

# IGVS Monthly Press Release

September

2022

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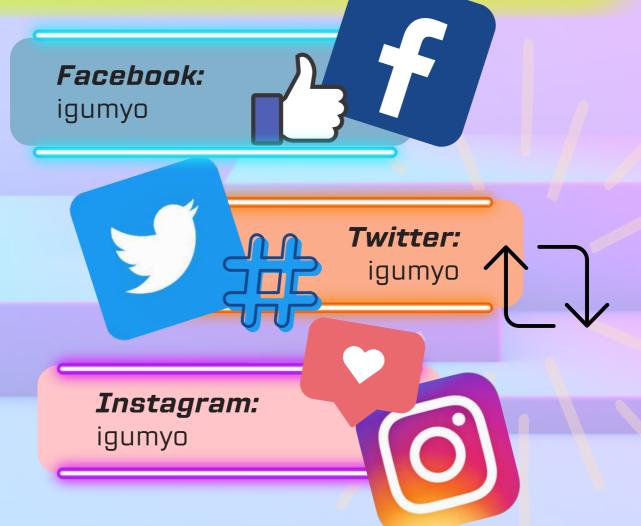
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#### Dear Young People,

Istanbul Gelişim Vocational School, which started its education life in 2008, started to publish a monthly E-Bulletin as of 2021. We are very happy to bring you the September issue of our e-bulletin and to share with you the developments in our Vocational School. I believe you will enjoy reading our bulletin and I present my greetings and respect with the hope of meeting you in a new issue.

You can follow all the developments in our Vocational School on our social media channels.

Director of IGVS Assist. Prof. Ismail Cem AY





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# ISTANBUL GELISIM UNIVERSITY IS 16TH IN THE WORLD AND 1ST IN TURKEY IN THE FIELD OF "QUALITY EDUCATION"!

Times Higher Education (THE), the ranking institution of world universities, has been announced the Impact Ranking of 2022. Among the 1180 universities in the world, Istanbul Gelisim University (IGU) increased its success ranking, which was 24 last year, to 16th place in the category of "Quality Education" by increasing 8 steps this year. It continued to maintain its success last year, ranking 1st among Turkish universities.

The success of Istanbul Gelisim University (IGU) was ranked in five different categories in line with the United Nations Sustainable Development Goals, in the list of 1406 universities, which are listed in the 2022 ranking of the UK-based, world's leading higher education rating agency, Times Higher Education (THE). In the Impact Ranking 2022 list, Istanbul Gelisim University (IGU) increased its degree from 24th to 16th among 1180 world universities in the "Quality Education" category, while maintaining its 1st place among Turkish universities.

#### 5 ACHIEVEMENTS FROM 5 DIFFERENT CATEGORIES



In the ranking carried out in line with the categories in 17 fields determined by the United Nations within the scope of the Sustainable Development Goals (SDG), Istanbul Gelişim University is among the universities of Turkey, with its studies in the field of education, innovative projects and its contributions to the society;

- SDG4: Ranked 1st in Turkey in the Quality Education category,
- SDG7: Ranked 4th in Turkey in Accessible and Clean Energy category,
- SDG3: Ranked 12th in Turkey in the category of Healthy and Quality Life,
- SDG6: Ranked 12th in Turkey in the category of Clean Water and Sanitation
- SDG17: Ranked 24th in Turkey in the Partnerships for Purposes category, it proved itself in many areas such as lifelong learning practices, communityoriented learning, personal development opportunities, quality and sustainability of the education provided.



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# "IN THE INTERNATIONAL RANKING, WE HAVE INCREASED OUR SUCCESS 8 STEPS!"

