

AYŞE BEGÜM ONBAŞI WORLD CHAMPION IN AEROBIC GYMNASTICS

National athlete Ayşe Begüm Onbaşı won the gold medal at the Aerobic Gymnastics World Championship held in Baku, the capital of Azerbaijan.

Red Bull athlete Ayşe Begüm Onbaşı, who made it to the finals in the individual women's category at the Aerobic Gymnastics World Championship hosted by Baku, competed for the gold medal today. Ayşe Begüm, a student of Istanbul Gelisim University School of Physical Education and Sports, got the gold medal with 21,850 points.

GREETING MESSAGE FROM MINISTER KASAPOĞLU

Minister of Youth and Sports, Dr. Mehmet Muharrem Kasapoğlu congratulated Ayşe Begüm Onbaşı, who won the gold medal at the Aerobic Gymnastics World Championship held in Baku, the capital of Azerbaijan.

Minister Kasapoğlu gave the following statements in his congratulatory message:

"I heartily congratulate Ayşe Begüm Onbaşı, who won the gold medal with 21,850 points at the Aerobic Gymnastics World Championship held in Baku, the capital of Azerbaijan. I would like to thank everyone, especially her family, who contributed to the success of Ayşe Begüm Onbaşı, who made us proud as the World Champion. I wish the continuation of her success to our national athlete who waved our crescent-star flag at the Gymnastics World Championship and played our Turkish National Anthem."

ATTENTION DEFICIT HYPERACTIVITY DISORDER INCREASES WITH MORE SCREEN TIME

Stating that Attention Deficit Hyperactivity Disorder seen in adults and children becomes more common with increasing screen time, Assoc. Prof. Dr. Canan Tanıdır said, "We suggest that a child over the age of 3 should be in a social environment. It is very important for the child to engage in sports activities. Families should organize the child's life very well."

The digitalization process that came with the coronavirus epidemic negatively affected some children. The transfer of education to digital platforms and the child's exposure to too much screen during the period of staying at home brought along adaptation problems. Stating that Attention Deficit Hyperactivity Disorder (ADHD) is linked with prolonged screen time, Child and Adolescent Psychiatrist Assoc. Prof. Dr. Canan Tanıdır said, "Green space and open air are good for everyone's mental health. Children with ADHD need to consume a little more energy. Being outdoors and moving will do them good. Confined space is a place that restricts movement. Children can move more freely in the open field, greenery, nature, garden and park. This affects them positively. There are studies showing that especially sports are good for ADHD. Although a child with regular sports activities has ADHD symptoms, it seems to recover much faster. This is my clinical practice. Children who continue regular sports have a significant improvement in aggressive symptoms, hyperactivity, and impulsivity."

13 PERCENT IN TURKEY

Stating that ADHD is a neurodevelopmental disorder, Istanbul Gelisim University Child and Adolescent Psychiatry Specialist Assoc. Prof. Dr. Canan Tanıdır, "It is seen in the world between 5 and 10 percent. It was seen at a rate of 13 percent in the study conducted in Turkey. It is a common diagnosis and can be missed. If the age is small and the symptoms are mild, we try to reduce the symptoms of the disease by working with the family and making school-related arrangements, by getting them to spend time in the nature. "If the symptoms are severe, we can make huge changes in the life of the child with drug treatments."

NO LONG TIME INDOORS

Stating that children with ADHD are impatient, excluded from games and excluded by their parents, Tanıdır says, "When this happens, the child becomes unhappy after a while. Their self-confidence starts to wane and they feel unloved. We recommend that these children do something outdoors, do regular sports activities as much as possible to reduce their behavioral problems. In contrast, staying indoors for a long time is not suggested."

SCREEN TIME EXTENDED, THE OCCURENCE INCREASED IN THE PANDEMIC

Emphasizing that pandemic also increases the incidence of ADHD, Assoc. Prof. Dr. Canan Tanıdır said, "The pandemic has been very troublesome for these children. Since they are at home too much and do not go to school, they cannot get rid of their energies. The pandemic increases the screen time as well as the incidence of ADHD. Since the child staying at home keeps himself busy with the screen, the internet, and computer games, this provides an extra effect on the symptoms. We know that children who spend a long time in front of the screen also have a lot of attention deficit and learning problems. As the screen time increases, irritability, hyperactivity and attention problems increase."

