

OPPAM

ONLY POSITIVE



**BE POSITIVE,
IN THIS WAY**



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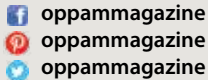
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Vol: 2 | Issue: 10 | Page: 19
March 2024

(Private circulation Only)

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For Donation

OPPAM MAGAZINE
A/C No: 12790200319046
FEDERAL BANK
BRANCH: IRINJALAKKUDA
IFSC: FDRL0001279



Editorial

PROF ANTONY P JOSEPH
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CHALLENGE THE CHALLENGES

William Sidney was a bank employee. An unexpected turn occurred when his life was going very peacefully. One day, all of a sudden, he was fired from his job. To add more pain, he also had to undergo imprisonment in a bank corruption case. The truth was that Sidney was actually innocent; but his opponents played such a foul game against him so that he could not prove his innocence.

For Sidney, the situation was unbearable. At first, it was difficult for him to come to terms with the fate. But gradually he decided to get out of the negativity and despair that invaded his mind. Various thoughts passed through Sidney's mind. He started writing them down. Years later, Sidney became a famous writer. Today, he is the favorite of thousands of readers worldwide, mainly through his pen name: O' Henry!

We have to face many unexpected challenges in life. Perhaps, you may be punished for a mistake you did not make. You may be misunderstood. You may lose your job. You may face financial difficulties. But what matters is how you respond to them.

Most often, people get overwhelmed and discouraged when faced with challenges. Very few people understand that there is a possibility in crises and that they can grow through them and improvise their lives accordingly.

That is how individuals like Henry become great role models for us. When faced with challenges, he could blame his fate, curse his opponents and live with a grudge against the whole world. But in the most difficult and sad moments of his life he looked at himself - to his potential... he realized that even when all seemed hopeless, there was still something to celebrate. Let this be the example before us. Challenge the challenges without flinching in front of the challenges. Then success will come to us. And we will become successful people.

best regards,

Prof Antony P Joseph



BETTER LATE THAN NEVER!

“Better late than never.” This is a tagline I read somewhere; it was a message displayed for drivers. This means that it does not matter if you arrive a little late, drive carefully and reach your destination without any accidents.

This saying seems applicable to those who are chasing certain dreams and goals in life. We cannot always expect to get what we desire immediately. Sometimes it may take a long wait and require a lot of effort and hard work. But do not stop waiting or withdraw from the effort because of it.

Hope is essential for life. Hard work is important in life. Effort brings success. At least some people give up midway in the face of setbacks and rejections. Hopes end. In some circumstances,

some people may not accept us. Many successful individuals have tasted success after many episodes of failures and neglects. They were not instant success. Nevertheless, they toiled and strove without losing confidence. Some doors may take time to open. It may take time to meet some individuals, who may play a vital role in our lives. But don't despair. Never turn away or give up.

It is always better to wait a little than never able to get it. One is able to taste the real flavor of success and value it from one's heart only when he or she has waited for a long time to achieve it. So, never shy away from something because of the discouraging comments of others. Remember that every end is a beginning...

HOW STRICT CAN YOU BE?

Most people see parenting as one of the most difficult jobs in the world today. Because being a good parent is not so easy.

A person does not become a good parent just because he or she gave birth to children, fulfilled their material needs, gave them good education and deposited a great deal of money in the bank.

There are people who think that the mark of good parenting is to keep the children under control and raise them with discipline. Some people mistakenly think that fear of parents is a child's good quality.

There are people, who set boundaries for their children. They fix by themselves what is good for their children, set goals and raise their children without giving them space or freedom to think or react. These people shape the future of their children by forcing them to follow the wishes of their parents.

Studies show that setting limits to the children and raising them according to the will of their parents, or repressing them in such a way that they do not even have the right to question, will never benefit the children nor will make their future any better.

This does not mean that children



Children, who grow up under the strict control and discipline of their parents, often turn out to be authoritarian and overbearing parents when they grow up.

should not be disciplined. Even when discipline plays a vital role in a child's upbringing, excessive control, harsh behavior and suppression can have a negative effect on the mental state and growth of children.

Excessive and strict parenting style has been found to be one of the major causes of behavioral disorders among children. Parents may be able to make their children obey certain things by forcing, reprimanding and punishing them. But this practice leads to depression and anxiety in 60 percent of children. Authoritarian parenting can mostly bring out negative results.