Abdulkadir Gayretli, Chairman of the Board of Trustees of Istanbul Gelisim University (IGU), who made a statement about the ranking in which the effects of ecological, economic and environmental sustainability practices on society according to the United Nations 17 Sustainable Development Goals are aimed, stated that while istanbul Gelisim University was among the top 100 universities in the "Quality Education" category in the past years but today it is in the 16th place in the world ranking and he said:

"Istanbul Gelisim University has added a new one to its national and international successes with its growing experience and strong tradition over the years. In the 2022 rating of Times Higher Education (THE), one of the most respected higher education rating institutions in the world, we moved up 8 places from our 24th place in the "Quality Education" category in the world ranking, to 16th this year. This rating, which we received from a reputable organization, makes us proud and motivates us for years to come. We are preparing for the future by being open to continuous development for this purpose. By hosting many national and international large scale projects within our university, we are shaping scientific achievements and the future."



#### "WE SUPPORT SUSTAINABLE DEVELOPMENT GOALS"

Stating that they continue to work to achieve better every year with the slogan of "Be Open to Development!" Abdulkadir Gayretli emphasized that 65 programs within the university are accredited by international accreditation institutions and that they will continue to provide education at international standards. Stating that they are the first Turkish university to teach sustainability as a compulsory course, Gayretli said, "Under the leadership of Prof. Dr. Erol Özvar ,The President of the Higher Education Institution (YÖK), we want universities to be leading institutions in raising qualified manpower and creating knowledge and technology accumulation in line with Turkey's development goals, and we support sustainable development goals. We have made education and research our mission for the future of the world and humanity. We continue to work by giving importance to sustainability in order to leave a better world to future generations and to achieve lasting success."

Times Higher Education (THE), Impact Ranking (Impact Ranking) 2022 list can be found here.



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# 822nd Among 4,126 World Universities



World university ranking organization SCIMAGO 2021 results announced. In the evaluation, Istanbul Gelişim University was ranked 822th among 4 thousand 126 universities in the world.

The SCIMAGO 2021 world university ranking list, which is made by evaluating the research and innovation activities of world universities between 2015-2019 and web indicators for 2020, has been announced.

"21st in Economics, Econometrics and Finance"

SCIMAGO, the Spanish-based international higher education rating agency, measured the research performance, innovation output and web visibility of world universities. According to its research and innovation studies in the fields of Economics, Econometrics and Finance, Istanbul Gelişim University ranked 21st among the universities in Turkey, 7th according to its research and innovation studies in the field of environmental sciences, and 30th in Turkey according to its research and innovation studies in the field of mathematics. In the field of environmental sciences, Istanbul Gelişim University also managed to be the 300th among OECD country universities and 37th among Middle East universities.



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Istanbul Gelisim University students' satisfaction has been certified by TSI.

Istanbul Gelisim University registered its quality with the ISO 10002 Customer Satisfaction Management System Certificate given by the Turkish Standards Institute. It successfully completed the inspection carried out by TSI on 18-19-20 July 2022.

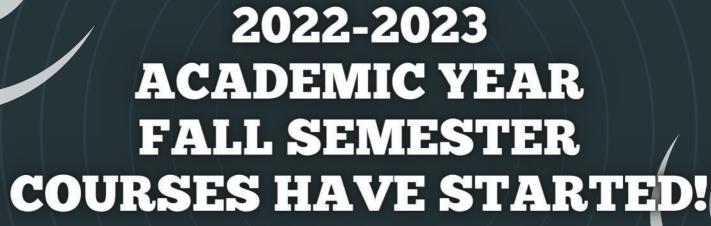
#### TSI APPROVED STUDENTS' SATISFACTION WITH THIS CERTIFICATE

iWith the Student Satisfaction and Complaint Management System carried out by the Dean of Students of Istanbul Gelisim University, it is aimed to manage the requests, expectations and complaints of the students more efficiently and to increase the satisfaction level in the services and activities offered to the students. IGU, which has achieved success both with the trainings it gives to its employees and the workshops it organizes and by evaluating and resolving the complaints and suggestions from the students through two different programs, was entitled to receive the certificate approved by the Turkish Standards Institute by meeting all the standards. <u>Click</u> to access detailed information.



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We wish you good lessons...





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# 2022-2023 ACADEMIC YEAR IGVS STUDENT HANDBOOK IS PUBLISHED!