LATE TREATMENT MAY CAUSE SUBSTANCE USE

Adding that early diagnosis and treatment of ADHD, which has a genetic predisposition, will save lives, Assoc. Dr. Tanıdır completed her words as follows:

"As the diagnosis and treatment are delayed, the child becomes detached from the lesson and becomes dismissed from school. Their academic success is falling. Every child wants to succeed, even though the children do not seem to care. Not caring can be a defense mechanism. They can meet depression at a young age. It is known that untreated ADHD cases increase the tendency to use substances and tobacco in the following years. If treated early, we observe a positive course in the child's life."

IF THE FAMILY HEALTH DETERIORATES, SO DOES THE HEALTH OF SOCIETY

Stating that the existence of unhealthy families creates an unhealthy society, Public Health Specialist Dr. Nurten Elkin said, "The deterioration of families' health means the deterioration of whole society's health."

Indicating that healthy families are the basis of a healthy society, Dr. Nurten Elkin said, "The family is a social institution that undertakes the task of establishing the bond between society and individuals and ensures the continuity of society. Although the functions, form or characteristics of the family have changed over time, family has existed in all societies throughout history. Family, being the first and natural nucleus of the society, provides the natural conditions of the physical, intellectual and moral development of the individual and constitutes the basic building blocks of society."

Family is the most suitable environment for upbringing, educating and making child a healthy member of society."

"THE MOST EFFECTIVE INSTITUTION IN PREPARING CHILD FOR THE FUTURE IS FAMILY"

Emphasizing that the basic values of societies are passed on to new generations through family, Head of the Child Development Department of Istanbul Gelisim University (IGU) Health Sciences Faculty. Asst. Prof. Dr. Nurten Elkin expressed the following statements:

"Mother and father provide child with nutrition, shelter, protection and education opportunities. By showing enough interest, love and affection to children, meeting their needs appropriately and on time, they lay the foundations of trust in them and help the development of their abilities. From this point on, it can be said that family is the most effective institution in preparing child for the future."

"FAMILY MEMBERS SUPPORT AND APPROVE EACH OTHER"

Pointing out that it's easy to define family health while it's very difficult to define a healthy family, Dr Elkin said, "A healthy family is defined as a successful family in the literature. However, it is possible to talk about some characteristics of a healthy family.

"Family members support and approve each other. Family members are aware of their roles, duties and responsibilities. Family members trust each other. There is joy in the family, leisure times are shared together. Dos and don'ts of social life are taught. Family has customs and traditions. Family members respect each other's privacy. Family problems and crises are solved together" said Dr. Elkin and added that there is a good communication between family members.

"FAMILY IS A UNION OF FORCES"

Emphasizing that family is actually a union of forces, Dr. Elkin said, "The deterioration of families' health means the deterioration of whole society's health. When a family encounters problems, it is important for the family to use their coping mechanisms.

However, when they fail to do so, receiving all kinds of Professional counseling is essential for the physical and mental health of all family members, especially children.”

6TH MIDDLE EAST SYMPOSIUM WAS HELD AT IGU

Organized for the 6th time by Istanbul Gelisim University (IGU), the International Middle East Symposium has come to an end. Many local and foreign scientists came together at the symposium.

Organized by Istanbul Gelisim University Department of Political Science and International Relations, Istanbul Gelisim University Center for Political Studies (IGUSAM), this year's theme of the symposium was "Change in the Middle East with Its Socio-Political Aspects."

By examining the causes of the changes in the region from political, social, historical, economic and cultural point of views, 26 international scientists contributed with their analyzes to the symposium where the changes in the socio-political structure of the region were discussed.

The symposium whose opening speeches were made by Rector Prof. Dr. Burhan Aykaç and the Head of IGU Political Science and International Relations Department, Assoc. Prof. Dr. Yavuz Çilliler was held in a total of six sessions.

The topics covered in the symposium were listed as follows:

“Migration and Integration, Politics and Economy, Media, Society and Politics, Regional Gender Movements, Terrorism and Civil Society, Nation State and Political System, Youth Movements, Regional Power Struggles and Security Policies, Religion and Politics, International Organizations and Non-State Interaction between Organizations, Society and Culture, Middle East Countries and Global Powers”

FEEDING STRAY ANIMALS DROPPED BY 47 PERCENT; STUDENTS DISTRIBUTED FOOD TO GROCERY STORES AND MARKETS

Seeing a 47 percent decrease in the nutrition of street animals due to the pandemic in their research, the students distributed the food bags to the neighborhood grocers and

markets, which they pasted on the “Let's give food without saying but it is the pandemic” brochures designed to raise awareness.

