

# OPPAM

O N L Y P O S I T I V E



**WHAT HAPPENS  
WHEN TWO PEOPLE  
ARE IN LOVE?**



**OPPAM**  
ONLY POSITIVE

Vol: 2 | Issue: 11 | Page: 19  
April 2024

(Private circulation Only)

Website: [www.oppammagazine.com](http://www.oppammagazine.com)

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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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## GOD'S FINAL QUESTION

Once a famous Guru was on his deathbed. He was a wiseman who had guided many people to spiritual knowledge and God experience. All his beloved disciples gathered around his bed. Then one of the disciples asked the Guru:

“What do you think God will ask you when you go to heaven after your death? Does the question God is going to ask you frighten you?”

The Guru answered with much difficulty:

“I don't know what the kingdom of heaven will be like. But I think God will ask me a question.”

“What is that question?”

“God will not ask me why I was not David, or Moses, or Joshua. He will ask me to what extent I became I. He will ask me why I did not become I. That question scares me.”

As soon as he said that, the Guru breathed his last.

It is good to keep in mind that God will ask us this question when we die and go to heaven. Because we often spent our lives attempting to be like others or live the lives of others. We often do what others do. We dress as others dress. We become jealous of other people's abilities. We imitate others and try to be like others.

Meanwhile, there is one thing we forget to do: we never live our own lives. We tend to overlook our own personality to please others or get their praises. In such an effort, we lose our own lives.

The purpose of our lives is not to live like others. Rather to live as we are. To do what we can with our lives... utilize our potentials to the fullest.

Let us be happy to be who we are. That is the way to experience contentment. Let others do what is assigned to them. Why should I do their tasks? If I do not do my tasks, who else can replace me?

So, let us be ourselves. Let's live our lives as we are assigned to. Live in such a way that when God asks what you have done with your life and how much you were 'you,' you can give a bold and sincere answer.

best regards,

**Prof Antony P Joseph**



# I CAN GO AHEAD ALONE

Have you ever stood alone? Have you ever been alone? It is like posing for a group photo. It is not difficult to pose for a group photo by leaning on the body of those standing nearby and placing your hands on their shoulders. But posing for a single photo is difficult. You need to pose according to the photographer's instructions, which is a bit bothersome task.

It's easy to become one among the crowd and shout slogans. We don't have to struggle too much with lip-synching in a group song. But that is not the case with singing a solo song. It's difficult, especially for those who are not singers. Being alone is hard. It calls for attitudes. It demands strength. It deserves a clear idea and courage.

Standing alone is a moment of realizations. It is when you are alone that you realize that there is no one with you. To be have no one with you means that all promises given to you so far have been wiped out. They shout out that you are alone and that there is no one for you to share in your sorrows and joys.

You realize how big the world is only when you are left alone. When we are with someone, we invest all our attention and care in them, in their happiness. We are pre-occupied how to consider them and think about the love they give. Then we never feel alone. But when you are unexpectedly left alone. When you realize that you are alone...

In fact, it is that realization what gives us strength to fight and survive.



**The truth is that we are alone even when we surrounded by people. In one's deep self, every man and every woman are alone. Outwardly, we are surrounded by relationships.**

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Being alone leads to certain realizations. When you are alone, you will understand the pain of being alone. Then you will realize the value of being in company. Furthermore, it's when we stand alone that we realize how strong we are. Then we realize that we need to travel many roads.

Sometimes, we become lonely not because we do not have anyone, but because we trusted someone blindly. It's not because you don't love anyone, but

because you love someone, who does not reciprocate your love.

The truth is that we are alone even when we surrounded by people. In one's deep self, every man and every woman are alone. Outwardly, we are surrounded by relationships. Father, mother, wife, husband, children, siblings, co-workers, friends, neighbors... but inside us, we are alone. Everyone is alone. Everyone has an inner world that no one knows and no one admits. In that world every man is alone.

Learn to stand alone, learn to live alone, learn to go alone. Be ready to live for yourself too. Even if no one is with you, even if no one comes with you, you have to move forward alone with the firm conviction that the remaining life is yours alone. You are full of confidence when you walk alone briskly!





# WHY SHOULD YOU HUG?

Physical intimacy and mutual attraction is an essential and important factor in any relationship. When you touch, hug or kiss someone, the body produces a hormone called oxytocin. That is why touch, hugs and kisses make people happy. Couples, friends, mother, son and siblings walking together hand in hand show their closeness and love for each other.

These responses strengthen mutual love, although not consciously. Touch is also an act of affection. Physical intimacy and physical touch play an important role in romantic relationships. Touches and hugs can have positive effects.

As mentioned above, the production of the hormone oxytocin reduces stress in the body. Calms the mind. Dopamine and serotonin are also released by the brain through touch and hugs.