Children, who grow up under the strict control and discipline of their parents, often turn out to be authoritarian and overbearing parents when they grow up. They pass on the bitter experiences of discipline and control they once underwent, to their children. Thus, another generation is made victims of this sick mentality.

Subsequently, another generation of people with low self-esteem, depression and health problems is born here. Sometimes we come across children who are lacking in sympathy or compassion. They will not be amiable; nor will they extend a helping hand to anyone. This is the bitter after-effect of strict parenting. There are many people who are incapable of establishing good interpersonal relationships. These people will always have problems in all their relationships, no matter what kind of relationships they establish.

There are children who are emotionally least attached to their parents.





With heavy hearts, some parents complain that their children do not love or talk to them. Strict parenting is the villain here as well. These children do not feel emotionally attached to their parents. They do not talk openly with them. They become completely isolated individuals. The same is the reason

for split personality. Some people who have a very disciplined life within in their house, have an altogether different character once they are out of the house.

In short, raise your children in discipline, but never be harsh and strict with them. Understand the boundaries of discipline and severity.

SIGNS OF GOOD PARENTING

- Good parents build their children's self-esteem. Blame, taunts, punishment, and comparisons will never be in their dictionary.
- They will be willing to spend time with their children. They will consider their children, listen to them and hold them together despite their busy schedule and official duties.
- Their communication with children will be precise and clear. They know how to love and will be capable of expressing their love. They will convince their children that they are willing to love them in any situation.
- They will do what their Children want them to do, and they will behave in the way they would wish their children to behave. Children will speak the way they want their children to speak, which means that they will be a role model for their children in everything.
- While they set limits and grant freedom to their children, they will always make sure to distinguish between right and wrong.



THE SECRETS FOR MAINTAINING A GOOD RELATIONSHIP

Humans are bound together in various ways. They live in a world of many relationships. Nevertheless, not all relationships rise to the level of perfection desired or deserved. Relationships that were initially intense grow cold or abandoned over time. Why is this happening? The problem here is that the persons involved are not able to experience emotional satisfaction. It is mostly seen in friendships and husband-wife relationships. In every relationship, there are certain elements that everyone desires to give and take. If the

ratio is right, then such relationships will last for a long time. If not, it will end halfway as stated earlier. Let us see what these factors are?

Respect

All human beings desire to be respected and accepted by others. Usually, it is men who demand this more than women. An officer wants to be honored and respected by all his subordinates. The same applies to being the head of the family. He gets upset when he realizes that he is not respected. Studies show that when men are respected, their

An honest partner is a priceless treasure. A person who has received it will feel more secure. Relationships without honesty will only have a short life span.

self-confidence doubles.

Acceptance

We feel respected only when we feel accepted. The rupture in relationships begin when one realizes that one is constantly being rejected and ignored. It creates in them the impression that they are not important in the other person's life. Being introduced to others with joy and interest is a sign of acceptance etc.

Trust

Be able to trust each other. Trust is the foundation of any relationship. Relationships cannot thrive without trust. You can't talk to someone who doesn't

trust you. Sadness and happiness cannot be shared. It takes a long time to build trust, but it only takes a moment to destroy it.

Interest

Individuals in a relationship, should be interested in each other. Interest is the act of helping the other person in his or her various needs and seeking his or her well-being. Illness, failure, losses, etc., happen in everyone's life. In such situations, emotional support given to the person and sympathy and interest in his/her situation helps in bolstering the relationship. For example, imagine that a close relative of a friend has died. Rush to his help. Help him to get out of that misery. Or imagine that he has achieved a great success. Appreciate him for that and encourage him. Be equally interested in the joys and sorrows of the other person's life, and express it convincingly.



Attractiveness

Mutual attraction is important in any relationship, especially in the relationship between men and women. Attractiveness in a male-female relationship is also related to sexuality. If they don't feel sexually attracted to each other, their relationship is likely to be weak.

Honesty

An honest partner is a priceless treasure. A person who has received it will feel more secure. Relationships without honesty will only have a short life span.

Commitment

This word should be discussed in relation to the family. A person who is committed to families can strengthen family ties. At the same time, it is doubtful whether a person who lives without concern for his spouse, children, or parents can develop deep relationships within or outside the family.

