

THE EXPERT DESCRIBED THE SYMPTOMS OF MONKEYPOX VIRUS: ATTENTION THOSE WHO EXPERIENCE FEVER AND SKIN RASH!

The "Monkeypox virus", which came to the fore after the Covid-19 pandemic that devastated the whole world, has created a new epidemic concern among the public. Explaining the symptoms of the disease and the ways to prevent it, Infectious Diseases Specialist Dr. Mehmet Zeki Boztaş said, "Infants and children between the ages of 0-5, the elderly, pregnant women and people with weakened immune systems for any reason should be careful since they are sensitive to the disease in the future."

Stating that monkeypox virus disease is actually an animal disease, Istanbul Gelisim University, Faculty of Dentistry, Asst. Prof. Mehmet Zeki Boztaş, "Monkeypox virus is normally found in animals such as wild small rodents and monkeys living in rural, forest regions of some African countries. However, it was transmitted to Africans who entered these wildlife regions due to reasons such as poverty, constant migration, civil wars, global warming, and even had to kill and slaughter and eat these animals. The monkeypox virus was first detected in 1958 when Danish scientists examined monkeys with numerous water-filled wounds on their skin. The first person to be diagnosed with monkeypox virus (MPV) was a 9-month-old Congolese child in 1970, and the first human-to-human transmission occurred in 2017. "

"The risk of death may increase in individuals with low immune systems infected with the disease"

Stating that the three most common symptoms in patients are fever, swelling of the lymph nodes and skin rashes, Asst. Prof. Mehmet Zeki Boztaş also added: "While the incubation period takes about 5-21 days on average, the full recovery period can take up to 2-4 weeks. Those who survive the disease do not have scars on the skin. Type 1 MPV is heavier while Type 2 MPV is lighter. While the disease rarely causes permanent damage to some organs, the mortality rate has been reported to be between 0% and 10% in various outbreaks. Contamination of Type 1 MPV, which is more dangerous among the situations that increase the likelihood of death, if a rodent carrying a germ has bitten or scratched the person,

if the person is sensitive to this virus, the rate of microbes taken into the body is high and the person's immune system is weak can be the cases where mortality rate is high."

"While the smallpox vaccine creates immunity against the disease, the chickenpox vaccine does not provide immunity"

Stating that those in the risk group should be careful against the disease, Asst. Prof. Mehmet Zeki Boztaş said, "Infants and children between the ages of 0-5, the elderly, pregnant women and people with weakened immune systems for any reason should be careful because they are more sensitive to the disease. People younger than 40 are more susceptible to this microbe than those older than 50. Because it is known that the smallpox vaccine, which was applied to all our citizens in our country until 1980, provided 85% immunity against MPV. The chickenpox vaccine, which is frequently on the agenda, does not provide immunity against MPV because the chickenpox virus belongs to a completely different group."

Istanbul Gelisim University, Faculty of Dentistry, Asst. Prof. Mehmet Zeki Bozta listed the ways of protection from monkeypox virus item by item:

- 1- Contact with patients with fever and rash should be avoided, and if contact is to be made, it should be used with gloves and masks.
- 2- Clothes, bed linen and towels of people with the disease should not be used.
- 3-Cups, forks, spoons and plates that patients touched with should not be used.
- 4- Sexual contact with infected individuals should be avoided as the disease can also be transmitted sexually.
- 5- Hands should be washed frequently with soap and water or alcohol-based disinfectant should be used to protect from the virus.
- 6- Contact with wild animals should be avoided against the risk of virus.
- 7- Care should be taken to cook thoroughly in meat consumption.
- 8- Individuals with monkeypox virus should isolate themselves and stay at home, if it is absolutely necessary to go out, it should be for a short time. Clothes that will cover the wounds on the skin surface while outside should be preferred.
- 9- The isolation period should last until all body lesions are completely healed (4 weeks on average).

WORKSHOP ON TECHNOLOGICAL STUDIES FROM IGU TTO

A workshop was held at Istanbul Gelisim University (IGU) Technology Transfer Office (TTO) on the technological areas being studied. In the workshop attended by TTO staff, responsible intern students and students in long-term internships; ideas about

technological areas such as artificial intelligence, aviation, mechanical design, cyber security and automation were exchanged.

* In the field of artificial intelligence; Preparation of 3D mapping and machine learning were discussed by using 2D map with image processing method with artificial intelligence.