Click to access.



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# **OUR ACADEMICS WRITE...**

# The Future of Defence

There is no area left where automation has not entered the living life (influencing, being affected, regulating, etc.) and has not made a place for itself. What is at issue here is how to use automation more effectively? Therefore; "New and different" approaches for hardware, software and both have gained importance. As important as the invention of the transistor is, the newly invented hardware using this electronic circuit element and the newly invented software to work on it are equally important. Self-determined military tools and equipment will extend these features from region to country, continent, celestial body, star system and celestial island. This will be possible with the presence of sensors in multi-layered and interactive sensing structure. In this case, the task of the commanders of the armies in the forces in question will turn into a "general assessment"based approach.



Through the use of informatics, different warfare methods, algorithms, evaluations, etc. will be in question. Commanders, on the other hand, will reach far beyond making decisions by watching what is happening on a large screen in the classical sense, and will reach the diversity of perceiving what is happening directly in their bodies. In a way, this can be compared to reaching and using a different dimensional structure of "telepathy", which existed as a concept before. For example; without carrying any devices and tools on their bodies, through equipment that interacts with this form of communication at very, very far distances. This means that interaction can be done with what is known or outside the standards.



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There will be different communication methods apart from electronic, chemical and gravitational force. Examples of this are: the existence of only one celestial body/matter or the existence of only an empty volume. (No matter what its content is or not.) There are also those that are developed as a precaution against every work done naturally or every device, tool and equipment developed. It is understood from this that a person should use his mind for completely positive purposes throughout his life for himself and the society in which he lives. Today's man uses the numerical ratio of his brain, which corresponds to a very, very small percentage. When 100 percent usage and additional usage methods are added in the coming years, there will be very high differences. The reflection of values such as faith, belief and courage, which were in question in previous wars, will have shifted in this direction. And this is nothing different from a structure that was formed, developed and progressed in line with the old foundations. The interaction will turn into very different structures compared to those years. Everything has interacted with science and technology consciously or unconsciously, willingly or unwillingly, and has made progress in this direction. It is inevitable that this should happen.



A small volume is necessary for life to exist. One step beyond this is science and technology, which is the indispensable continuation of this point of reference. When we look at history, just as every country is mentioned or identified with one or more things, the same is true for the word "war". However, the content of this word is directly synonymous with "science technology". Because although "physical force" has not lost its effect in wars today, it has lost its meaning and value to a great extent compared to the past. Instead, "science and technology", which is the extension of "right thinking", has come to the fore by far. This shows that even if the same creatures live (?) in the same environment without ever dying, the concepts they will have and the way they are implemented will change over time. In the analogy here, it is only one of the concrete facts as life and death to say that what is known as "immutable" changes and will change over time.

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# Cultural Heritage Values Have Increased in Turkey!

Assist. Prof. Sercan YILDIZ

Head of Travel, Tourism and

Entertaintment Services

Department

Cultural heritage values in Turkey increased by 5.1% in 2021. The most important share in this increase is the museums. As of 2021, the total number of museums in Turkey was 519. 210 of these museums are under the Ministry of Culture and Tourism, and 309 of them are in the category of private museums. Similarly, the number of ruins increased in 2021 and became 143. National parks also increased by 2.2 percent in 2021. On hectare basis, this rate increased by 0.1 percent and became 908 thousand 543 hectares. While the number of nature parks increased by 4.0% to 260, the area of nature parks increased by 1.9% to 109,638 hectares.

In 2021, the number of immovable cultural properties increased by 2.7% compared to the previous year and became 119 thousand 253. The province with the highest number of immovable cultural assets was Istanbul with 32 thousand 854, followed by İzmir with 7 thousand 754 and Muğla with 4 thousand 778. The total number of protected areas increased by 5.8% compared to the previous year and reached 22 thousand 233. Archaeological sites constituted 96.8% of the protected areas. As of 2021, cultural heritage values, whose number did not change and/or decreased in number, also attracted attention. While the number of nature protection areas remained unchanged compared to the previous year, 31, the number of nature monuments decreased by 0.9% to 114.