A sense of security

We are more comfortable when we travel with some friends. Because their presence gives us a sense of security. We realize that we are safe. Relationships can flourish if you are able to provide a sense of security to your partner or friend.

Priority

If your partner/friend sees you as just one among many, then you need not give more importance to that person than he deserves. On the contrary, if he or she prioritizes you, then you can trust and rely on that relationship. Priority marks the nature of relationships.

Support

It is a blessing to be supported and encouraged in all aspects of life. This

includes encouraging, recognizing and mentoring. Support each other in relationships.

Appreciation

Appreciate from your heart. Every person wants to hear compliments. Everyone loves to be thanked. Relationships, where there is a willingness to appreciate and express gratitude, will be long lasting.

Touch

Touch plays a special role in relationships. I don't mean sexual touch, but mutual intimacy. Touching, kissing, cuddling... all these things increase the intensity of relationships.

Listen

Be each other's ears. When you are close, be ears instead of lips. It means that you must always be ready to listen. Whether the matter is big or small, be ready to listen... Where there is listening, there is growth in relationships.



LOVE IS TRUTH



What is life without love? Love is the basic reason for living in this world with so much happiness and contentment. We cannot live without love. Love is not limited to love between men and women. That is only one level of love. We have raised that kind of love to an elevated position because we think that there is more nobility and excellence in it. In fact, love is much more

than that. There is love in everything.

All living beings and all activities in this universe are related to love. How can a person, who is not in love with God, serve in a place of worship? Isn't love for letters and ideas what makes a writer? Love for colors and lines makes a painter. Love of song makes a singer. One's ardent and intense love for one's friend makes one a good friend. One's



Sometimes our life becomes boring because of the lack of love. Fall in love with something. Fall in love with someone in such a way that it never ends us in one's own destruction or another's downfall. Love is positive when it does not create negative results.

love for one's spouse makes him or her a good partner.

Wise men have said that "lust without love is murder." You need love in work; and you need love in life. Love

is needed in interactions, speech, look and touch. Sometimes our life becomes boring because of the lack of love. Fall in love with something. Fall in love with someone in such a way that it never ends us in one's own destruction or another's downfall. Love is positive when it does not create negative results.

Are you unhappy in life? Are you dissatisfied with life? Then it means that there is a lack of love in your life. As you cannot live without air, you cannot live without love as well. Life without love is as dry as nature without springs. How beautiful life is when you are in love! When we don't love, we lose life even though we may be living apparently.



DO YOU PUNISH YOUR CHILDREN?

Disciplined children are real blessing! But nowadays we often find undisciplined children everywhere. This is a matter of pain and sorrow for parents. What is the way to teach discipline to children? How can we make them disciplined? Here are some suggestions, which can serve as answers for the oft-repeated questions of parents.

Don't beat and punish your children to discipline them

At least some parents use harsh punishments to teach discipline. According to a saint, that way of disciplining is wrong.

Punish if necessary, but never do it publicly

Sometimes parents may have to punish their children to make them understand the seriousness of the mistake. But that punishment should never be done in the presence of others. Do it privately.

Try your best to avoid punishment

It is easy to punish. But it is very difficult to remain temperate when you are enraged. Most parents punish their children out of anger, to give vent to their emotion, and never to make their children better. So, try not to punish your children as far as possible.

Don't be angry

Don't get angry when your children make mistakes. Instead, be compassionate to them.



HERE IS A GOOD DIET TO FOLLOW

Are you someone who wants to live long and healthy? Then just read this article. Because this is for them.

We know that we eat food to live healthy. The body gets the necessary energy through food. But what if the food itself makes the body diseased? There are many among us who mess up our lives and health with irregular and

unhealthy eating habits. For them, the taste of the tongue is important. Most of us eat tasty food rather than healthy food. But even knowing that such foods are bad for health, many people repeat them to satisfy their taste buds and end up jumping into danger. Studies have been conducted that show that if you pay enough attention to food, you



Unhealthy eating habits are the main cause of all the lifestyle diseases that are increasing day by day. A disordered diet, eating everything indiscreetly, and a life without exercise will shorten the lifespan of many people.

can live healthy and it can even lead to longevity. Some such studies have been replicated in the UK in recent times. According to this, you can live up to ten years longer if you make a positive change in your eating habits.