Along with the pandemic, citizens also refrained from feeding stray animals for fear of a virus. Students studying at the Department of Public Relations and Advertising at Istanbul Gelisim University examined the subject with a research. According to the results of survey conducted by the students under the coordinatorship Asst. Prof. Dr. Emel Tozlu Öztay and conducted with university students, there is a 47 percent decrease in the rate of feeding stray animals. Thereupon, the students started to distribute small bags filled with food to the grocery stores and markets of the neighborhoods they chose as the pilot area, by sticking them on the brochures they designed with the slogan of "Let's give food without saying but it is the pandemic" to raise awareness. Within the scope of the project, citizens who go to the grocery store or market will be able to get these promotion bags for stray animals free of charge after shopping.

“THEY CAN REACH US FROM OUR SOCIAL MEDIA ACCOUNTS”

Providing information about their project, Öztay said, “Our students' campaign started with a research process. We conducted a survey on university students. Yes, they want to support stray animals during the pandemic period, but they do not know how to do it in this process. It is acceptable to leave various food residues outside in the winter, but when you do this in the summer, there may be certain problems as the risk of spoilage is high. Based on the data we have obtained, we thought about how we could look for a solution to this problem. In the project developed by our students, we aimed to support our little friends in a sustainable way by distributing the food donations they received in small packages to markets and grocery stores.”

Öztay continued her words as follows:

“It may be a little difficult to go out during the pandemic period, but we have started systematically from Avcılar Parseller which we chose as the pilot region. Hopefully, those who want this campaign to be developed in a sustainable way in Istanbul or even in various parts of Turkey in the future, can reach us through our social media accounts.”

FEEDING STRAY ANIMALS DROPPED BY 47 PERCENT

Ecem Aslan said, “According to the results of our survey, the rate of feeding stray animals decreased by 47 percent during the pandemic process. Because of the possibility of stray animals carrying viruses, people are afraid to approach animals. In this project, we just want to remind you that happiness is contagious and stray animals should not go hungry. We provided their food for this time, we hope that our citizens will not forget the street animals and continue to feed them next time.”

Additionally, Celal Can Ustabaş said, “In this project, we as the students from Public Relations and Advertising conducted, we focused on finding a problem in the society during the pandemic. We observed that animals are the ones who need help the most. Therefore, we started working on a project to distribute food. As a result of the survey studies we conducted, we have found out that most of the animals cannot be fed. In order to increase social awareness, we wanted to remind people buying food in grocery stores that animals are hungry and we need to feed them.”

5TH INTERNATIONAL DEVELOPMENT-UWE CONFERENCE HELD ONLINE

The 5th Development-UWE International Conference on Economics and Finance, organized in cooperation with Istanbul Gelisim University (IGU) and The University of the West of England (UWE), has come to an end.

The opening speeches of the online conference were made by important scientists such as Prof. Dr. Gülnur Muradoğlu from Queen Mary University of London, Prof. Dr. Istemi Demirağ from Tallinn University of Technology, Prof. Dr. Andreas Löschel from The University of Münster and Prof. Dr. Cherif Guermat from The University of the West of England.

Many academicians and students from the Economics, Banking and Finance Departments of many national and international universities attended the conference; The post-pandemic developments in the world and Turkish economy, the impact of the COVID-19 pandemic on the Turkish banking sector, financial competition, financial stability, digital (crypto) currencies and sustainability were discussed.

Hosting various studies in the field of economy and finance, Istanbul Gelisim University increase the interaction between scientists and has become a source of motivation for young academics.

A GOOD BREATHING EXERCISE SUGGESTION TO DEAL WITH EXAM STRESS

There are only a few days left for the High School Entrance Exam (LGS), which will be attended by more than one million students. Physiotherapist Çağıl Ertürk pointed out that simple breathing exercises to be done before and during the exam will reduce stress and anxiety, and said, "We observe that our minds are clearer and our perception level is higher with breathing exercises, which will reflect on exam performances."

