

‘VARIOUS NUMBERS OF MENTAL DISORDERS SHOW DETERIORATION IN MID-SEASONS’

The allergy, spring fatigue, hormonal and physiological changes started to show themselves off with the arrival of spring. These discomforts that come forth with due symptoms affecting our life negatively cause mental problems as well. The Academic Member of the Istanbul Gelisim University the Psychiatrist Dr. Necip Çapraz emphasized the point of the fact that the negative indications showed themselves off in mid-seasons mostly with sleeping disorders, asthenia, slowness of movements, absence and changes in diet.

“IT MAY BE REGARDED AS THE ADAPTATION DIFFICULTY”

While the spring months are generally expected to bring energy together with the reawakening of nature and commencement of the warm-up of weathers, they may cause fatigue in some individuals just the other way around. The Academic Member, Dr. Necip Çapraz, from the Department of Psychology of the Faculty of Economics, Administrative and Social Sciences of the Istanbul Gelisim University indicated that it would be more correctly to think about the indications, experienced in the mid-seasons, as a difficulty of adaptation from one state to the other, and the following had to be paid attention thereto in order to overcome with the spring fatigue;

- 1- Keep away from stress.
- 2- Nourish yourself in a stable and healthy way.
- 3- Keep away from alcohols and tobacco products.
- 4- Engage in meditation and yoga.
- 5- Attribute importance to the muscle relaxation exercises.
- 6- Raise the consumption of liquids.

IT IS NECESSARY TO APPLY TO A SPECIALIST IF THE SPRING FATIGUE SYMPTOMS CONTINUE FOR A LONGER PERIOD OF TIME

The Academic Member Dr. Necip Çapraz, who mentioned about the fact that various numbers of mental disorders such as depression, anxiety disorder, bipolar disorder, panic attack and so on, might be affected by the changes of seasons, further emphasized that it might be possible for such fatigue to be arisen from a physical discomfort or mental causes and in case of addition of new symptoms to the available symptoms of the spring fatigue and continuation of such discomfort for a longer period of time, it may be necessary to seek medical aid from a mental health specialist.

AMONG THE TOP 500 UNIVERSITIES WORLDWIDE IN THE FIELD OF ENGINEERING AND ECOLOGICAL SCIENCES!

The Spain-based ranking organization, SCImago (SIR), which ranks the universities from the point of view of the social effect indicators on the basis of their research performances, innovation printouts and web visibilities, announced its ranking list of international universities for 2022. While the Istanbul Gelisim University ranked among the first 500 universities worldwide in the field of Engineering and Ecological Sciences, it succeeded to rank on the 721st best university among 4.364 universities in general ranking.

One of the leading ranking organizations internationally, SCImago (SIR), which evaluated the web visibilities for 2021 of the research and innovation activities of the universities between the years of 2016-2020, published and announced the list of the leading international universities for 2022. While the Istanbul Gelisim University ranked among the top 500 universities within the field of Engineering and Ecological Sciences, it took place on the 721st best university among a total number of 4.364 universities internationally.

ON THE 24TH RANK IN THE FIELDS OF ECONOMICS, ECONOMETRICS AND FINANCE

140 universities from Turkey took place in the SCImago 2022 list where the scientific performances of the Universities were evaluated in 19 different fields. While the Istanbul Gelisim University was listed on the 24th rank among the universities in Turkey at the research and innovation printouts, made in the fields of *Economics, Econometrics and Finance*, it occupied the 33rd rank at the list in the field of *Engineering*. The IGU, listed on the 16th rank in Turkey at the field of *Ecological Sciences*, occupied the 58th rank among the Middle Eastern universities and 351st rank, however, among the OECD universities.

FREE FOREIGN LANGUAGE SUPPORT TO THE STUDENTS OF KAHRAMANMARAS HIGH SCHOOL

In cooperation with the English Language and Literature Club and the Career Center of Istanbul Gelisim University, a free online English course which will last 8 weeks is provided to the students of Dulkadiroglu Anatolian High School in Kahramanmaras.