Many people become accustomed to dieting when they reach a certain age. Many people describe diets as avoiding the food they were eating until yesterday. But this is not true. A diet is must include healthy drinks. A excludes foods that are harmful to the body and includes foods that increase health. Grains, legumes, milk and dairy products, fruits and vegetables are all part of this. A diet, low in starch and fat, but high in protein should be consumed.

It is said that regular consumption of pizza, burgers, chocolate, soft drinks, fried and fried foods, sweets and sugar can harm the body. Be careful not to eat food that disturbs or makes digestion difficult. We need to eat food that is suitable for the environment we live in.

Include vegetables and fruits in the diet which are suitable for each climate and available at the respective times. Another thing to note here is that everyone decides their food intake. Because the amount of physical work they do determines the food they eat. A person



who does a job that does not require physical effort may not need to eat as much as someone who does a strenuous job. Never skip your breakfast. Skipping breakfast can lead to ulcers and gas. It should be eaten at the right time and at regular intervals. Water is as important as food.

Some treatments say that a 25kg person should drink one liter of water a day. In short, the amount of water to drink will also vary according to the weight. In addition to improving diet and im-

plementing healthy eating habits in life, smoking and alcohol consumption should be given up and exercise should be done regularly.

Unhealthy eating habits are the main cause of all the lifestyle diseases that are

increasing day by day. A disordered diet, eating everything indiscreetly, and a life without exercise will shorten the lifespan of many people. So, try to implement a healthy and nutritious diet in your life.

MEDICAL NEWS TODAY

Mediterranean Diet

The infographic illustrates the Mediterranean Diet with the following categories and frequencies:

- sweets, red meat**: monthly or small amounts
- dairy, eggs, poultry**: daily to weekly
- fish, seafood**: a few times per week
- olive oil**: daily servings
- vegetables, fruit**: daily servings
- cereals, beans, legumes, nuts, seeds**: daily servings

THE MEDITERRANEAN DIET

The Mediterranean diet is one of the most discussed diets in recent times. This is a diet that can help reduce the risk of heart disease, type 2 diabetes, and breast cancer. The Mediterranean diet is an ancient diet that was traditionally practiced in the countries around the Mediterranean

Sea. This refers to a plant-based diet with an emphasis on unprocessed grains, legumes, vegetables, and fruits. It also includes moderate amounts of fish and dairy products - cheese and yogurt - and a small amount of red meat. Studies show that this diet can help reduce all-cause mortality.

BE POSITIVE, IN THIS WAY

Positive is a word that fills the heart with joy. Thinking and doing positive things can benefit an individual's mind and body. Positive thinking is also a good guide for future life.

But many of us are not positive. Or we cannot always be positive. Being alive feels meaningful when we think and act positively. Some studies say that it

can become positive by giving the brain new positive thoughts. Consciously try to be positive even when you don't feel positive things in life. Talk positively to yourself. A person who feels optimistic internally cannot help but be positive.

It is also necessary to examine himself occasionally. Am I talking to myself negatively?



Am I talking about...? Are my views towards life pessimistic? If so, change them to positive direction. Apart from this, we need to pay attention to some other things. Let's see what they are.

Note situations to be thankful for

In life, most of us are blessed with blessings that we cannot thank enough. Many blessings, big and small, are a part

of our life. But we do not remember these blessings when our mind is depressed. When you forget the blessings, you have received in life, the mind also becomes depressed. So be thankful for the good things in life. Write down situations to give thanks. How many good things we have experienced every day. One of the first things you must do when you wake up in the morning is to write down all the good things that happened the day before and give thanks for it. Then life will be full of joy from that morning till dusk. We will be creative.

Spend time with optimistic people

There are people who think negatively about everything and radiate negativity in their surroundings. "Oh, that's not going to be right" they say. At least there are some people who make others negative by saying that we are not going to get ahead of ourselves. Run away from them. Consciously avoid association and friendship with those who repeatedly speak negatively. It is better to avoid them than to try to change them. It doesn't mean to hate or ignore them. Rather, it is only intended to not allow anyone to disturb the peace of our mind.

I am positive

We must say this word ourselves at least once a day. Once negative experiences get stuck in the brain, it is very hard to get rid of them. This practice is very helpful in gently washing away any build up. And consciously focus for at least 30 seconds on positive experiences in life, happy memories. A person who starts believing himself to be positive is able to overcome the stresses he is going through and work more positively.





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