#### The number of Artifacts and Visitors has also increased

The number of works in museums increased by 0.7% compared to the previous year and became 3 million 719 thousand 409. The number of works in the museums affiliated to the Ministry increased by 0.7% compared to the previous year and reached 3 million 301 thousand 789, while 87.4% of these works were inventoried. The number of works in private museums increased by 0.2% to 417 thousand 620. 60.2% of the works in the museums of the Ministry are coins, 27.3% are archaeological materials, 6.9% are ethnographic materials, and 3.6% are tablets.

The number of visitors to museums and ruins increased by 69.0% in 2021 and reached 23 million 245 thousand 317. 71.6% of the visitors visited the museums and ruins of the Ministry. While the number of visitors to paid museums and ruins affiliated to the Ministry was 9 million 672 thousand 796, its share in total visitors increased to 41.6%. The number of private museum visitors increased by 46.4% to 6 million 609 thousand 937. A revenue of 362 million 270 thousand 93 TL was obtained from the paid visits to museums and ruins affiliated to the Ministry. The number of museum cards sold by the Ministry was 1 million 799 thousand 388.

Click to access the resource.



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# A CASE STUDY ON THE DETERMINATION OF CLOTHING PROBLEMS AND CLOTHING PREFERENCES OF CHILDREN WITH DOWN SYNDROME AND PRODUCTION OF FUNCTIONAL DESIGN CLOTHES FOR CHILDREN WITH DOWN SYNDROME

Down syndrome is the most common type of chromosomal abnormality in humans and affects people of all races, ages and economic levels. The main cause of Down syndrome is chromosomal anomaly and it can be seen in approximately 1 out of every 800 to 1000 births (Demir and Güler, 2013).

Considering the number of children with DS in our country in recent years, it can be said that there are a substantial number of consumers who need special clothes suitable for their motor development characteristics (Realsever, 2011: 17).

The research aims to determine the difficulties experienced during dressing and clothing preferences in line with the views of DS children and their parents. The sample of the research will consist of 10 children with DS between the ages of 12-18, who continue their education in 2022-2023 at Gülseren Özdemir Special Education and Practice School in Istanbul, and their parents who agree to participate in the research. The research is in scanning model. While reaching the data of the research, the descriptive method will be applied in determining the clothing problems of DS children arising from clothes with the views of their parents and in determining the clothing preferences of DS children, and the experimental research method will be applied in the creation of functional design clothes in line with the preferences of DS children.







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This study, which aims to identify DS children's clothing problems in line with the opinions of their parents, and to have clothes in which these problems are largely eliminated, is important with the thought that it will be effective in increasing the dressing skills of DS children and increase their level of independence in dressing. It is aimed to increase the ability of children to dress themselves with the design clothes to be produced in the study. Considering that it will make a positive contribution to the lives of family and relatives, it turns out that its sphere of influence is wider and its importance is increasing.

It is thought that DS children cannot express the clothes they want to wear like normally developing children. With this study, functional design clothes will be produced in the clothing types and colors preferred by the DS children in the study group.

A pilot study was conducted with the voluntary participation of 12 years old 2 girls and 2 boys DS children. The body measurements of the 4 DS children were filled into inanimate mannequins, and the basic body patterns were removed with the draping method, and the model application of 4 different design clothes was carried out. The workshop facilities of Istanbul Gelişim Vocational School were used in productions, and support was provided by Istanbul Gelişim University in expenditures. In these functional design clothes produced for children with Down Syndrome, it is aimed to increase the level of independence of DS children, to eliminate clothing problems to a large extent, to ensure the harmony of clothes and body, to reflect the fashion of the day and to carry symbolic values such as providing the child's self-respect and confidence. When choosing colors for the garments produced in the pilot application, Clinical Psk. Dr. Kahraman Güler's statements regarding the interest and sensitivity of DS children towards colors have been taken into account. Clinical Ps. Dr. Kahraman Güler stated that especially the color red has a stimulating effect on DS children and is a much more preferred color. Red dress, red socks, red toys, etc. He added that the formation of visual memory in children can be supported by using



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In a study, when children with Down Syndrome had to choose a single color, they preferred the color 'red' the most, then the 'orange' color and finally the 'yellow' color at the lowest rate (Ece and Çelik, 2008). In the same study, in multiple choice color the preferences of children with Down Syndrome, "green-blue" is in the first place, while the following color preferences are "red-orange" and "green-yellow", respectively.