The High School Entrance Exam (LGS), which more than one million students and parents await with excitement, will take place on Sunday, June 6. A few days before the exam, a method to relieve stress symptoms such as nausea, dizziness, insomnia, and stomachache experienced before the exam is suggested by the specialist. Stating that the stress can be reduced with simple breathing exercises, Physiotherapist Lect. Çağıl Ertürk from Istanbul Gelisim University said, "We see that breathing exercises and breath management have been scientifically proven by many studies. Breathing exercises are very important for students. We have a vagus nerve in our body, which we call the tenth cranial nerve. We can consider this as the longest nerve in our body. This nerve is a nerve that heals, repairs and calms our body. Therefore, together with the breathing exercises we do, we actually stimulate this nerve. This puts our body in repair, calming and resting mode."

CALM YOUR BODY BY STIMULATING THE NERVES

Stating that the nerves are stimulated with breathing exercises, Ertürk said, "My advice, both during the preparation period for the exam and especially on the exam day, is to calm the body as much as possible by stimulating this nerve with deep breathing exercises. We have two types of breathing, which we call thoracic and diaphragmatic breathing. Here, we try to create a conscious awareness with breathing exercises. There is no need for a course for this and our students can experience it themselves."

REPEAT AT LEAST 10 TIMES

Ertürk described the simple exercise to be done with these words:

“Put one hand on your chest, take a deep breath and exhale while feeling your chest swell. Repeat it ten times. Afterwards, Put your hand on the diaphragm and feel the swelling of the abdomen under the diaphragm and exhale. The more you repeat this exercise, the more you stimulate this nerve. This is how we transition to calming down state.”

POSSIBLE TO DO BEFORE SLEEP AND DURING THE EXAM

Recommending that students go to the exam location early, Ertürk said, “They can go to the exam hall a little earlier, breathe the atmosphere and do these exercises in that environment. They are very stressed the day before, they may have trouble falling asleep. They can also perform this breathing pattern the night before.”

THE LONGER, THE BETTER

Suggesting that the students who will take the exam next year should also do this exercise, Ertürk said, “The earlier we prepare for these exercises, the more we train the neuronal structure of our body. It becomes permanent.”

MAY AFFECT EXAM PERFORMANCE

Stating that the students can not perform the performance they want due to the stress they experience, Ertürk concluded his words as follows:

“With breathing exercises, we observe that our mind is more open, more aware, conscious, and our level of perception is high. This will reflect on our exam performance. Even if our students can't do anything, they can do relaxation exercises. We can do exercises to relax our shoulder girdle muscles and neck muscles. It becomes a much better exercise prescription when it is done by combining the exercise strategies recommended by physiotherapists. Do not let students wear out and lose their motivation. I always think they will be successful if they can manage this process along with exercise and relaxation techniques.”

"THE DEVELOPMENT OF SUSTAINABLE TOURISM CAN BE IMPLEMENTED FROM AN ISLAMIC PERSPECTIVE"

With the 9-page circular published by Saudi Arabia, the rules regarding the pilgrimage and pilgrim candidates have been determined. The Saudi Arabian administration has announced that a quota for 60 thousand people, including domestic and foreign pilgrims, has been opened due to the coronavirus outbreak. Speaking about his work called the Sustainable Muslim Model (SMM), which aims to make the tourism experience more positive after the circular, Asst. Prof. Dr. Tariq Hassan Mahmoud Elhadary said, "The development of sustainable tourism can be implemented from an Islamic perspective."

"ISLAMIC TRADITIONS AND CUSTOMS SHOULD NOT BE VIOLATED"

Stating that the need to develop religious tourism in a sustainable way and to protect tourism communities have become a priority, Asst. Prof. Dr. Tariq Hassan Mahmoud Elhadary from Istanbul Gelisim University says, "The Sustainable Muslim Model (SMM) aims to make the tourism experience more positive. Such a positive experience will enhance the impression of Islam in all respects. Accepting the differences, hospitality, and a welcome in accordance with the rituals of the Muslim community, without violating Islamic traditions and customs, should be a priority."

"ISLAMIC TOURISM CAN BE DEVELOPED WITH ISLAMIC DOCTRINES"

Elhadary continued his speech as follows:

"The religious virtues that constitute the cultural values of Muslim tourism communities influence this important issue as they coincide with the emotional sphere of sustainability consciousness. There are Qur'anic verses and Islamic teachings that encourage designing and building religious and touristic places in a sustainable way. The role of Islamic tourism in promoting environmental, cultural and economic sustainability is emphasized in various Islamic teachings."

Elhadary concluded his words by emphasizing that the main interest of sustainable Muslims is to improve their own life and those around them.