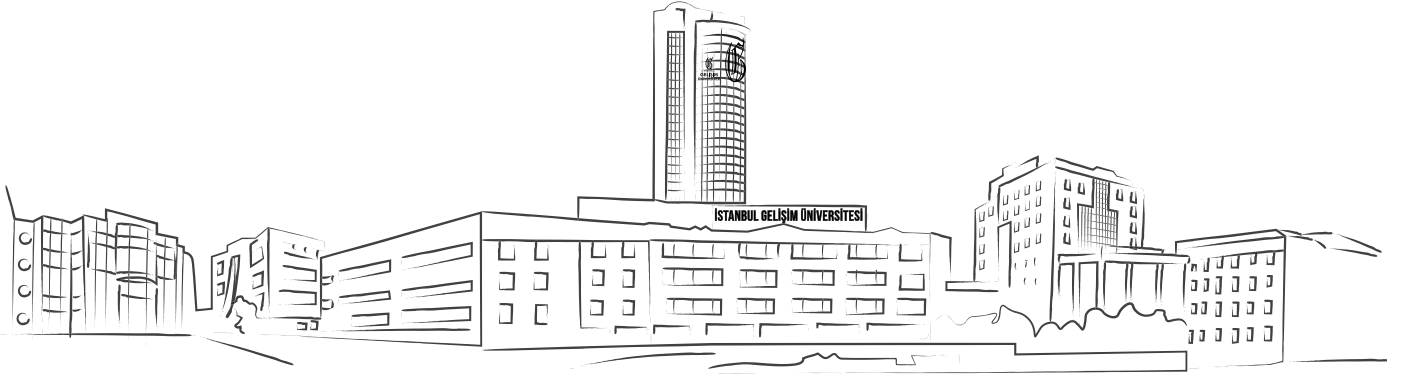
26.05.2021	14:30	Talk	Machinery industry before and after the pandemic	Google Meet: https://meet.google.com/jvy-caix-vxn	It will be held with the participation of the Maintenance Repair Chief Mechanical engineer Mustafa Serdar Çakmak	Directorate of Vocational School / Machine Program
26.05.2021	14:30	Seminer	The Reality of Sports Facilities in Turkey	Google Meet: https://meet.google.com/bgd-femr-hna	It will be held with the participation of Prof. Dr. Mehmet Bayansalduz	Directorate of Physical Education and Sports / Coaching Training
26.05.2021	18:00	Seminer	Bilingualism from Speech and Language Therapist Perspective: Basic Principles	Google Meet: https://meet.google.com/uan-pbjg-uaf	It will be held with the participation of Spc. Dr. Seda Esersin.	Directorate of Health, Culture and Sport / Language and Speech Therapy Club
26.05.2021	21:00	Talk	PROFESSIONS IN AVIATION	Instagram: @iguhavacilikkulubu	It will be held with the participation of Esra Güzelış	Directorate of Health, Culture and Sport / Aeroclub
26.05.2021	21:00	Talk	Freedom of Expression and the Rule of Law	Google Meet: https://meet.google.com/msq-hsrc-yjk	It will be held with the participation of Assoc. Dr. Hamdi Gökçe Zabunoğlu	Directorate of Health, Culture and Sport / Anatolian Youth Club and Liberty - Justice Club
27.05.2021	11:00	Talk	DIY with Creativity	Google Meet: https://meet.google.com/utp-gzxy-nvw?authuser=0	It will be held with the participation of Tasarımcı Kübra Sevindi.	Directorate of Vocational School / Marketing and Advertising
27.05.2021	13:00	Talk	DIY with technology	Google Meet: https://meet.google.com/zxt-vije-ybn?authuser=0	It will be held with the participation of Corporate Communication Expert Ebubekir Türk.	Directorate of Vocational School / Marketing and Advertising
27.05.2021	14:00	Talk	Waste-Free Life Guide 1	Google Meet: https://meet.google.com/zcs-srts-dvz	It will be held with the participation of Almıla Kindan Cebbari	Sustainable Environment and Society Research Center
27.05.2021	14:00	Seminer	Europe: Challenges and Opportunities in the Post-COVID World	Google Meet: https://meet.google.com/czr-xgcx-hsr	It will be held with the participation of Bartosz Józwick and Tomasz Stępniewski	Deanery of Economics, Administrative and Social Sciences/ Political Science and international Relations (English)
27.05.2021	16:00	Seminar	Technology detox feels "GOOD"	Google Meet: https://meet.google.com/bgx-ccqg-swu	It will be held with the participation of Tuğba Şengül ve Muhammed Cihad Işık	Directorate of Applied Sciences / Public Relations and Advertising