**Görsel 1:** Examples of functional design clothes produced for children with Down Syndrome

In the light of this information, Red, Orange, Blue, Green and Yellow colors were preferred in the color selection of the clothes produced for the pilot application.

In these clothes, which were produced in the pilot application, accessories were preferred that will enable DS children to easily take off and wear the clothes without the need for another individual.



**Image 2:** Design shirt with magnetic metal buttons preferred as a function



Image 3: Design shorts with Velcro as a function



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Image 4: The preferred design sweatshirt with magnetic metal buttons as a function



Image 5: Design trousers with metal buttons with Velcro and magnets as a function

Appearance and the way of dressing are thought to be an important factor in being recognized by or with others. The physical appearance of disabled people is also important. It is thought that by meeting their functional appearance needs, they will not look privileged and will be happier when they wear clothes that look similar to healthy individuals (Yoder and Morgado, 1985:34-37).

In the light of the scientific information obtained as a result of the study, it is expected that this case study, which aims to minimize the dressing problems of children with down syndrome, will guide similar studies, raise awareness, and the approach of providing services for children with down syndrome will be adopted by the ready-made clothing industry and create a market.



Image 6: Design dress in which Velcro is preferred as a function in the neck opening

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Our Maritime Club was founded in 2015 by the students of Istanbul Gelisim University, Gelisim Vocational School Marine and Port Management Program and started to operate actively. The maritime club carries out activities for the purpose of connecting students with the maritime industry, maximizing their love and interest in maritime, creating awareness in the maritime field, ensuring unity, and in this context, creating various social and cultural activities and sharing.

Within the scope of social and cultural activities, the Maritime Club aimed to create sustainable connection with industry stakeholders in order to provide information to students about the maritime industry, to instill maritime culture, to make teamwork common, to develop analytical thinking skills and to enable them to solve the maritime-related problems. In this context, it is aimed that our students get to know the sector closely and determine suitable careers for them in this context by organizing various activities with valuable stakeholders in the maritime sector during the academic year. In line with career goals, the maritime industry offers a wide range of job opportunities.



Port operators, ship chartering and brokerage, forwarder businesses, ship agency, marina and yacht businesses, catering businesses, shipyards and customs businesses can be given as examples. In the activities held within the scope of the maritime club, our students can find suitable internship places in line with their goals and can follow the sector closely. In this context, it contributes to the reinforcement of the theoretical knowledge gained by our students during the education period, to the recognition of business life and to the development of business relations.



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Our maritime club also participates in the activities of the Maritime Students Association (DÖDER). DÖDER is an association that was established for the purpose of creating unity and continuing activities of maritime faculty, vocational school and maritime vocational high school students on a platform.

As the Maritime Club, the 2017- 2018 DÖDER Second Delegation Meeting was hosted at Istanbul Gelişim University. Within the scope of the event, the problems, expectations and satisfactions of the students were discussed with 106 participants. In addition, the Maritime Club organizes career days events and follows the industry more closely by participating in various activities organized by DÖDER. For instance; Vocational Schools Maritime Programs VII. Student Workshop and Vocational Schools XVII. Maritime Programs Working Group meeting and participation in Mermaid Congresses are also among the prominent activities.



The Maritime Club also organizes technical trips within the scope of the courses in the Marine and Port Management Program. During the technical trips, it is aimed to show and introduce the information about their own fields of the students and to reinforce their professional knowledge.