* In the field of aviation, UAV/VTOL body and wing design, UAV/VTOL interior design, landing gear design, electrical power distribution and speed control circuit manufacturing, communication, drone/UAV body mechanical, electrical and engine integration, testing (laboratory, ground, flight) and simulation activities were discussed.

* In the field of mechanical design, ideas were exchanged about indirect design, direct design, analysis, ground control station, production of composite and/or carbon fiber materials through subcontractor; mold production, autonomous decision-making systems, data processing, database management.

* In the field of cyber security, studies on attack detection and cyber defense with artificial intelligence were discussed.

* In the field of automation; PLC discussed the provision of innovative cyber protection for SCADA systems.

In the workshop, where many projects that will contribute to science were discussed, it was also recommended to work on a new project on the detection and prevention of possible cyber attacks on SCADA/PLC systems in energy facilities.

IGU PARTICIPATED IN THE 'FORUM OF RECTORS OF HIGHER EDUCATION INSTITUTIONS PROVIDING TOURISM EDUCATION' IN UZBEKISTAN

Istanbul Gelisim University participated in the 'Forum of Rectors of Higher Education Institutions Providing Tourism Education' held in Urgench, Uzbekistan on August 10-11, 2024. Following the agreement signed with Urgench State University on July 4, 2024, IGU participated in the event upon the invitation of the university.

The forum, which was organized by Urgench State University and attended by vice-rectors and rectors of significant universities in Uzbekistan, included Prof. Noriji Sakakura from Nagoya University of Economics in Japan.

Vice Rectors Prof. Dr. Necmettin Maraşlı and Prof. Dr. Nuri Kuruoğlu, Head of the Department of Tourism Guidance Asst. Prof. Ramazan İnan and International Exchange and Cooperation Specialist Pınar Aleyna Doğan attended the forum held in Uzbekistan. IGU drew attention as the only Turkish university participating in the forum.

Istanbul Gelisim University, which is on its way to internationalization, had the opportunity to meet with the rectors and other representatives of the participating universities and had the opportunity to announce and promote the name of IGU in Uzbekistan. After the presentation introducing Istanbul Gelisim University, a presentation was made introducing the Department of Tourism Guidance and the studies carried out in this field.

IGU Vice Rectors Prof. Nuri Kuruoğlu and Prof. Necmettin Maraşlı met with Bukhara State University on Monday, August 12, 2024, and after that they met with the Vice Rectors of "Uzbekistan Silk Road International University of Tourism and Culture" and Uzbekistan State University in Samarkand on Tuesday, August 13, 2024, on International Bilateral Cooperation and Exchange Programs. As a result of the meetings, it was decided to sign a Memorandum of Understanding between the universities.

INNOVATIVE PROJECTS AND TRAINING BREAKTHROUGH FROM IGU TTO

Istanbul gelisim university technology transfer office (igu tto) carries out its r&d studies in order to improve living standards at national and international level and to accelerate economic development. Igu tto, which has carried out many projects in cooperation with the public and private sectors, establishes a bridge between industry and academia and ensures the commercialization of technology.

Yahya kemal kiran, director of igu tto application and research center, emphasized the roles of the office in developing cooperation with the industry, project management, benefiting from support programs and providing entrepreneurial services. Kiran stated, "we inform our academicians and researchers about national and international support programs and increase the amount and quality of funds by providing appropriate applications. Furthermore, we ensure the transformation of information into technology and economic contribution by establishing cooperation bridges between university and industry."

Igu tto encourages the development of innovative ideas in physical spaces equipped with modern technology. It aims to transform academic research into industry through

offices, technology and project groups with 4 full-time staff, 9 part-time staff and 13 interns.

Training programs are also a significant part of ıgu tto. Trainings on technology and innovation management, patent and intellectual property rights, project management, grant programs and entrepreneurship provide participants with in-depth knowledge in the fields of technology transfer and innovation management.

After the completion of the project stages, ıgu tto carries out improvement and optimization studies to bring the prototypes into line with industry standards. In this process, collaborations with companies accelerate the integration of projects into the industry and contribute to the real-world applications of innovative technologies.

Among the projects carried out by ıgu tto are advanced technology projects such as electric motor unmanned aerial vehicles, artificial intelligence applications and smart mirrors. These projects make significant contributions to the industry by aiming to develop both domestic and national technologies.

Istanbul gelisim university technology transfer office pursues to increase türkiye's technology capacity with its projects and educational activities that carry science and technology to the future.

10 TİPS FOR PARENTS WHOSE CHILDREN WILL START SCHOOL!

The school adaptation week for preschool and primary schools start on September 2. Parents are concerned about how to manage this process. Specialist Child Developer Kevser Tuğba Çınar Karasu said, "This process can become a new period of anxiety and anxiety for children. Therefore, parents' approaches are important for children who are just starting school."