Imagine that someone you love is feeling stressed about various things. Give that person a kiss on the forehead. This will help in reducing the tension of the person. Moreover, touch is part of intimacy. Hugging reduces the distance between two people. Then the mind becomes free. Kissing is an act of freeing the mind. Touch is often an experience beyond words.

Touch also helps build confidence.

**When we touch a person physically, we actually say that our minds are close to each other so that they can touch each other. We touch only those who are so dear to us and want to be with us.**

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Touch is an expression of support; it is an act of bolstering. The comfort you experience by a loving hug, when you stand confused, is immeasurable. The happiness and comfort experienced by

the children who are not brave enough to participate in the competition or to write the exam, when they are comforted and given boosted up, is beyond calculation.

When we touch a person physically, we actually say that our minds are close to each other so that they can touch each other. We touch only those who are so dear to us and want to be with us. Our hearts are not yet wide enough to embrace a stranger with love. So, why are you still hesitant to touch your loved ones...?





# DON'T TELL ANYONE ABOUT THIS

There are certain people who do not get peace of mind unless they disclose anything and everything to everyone. They believe that they will never get peace if they do not tell the secrets they know to others. But there are some topics that should never be disclosed to others. When you decide not to share highly personal matters, it will help your personal growth. Besides, we can avoid unfairly judged by others and gain control over our own lives. The Greek school of thought, stoicism, gives certain tips to follow in this regard. Here are

the five things that should not be shared with others:

## **Our fears and insecurities**

Everyone has different kinds of fears and insecurities with them. There are so many topics like work, health, relationships, age that can be related to one's insecurity. It is necessary to overcome them wisely, by using our reasoning power. Instead, by disclosing them, they lose the ability to defend themselves and are forced to make some compromises with self-esteem. It will do more harm than good.



**Contemporary young people are proud to tell others about their romantic relationships. There are people who share chats, photos, etc. with their love interest.**

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### **Financial resources**

You should not disclose your financial status, savings and financial income to others. In our country we are told not to ask for salary and age.

### **Internal thoughts and reactions**

The mind is elusive and beyond our comprehension. Even we do not under-

stand what is going through our mind. So, should you tell others about such things?

### **Love relationships and friendships**

Contemporary young people are proud to tell others about their romantic relationships. There are people who share chats, photos, etc. with their love interest. Such relationships are most private things of your life. Don't share or boast your intimate experiences with others.

### **Health matters**

Avoid sharing with others your physical activities, health status, and related topics.







# DISCIPLINE HAS ITS OWN RELEVANCE IN LIFE

The importance of discipline is not limited to the confines of classrooms such as being quiet and paying attention to the teachers. Discipline is the basis for success in life. Discipline plays an important role in leading a person to a better life, making him strong and courageous.

But being disciplined in today's busy and technologically advanced age is no small feat. Because in every nook and cranny there are so many things

that take away of concentration and destabilize the focus of the mind! All these discourage a person from being disciplined.

Be disciplined for personal growth and success in life. Personal discipline is the foundation of personal success in life.

Let's see how discipline leads to personal growth. Discipline helps us to have the ability to control ourselves, controlling our actions and words, and

## Benefits of Discipline

- You will have a sense of purpose
- You will have good dreams and hopes.
- You attain success in life.
- Better health and better relationships
- Job satisfaction and high performance
- Cultivating good habits and getting rid of bad habits.
- You will be able to prioritize and focus.
- You will achieve self-improvement day by day.

pursuing values and goals.

For a person who has a habit of drinking or smoking or who has a habit of excessive use of the Internet, if these vices are not controlled and disciplined, it can have a negative impact on his life.

This is the time when lifestyle diseases become epidemic. Doctors

suggest certain things as a remedy and prevention for these. Implementing them is beneficial for healthy living. But some people do not pay much attention to this. Consequently, life itself is at risk. Hence, a person needs to be disciplined in many fields and subjects.

Discipline is not something that can be acquired overnight. It requires constant effort and hard work. First, you must desire discipline. Then strive for attaining discipline. It can start with small things in daily life. For example, doing morning exercise, spending time for reading and meditation in the evening. If you have a habit of waking up late, make it a habit to wake up early.

With discipline comes self-control. When a person has self-control, he can control his thoughts and feelings. Another result of discipline is that individuals become more motivated.

Discipline is the conscious abstinence and renunciation of temporary pleasures and momentary interests. Be disciplined and achieve success in life.





# DO YOU RESPECT YOUR BODY?

How do you feel about your body when you look in the mirror? According to experts, if you feel inferior because of your color, shape, height, and body shape, your sex life may not be comfortable. Because there is a connection between being able to view your body positively and being more confident

about sex. Such a conclusion has been reached from the experience of many people who approach doctors saying that their sex life is disordered.