An example of this is the technical tour of Mardas Port. The Maritime Club organizes "Welcome" parties for our students who have started the new academic year. Our school's social opportunities are introduced to our newly registered students.

At the same time, an environment is created where students can share and form unity with upper term students.

In addition to the Maritime Club activities, our club also encourages our students to participate in activities such as personal development seminars, entrepreneurship training and orientation activities, and CV preparation seminars.

The students of the IGU Maritime Club, which has organized many activities in its fieldsince its establishment, have also contributed to social responsibility projects. In the new term, it is aimed to organize activities that can create social awareness among students in the field of maritime through corporate social responsibility projects.



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#### Instagram as a Public Relations Tool" seminar was held by Lecturer Meltem İşler Sevindi

The Public Relations and Publicity Program provides academic support to the seminars organized within the scope of the Istanbul Media Center project, supported by the General Directorate of Copyrights of the Ministry of Culture and Tourism.

"Instagram as a Public Relations Tool" seminar was held by Head of Marketing and Advertising, Lecturer Meltem İşler Sevindi.

The way to adapt to the era in which digitalization accelerates is through social media channels. Instagram, one of the biggest mass media tools of recent years, creates a new space for both media producers and Looking at Instagram from the perspective of public relations provides the opportunity to be both a user and a producer of this New World. In the seminar "Instagram as a Public Relations Tool", Lect. Meltem İşler Sevindi discusses Instagram's 5N1K in public relations. It provides a framework for how Instagram users should read this tool.









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# 2022-2023 Academic Year IGVS Instructor Orientation Program was held.



Istanbul Gelisim Vocational School 2022-2023 Academic Year Instructor Orientation was held face-to-face at G Blok Prof. Dr. Aziz Sancar Conference Hall on September 21-22, 2022



The Orientation Program started with the opening speech of IGVS Director Assist. Prof. Dr. İsmail Cem Ay. Assist. Prof. Dr. İsmail Cem Ay provided information to the lecturers on various subjects within the scope of the program and left the floor to Deputy Director Esat DASDEMIR. Following DASDEMIR's Erasmus. Coordinator Alisa speech; USUBOVA. Education Distance Unit Coordinator Muhammet ÖZER, Electronic Document Management System (EBYS) Coordinator Emine TAŞ and Head of Library and Documentation Department Ahmet Senol of Student ARMAĞAN, Head **Affairs** Department Murat TOPCU, Head of IT Department Hayrullah SEZİKLİ, Dean Students. Dean Assistant Lect. KALYONCU, IGU Vocational School of Health Services Lect. Emek UÇARMAN ÖZGEN, Career Development Center Manager Assist. Prof. Dr. Sarp GÜNERİ, Career Development Specialist Recep **BOZAN** Center Technology Transfer Office Application and Research Center Manager Yahya Kemal KIR'AN provided information to their units. The two-day training ended after the valuable participation of the guests and lecturers.





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# 2022-2023 Academic Year IGVS Student Orientation Program was held.

2022-2023 Academic Year IGVS Student Orientation Program was held on Thursday, September 29, 2022 between 10:00-11:30.

IGVS Student Orientation Program started with the opening speech. After the screening of Istanbul Gelişim University Promotional Film, IGVS Director Dr. Instructor Member Ismail Cem AY was invited to the podium to give his speech. Following AY's speech, IGVS Deputy Directors and Program Heads were invited to the stage.

The program continued with the speeches of the Career Center, Psychological Counseling and Guidance Units. Various information about career and counseling processes were conveyed to our students.









Our graduates, enrolled in double major / minor programs, successful in the fields of sports / arts / culture, and benefited from the Erasmus + program, gave their speeches on the stage and told how they got to where they are.

After the introduction of the student clubs, the program ended with the closing speech.

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IGVS, Air Logistics Program Lect. Atilla AYDIN's article titled "Convergence Analysis for Turkish Economy with G7 and BRICS Countries" has been published in Efil Economic Research Journal. Click to access the article.