Within the scope of the course, 140 students studying at Dulkadiroglu Anatolian High School will be entitled to receive a certificate approved by Istanbul Gelisim University certificate based on their achievement shown after 8 weeks of education.

STUDENTS GET EDUCATION ACCORDING TO THEIR LEVEL

Kahramanmaras Dulkadiroglu Anatolian High School students, who receive education according to their level in the online English course given in cooperation with the English Language and Literature Club and the Career Center of Istanbul Gelisim University, improve their skills while preparing for university. Speaking on this matter, Psychological Counselor Muhammet Akyol at Dulkadiroglu Anatolian High School, thanked the English Language and Literature Club and the Career Center for their contributions, and he stated that the students have been improved in terms of language and their awareness has been increased with the strong communication they established with the teachers and students.

THE SOCIAL MEDIA FRONT OF THE PROPAGANDA WAR

It has been 49 days since Russia invaded Ukraine. It is said that Ukraine having the substantial support of the international public has left Russia far behind in the propaganda war. Made statements regarding how this propaganda war is being conducted and international communication strategies, Assoc. Dr. Sarp Bağcan stated that the Ukrainian war is a turning point in history.

At the point where the war in Ukraine has come, discussions on a peace treaty or ceasefire are still ongoing. Discussions continue on how the statements and images used by the parties reflect the truth by time, and whether they are used only as propaganda material.

THERE IS AN MANIPULATIVE ENVIRONMENT OPEN TO MISCONCEPTIONS

Stating that there may be misguiding through snapshots and information spread from social media accounts, Assoc. Dr. Sarp Bağcan from Istanbul Gelisim University (IGU) Faculty of Economics, Administrative and Social Sciences, Department of Public Relations and Publicity stated, “The experts in the field, academics, politicians and decision makers can also be fed with instant data. This creates a manipulative environment that is open to all kinds of misconceptions.”, and he indicated that the resulting mass psychology triggers emotional decisions and can even force societies and governments to take non-rational actions with the motivation of the emerging agenda.

ECOLOGICAL REFLECTIONS OF POPULAR CULTURE

Today, when something happens, this has many reflections from social media to conventional media. Evaluating the shares that support Zelenski at the Grammy Awards and by Hollywood stars in different fields as reflections of popular culture, Assoc. Dr. Sarp Bağcan stated that the public diplomacy carried out by politicians is not sufficient on its own, and he considered, “The issue is not something that is only apparent, carried out by politicians and diplomacy. A popular culture blended with artists and celebrities, supported by democratic and international organizations.”

MANY GLOBAL COMPANIES HAVE PULL OUT OF RUSSIA

Even if the war expected to last for a long time is over, the propaganda war carried out over the war seems to continue. Many of the global companies left and continue to leave Russia in response to the invasion of Ukraine by Russia. There is a wide press with economic, political and cultural elements such as stopped Russian ships, expelled diplomats, etc. Even if they do not actually fight front, many countries do most of the things related to isolation and pressure at the highest level, except for fighting. Along with the economic, political and military infrastructures, the communicative-cultural pillar and infrastructure of the new system, perhaps starting from earlier, has been prepared somehow.

TUBITAK CERTIFIED PROJECT STUDİES OF THE ACADEMICIAN FROM THE İSTANBUL GELİSİM UNIVERSITY (IGU) TAKES START

The project, the management of which has been taken up by the Academic Member Dr. Hakan Özcan from the Banking and Insurance Department of the Faculty of Applied Sciences of the Istanbul Gelisim University, was certified by TUBITAK. The studies for the project take start on 15th day of April.

The project, planned to be created upon analysing the market requirements and meeting with all stakeholders with relation to the preparation of the "General Terms and Conditions of the Professional Indemnity Insurance for the Organization of Transportation Works", of which management has been taken up by the Academic Member Dr. Hakan Özcan of the Istanbul Gelisim University was accepted by the TUBITAK (*Scientific and Technological Research Council of Turkey*)-3005 Social and Human Sciences Innovative Solutions Research Projects Support Program. The project studies will take start on the 15th day of April under the guidance of the Academic Member Dr. Hakan Özcan.