27.05.2021	18:00	Talk	DIY Workshop: Nutrition and Sport	Google Meet: https://meet.google.com/grx-wswk-jkt?authuser=0	It will be held with the participation of Kevser Başkara ve Tuğrul Çağrı Yılmaz	Directorate of Vocational School / Marketing and Advertising
27.05.2021	20:00	Seminar	A Brief Overview of the Biochemistry of Aging	Google Meet: https://meet.google.com/bcc-fhak-jqt	It will be held with the participation of Lect. Eda Merve Kurtuluş	Directorate of Health, Culture and Sport / Gerontological Application and Research Club
27.05.2021	21:00	Seminar	Introduction to Psychooncology	Google Meet: https://meet.google.com/tjr-onzn-fze	It will be held with the participation of Dr. Esra Savaş	Deanery of Economics, Administrative and Social Sciences / Psychology
28.05.2021	14:00	Talk	Sustainable Nutrition Recommendations for Sustainable Immunity	Instagram: @igushmyo	It will be held with the participation of Asst. Prof. Dr. Nevruz Bema Tatlısu and Spc. Dietician Betül Karakuş	Directorate of Health Services Vocational School / Food Quality Control and Analysis
28.05.2021	15:30	Talk	Awareness Talks Against Addiction 2	Google Meet: https://meet.google.com/wfd-ymof-rfu	It will be held with the participation of Spc. Psy. Feyzanur Koçyiğit	Directorate of Health, Culture and Sport / IGU Young Green Crescent Club
28.05.2021	13:00	Seminar	Coaching Journey	Google Meet: https://meet.google.com/kxf-ref-cuv	It will be held with the participation of Beste Şirin	Directorate of Health, Culture and Sport / Human Resources and Career Club
29.05.2021	14:00	Seminar	Art is at Home in the Pandemic!	Zoom: https://us04web.zoom.us/j/77770059375?pwd=UWZJZ21NRlVGdktHR3RwRGRLQlR4Zz09	It will be held with the participation of Onur Öztay	Directorate of Applied Sciences / Public Relations and Advertising
29.05.2021	18:00	Talk	How to Combine the Powers of Screenplay and Fiction in Dramatic Writing?	Google Meet: https://meet.google.com/gav-kmqx-irc	It will be held with the participation of Koray Sandoğan	Deanery of Fine Arts / Radio, Television and Cinema
29.05.2021	20:00	Talk	Sexual Development During Childhood	Google Meet: https://meet.google.com/ovn-hngw-ydd	Child Development Specialist Lect. Merve Mercan	Directorate of Health, Culture and Sport / Children's Literature and Art Club
29.05.2021	20:00	Seminar	Step by Step CV Preparation Workshop	Google Meet: https://meet.google.com/wyc-uxim-qrq	It will be held with the participation of Lect. Gonca Yılmaz	Directorate of Health, Culture and Sport / Food Technology Club

30.05.2021	20:00	Talk	Social media of aviation	Instagram: @igühavacilikulubu	It will be held with the participation of Eymen Kocamaz	Directorate of Health, Culture and Sport / Aeroclub
30.05.2021	21:30	Seminar	Integrating Our Senses	Google Meet: Konum: https://meet.google.com/arr-apr-vzm	It will be held with the participation of Specialist Occupational Therapist Emre	Directorate of Health, Culture and Sport / IGU Occupational Therapy and Social Rehabilitation Club

* Events are held online

* Applications for attendance are submitted to relevant units



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