Stating that the school start period is an uncertain process for children to be separated from their families, homes, toys, and home arrangements, Istanbul Gelisim University, Faculty of Health Sciences, Department of Child Development Res. Asst. Kevser Tuğba Çınar Karasu: "Physical separation that starts with birth and then physical distancing from the mother occurs with the beginning of walking in infancy. While this situation creates the joy of being able to act independently in children, it can also create an anxiety caused by moving away. Children try to cope with this anxiety at that time. Over time, they realize that the presence of the caregiver will not be lost and they start to feel safe."

Parents' supportive attitudes in their children's school start-up process can facilitate the school adaptation process. Res. Asst. Kevser Tuğba Çınar Karasu listed the responsibilities of parents in 10 items.

Listen to your child's worries and concerns: Your child may have concerns about school, you can listen to him/her carefully, try to understand him/her and eliminate the question marks in his/her mind by using simple, clear and developmental language. Children may need embodiment due to their developmental characteristics during this period. Uncertainties about anxiety can be embodied by singing, nursery rhyming, painting, and animating events.

Try to understand your child's emotions: Your child may have negative emotions such as anxiety and anxiety in this new period of his/her life, as well as positive emotions such as excitement, enthusiasm, happiness, joy, and he/she may experience these emotions at the peak. Because your child will enter a new environment, meet new friends, get to know new materials and experience new emotions. For this reason, the child may need to express himself. In such periods, it may be useful to create areas where he/she can express himself/herself. In this period, children's feelings need to be cared for, accepted and shared. At these times, you can talk about what your child thinks about school and what feelings these thoughts create in him.

Be systematic about your daily routines: Daily routines help children feel safe and cope with uncertainty. The regularity of children's times such as breakfast time before school, time to prepare their belongings, play time, meal time, screen usage time, and sleep time after school make the school adaptation process easier. It is also important for parents to supervise children's screen usage times and content in daily routines.

Give the opportunity: Give your child the opportunity to take on their own responsibilities, remembering that your child is a separate individual. For instance, providing opportunities for your child to prepare his/her school bag, take his/her lunch bag from the kitchen, fill his/her drinker, wear his/her own school clothes, tie his/her shoes, etc. supports his/her development of these skills. It help them to adopt the responsibility of collecting their lunch box, school bag, cardigan and jacket after school without you. At the same time, it is important to perform the skills of going to the toilet alone and doing personal cleaning.

School introduction: The school is a physically large and crowded place. During the adaptation weeks to the primary school, the internal and external environment of the school is introduced. It is comforting for your child to learn basic areas such as the classroom, the toilet, the teachers' room, and to have places around him/her that he/she has seen before when he/she is alone.

Set realistic expectations: Avoid describing unrealistic situations related to school before your child starts school. If you say that the school will be constantly playing games like a park and that friendship relations will always progress very well, you may have reduced your child to an unrealistic expectation. For this reason, it is important to make realistic statements about the school in accordance with the level

of development. It would be healthier to mention that the school has rules, there are lesson times and break times, and these rules should be followed.

Every child is different: Be aware of your child's individual differences. Unlike children's daily routines, their sensory sensitivity (auditory, visual, tactile) may increase in the school environment. The crowd in the school may disrupt their tactile sensory regulations such as visual, noise, auditory, holding hands with friends, etc. For this reason, it is important for you to be aware of your child's sensitivities, to understand him/her, to accept the situation, not to force your child and to support him/her.

Do not compare: Each child will go through a different adjustment process. In this process, some children adapt quickly and enjoy going to school, while some children try to cope with fear and anxiety in this process. It is natural for each child to react differently. Comparing your child with his/her friends, using expressions such as "Look, your friend does not cry at all, you cry like a baby" will not make the process easier for your child, on the contrary, it will make it difficult. Instead of comparing this issue, it will be important to give your child time to adapt to the new situation.

Your past experiences: You can talk about your own school process to eliminate the uncertainties in your child's mind. You can talk about your excitement in the process of starting school, your fears, or a memory you remember with your teacher or friends.

Avoid threats and excessive rewards: During this period when your child is trying to adapt to school, it is important not to accustom him/her to external control such as rewards and punishments, but to support him/her to get used to this process by providing internal control as much as possible. For example, after you leave school every day, you can first tell them about your day; then you can ask them to tell you about their day and share their feelings about school.