IT HAS THE FEATURE OF BEING THE FIRST PROJECT, SUPPORTED WITH RELATION TO THE GENERAL TERMS AND CONDITIONS OF INSURANCE BUSINESS

The Academic Member Dr. İbrahim Uzpeder, postgraduate boursier (scholarship holder), Furkan Yıldırım and undergraduate boursier, Oğuzcan Dursun, take place as researchers at the team of the project of the Academic Member Dr. Hakan Özcan, who is an academic member of the Banking and Insurance Department of the Faculty of Applied Sciences of the Istanbul Gelisim University, bearing the feature of becoming the first project, supported with the general terms and conditions of insurance by TUBITAK.

The project, which has been accepted by the Social and Human Sciences Innovative Solutions Research Projects Support Program, is supported by SEDDK (Insurance and Private Pension Regulation and Supervision Agency), TSB (Insurance Association of Turkey), SBD (Association of the Insurance and Reinsurance Brokers) and TUSED (Association of International Transportation and Logistics Operators)

The studies for the project will continue for a period of 1 year.

WARNING FOR “TIGHTENING THE SECURITY MEASURES FOR NFT AND METAVERSE”

Following the change of currencies with the NFT and Metaverse, the social domains are moved in the digital world as well. The security gaps make the users while the people get away from the boundaries of physical assets from now on and set up the imagination of moving freely in the cyberspace.

The NFT and Metaverse virtual world having had a more effective position in our lives after the second half of 2021 is getting prepared to remove the difference by and between the physical and digital world. While a compulsory change is experienced the physical world in the direction of digitalization, the anxious works keep continuing so that the economic or social assets find a place for them in the digital world as soon as possible.

The Academic Member Dr. Abdulkadir Büyükbingöl of the Istanbul Gelisim University made explanations about the matters subject to curiosity with relation to the NFT.

'MAKING A NFT CAUSES THE PRODUCTION OF MORE THAN 200 KGS OF CARBON'

The Blockchain technology serves as a key in the change at the digital world. By this means, the production of digital versions of all physical assets mainly the moneys, and even further, of the abstract assets and addition of the same to the economic cycle brought big changes along with them. The production of the digital forms of the assets ensured the integration of the concept of digital ownership into daily life. The Academic Member Dr. Abdulkadir Büyükbingöl of the New Media Department of the Faculty of Economics, Administrative and Social Sciences of the Istanbul Gelisim University, who made evaluations with relation to the subject matter hereunder indicated as follows:

“The NFT, as a mode of digital ownership, turned into a field of engagement attracting substantial attention. It becomes possible to buy the digital ownership of even the animations such as GIF along with the songs, photographs, design works with this technology. The NFT that has been a kind of ownership offers a field of economic activity forcing the limits of imagination. There are question marks about the future of the NFT despite of all sorts of advantages. Along with the fact that the NFT and Crypto currencies (bitcoins) launched as a technology changing the world, the attention is drawn to the huge carbon footprint, left behind. According to a news taking place in the (newspaper) “Independent Türkçe”, the production or creation of an average NFT equals to making an approximate distance of 800 kms with a gasoline automobile. As a consequence, this refers to the production of more than 200 kilograms of carbon.”

NEW SECURITY MEASURES ARE REQUIRED FOR DIGITAL ASSETS!

The ownership of the NFTs are maintained or kept in hundreds of thousands of computers worldwide through the digital certificates, issued on the basis of the block chain specifying the parties holding the ownership and by doing so, the occurrence of other new claims for ownership is prevented. The Academic Member Dr. Abdulkadir Büyükbingöl, who has emphasized that it was the indicator of requirement for the protocols offering new security walls from the point of view of the seizure or acquirement of digital assets by hackers, further underlined that the future societies will take shape at the focus point of digital technology, artificial intelligence, biotechnology and social informatics.