IGVS, Food Technology Program Lect.

Aslı MUSLU CAN's article titled "The effect of flours of different immature cereal grains on sourdough and sourdough bread: microbiological, rheological, textural and sugar profiles" has been published in the "Journal of Food Processing and Preservation.

Click to access the article.

The article titled "Evaluation of Airbnb, the Next Generation Home Pension System: Swot Analysis", Co-authored by IGVS, Tourist Guidance Program Lect. Arzu Of Current Tourism Research. Click to access the article.

IGVS, Food Technology Program Lecturer Nurullah Zekeriya Akar's article titled "Comparison of Some Microbiological and Physicochemical Properties of Local and Industrial Ice Creams Offered for Consumption in Erzurum Market" was published in the European Science and Technology journal. Click to access.



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IGVS, Computer Programming Program Lect. Metin ŞAHİN's book titled "Designing and Shaping the Universe" has been published.



titled paper full-text Evaluation of The Cryptographic "Performance on RISC-V" Lightweight presented by IGVS Electrical Algorithms Program Lecturer Muhammet Cihat Mumcu at the SIU2022 conference held in May has been published in IEEEXplore. Click to access.

A)

Dr. Instructor Member Ercan
AYKUT and Lecturer Sena Taş
published the "Violin Education in
Virtual Reality (VR) Environment"
statement at the 1st International
Conference on Innovative
Academic Studies held in Konya
on 10-13 September 2022.

IGVS, Electrical Program Lect. Muhammet Cihat Mumcu, In the International Conferences on Science and Technology (ICONST) conference held between 07-09 September 2022, presented a full text paper titled " An FDTD modeling of GPR for Detecting and Mapping Archeological Sites" which is a joint work with Electronic Technology Program Lect. Sena TAŞ, Electrical Program Lect. izzet YAVUZ and Assist. Prof. Dr.Ercan AYKUT.





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# **AGENDA OF PERSONNEL**



Asst. Prof. Ismail Cem AY has been appointed as the Director of Istanbul Gelisim Vocational School as of 22.08.2022.



Lect. Esat DASDEMIR has been appointed as the Vice Director of Istanbul Gelisim Vocational School as of 22.08.2022.



Lect. Ahmet Burak TURGUT has been appointed as the Vice Director of Istanbul Gelisim Vocational School as of 22.08.2022.



Lect. Mehtap ÇERKEZ has been appointed as the Head of the Istanbul Gelisim Vocational School Pastry and Bakery Program as of 06.09.2022.



Lect. Ali CETINKAYA
has been appointed to
the "Lecturer" staff of
Istanbul Gelisim
Vocational School,
Electronics Technology
Program.



Lect. Alper DEMIRER
has been appointed to
the "Lecturer" staff of
the Flight Operations
Management Program
at Istanbul Gelisim
Vocational School



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# **MASTHEAD**



#### **COORDINATOR**

Lect. Görkem Gülay DOĞAN ATICI

#### **TRANSLATION COORDINATOR**

Assist. Prof. Duygu ÇELİK Lect. Fehim İLHAN

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With the recent global developments, the importance of energy efficiency has come to the fore even more. Many countries, especially in Europe, have announced various measures in order to use energy efficiently and to save energy. In our country, important steps have been taken and continue to be taken in this regard.



### T.C. ENERJİ VE TABİİ KAYNAKLAR BAKANLIĞI

In cooperation with the Ministry of Environment, Urbanization and Climate Change, the Ministry of Treasury and Finance and the Ministry of Interior, loans up to 50,000 TL with a maturity of 60 months and an interest rate of 0.99 were provided in order to have the thermal insulation of the houses without thermal insulation done. We present to your information the "Heat Insulation Campaign in Residences" promotional video prepared by the Ministry of Energy and Natural Resources in order to use energy efficiently and to save energy...

Click to access.



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# 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.

**∂**⊙**⊘**⊚ /SaglikBakanligi

saglik.gov.tr

For Detailed Information, Please Read QR Code.



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#### **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.