Just as being able to accept yourself and embrace yourself for who you are is essential to success in life, being able to accept and respect your body can make

**A hearty and honest conversation between partners about sexual matters will also benefit the sex life. Care should also be taken not to say words in a way that discourages the partner regarding sex.**

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your sex life happier and more fulfilling.

How can this be achieved?

Accept your body as it is. It is true that our bodies are not necessarily as healthy and beautiful as those seen in advertisements and movies. But embrace your own body with all its flaws and imperfections. If you are not impressed with your own body, if you are not able to enjoy your body then don't expect others to admire your beauty. Gain sexual confidence by accepting

your own body.

The satisfaction of sex life is not the beauty or health of the partners. It is based on how much emotional intimacy there is between the partners. Mutual love, harmony and depth will be reflected in the sex life. Sexual satisfaction naturally occurs in emotional intimacy.

Have sex without body shame or inferiority complex. In those intimate moments imagine that you are the most beautiful and the healthiest person in the world. Likewise, think that your partner is also the most beautiful.

A hearty and honest conversation between partners about sexual matters will also benefit the sex life. Care should also be taken not to say words in a way that discourages the partner regarding sex.

Don't forget that the biggest sex organ is the human brain.





# DO YOU WANT TO BE A GOOD PERSON?

## End behaviors that hurt others

Have a pause and think in what all ways I am hurting others? Sometimes it could be by my angry nature and dissatisfaction. It could be my unwillingness to accept, non-cooperative attitude. Find out which of these factors hurt oth-

ers, and gradually try to reduce them. Think seriously about these self-discovered traits and what you can do to reduce them.

## Forgive

The past may have given us some bitter experiences at times. Bad expe-



periences from the persons whom we trusted such as neglect, cruelty, hunger and disease in the past will remain in the mind. Forgive them all. Be patient with people and events.

### **Listen to others**

Most people are too quick to talk, whether they are at a distance or nearby. Instead, start listening to others. Let others talk.

### **Be honest and sincere**

Smiles on the outside are often not present on the inside. Time and experience will tell whether those who use words beautifully and pretend love are sincere or not. Whatever it is, be sincere in actions and behavior. Be honest.

### **Be respectful of others**

Those who get upset when others stop respecting them do not know that they also need to respect others. Start

respecting others instead of insisting that everyone should respect and accept us. Respect for others can be expressed through words and behavior.

### **Never stop studying**

Don't stop learning because you have advanced in age. We have so much to learn every day. While we are learning, we are also renewing ourselves.

### **Be open to change**

Accept the changes. Do not ignore new developments because you are not interested or because you do not know. Be ready to adapt to changes. Embrace positive changes.

Instead of stepping into greater light through the people around you, let those around you step into greater light through you. If are able to be a vehicle for others to see light, that makes your life worth living.



# HOW TO MAKE CHILDREN POSITIVE?

Every parent wants their children to be smart. We should not judge a child's intelligence based on their success in exams or the brilliance of their marks. Children's approach to life, outlook, behavior and optimism are all factors that make them smart. But all these things do not happen overnight.

Parents are tensed about their chil-

dren due to many reasons. The news we often hear from the contemporary world adds to such concerns. Parents who are afraid that the world will turn their children into negativity can get rid of them if only they rearrange their children's routines accordingly. The first step is to teach the children some good habits. In this way, positive attitudes



will be formed in them. Here are some things to do:

### **Cultivate the habit of reading**

In this age of social media, reading books has not all together lost its relevance. We have a culture of reading and books that has been formed here. All the good things that the society has acquired today are in some or other way related to reading books. So, make your children bibliophiles. Read good books to them. Apart from textbooks, get them used to reading at least one or two pages of books dealing with curricular topics daily.

### **Teach them to respect others**

Children today have less respect and esteem for their elders. For the new generation, everyone is the same. They talk about the upside potential of equality. Teach children to respect others in such an environment. It is also a universal truth that whatever we give, we get back. Don't forget that by respecting others,

we are also being respected.

### **Teach them to be optimistic**

Take care to speak only good things about the world, people, and situations. When we speak pessimistically to children, their minds are filled with pessimism. Talk about hope. Talk about good things. Don't forget to tell them that there is a positive side to any event.

### **Teach gratitude**

If you teach your children to be thankful, they will naturally become grateful individuals. Start thanking even for paid services. For example, say thanks to a taxi driver, to a maid in a mall, to a waiter in a hotel. When you realize that you live comfortably because of others' help, you will become grateful to everything and everyone.

### **Spend time together**

Spend time with children. Listen to them. Have fun with them. Nothing can provide as much for personal growth and mental development as family.





# WHAT HAPPENS WHEN TWO PEOPLE ARE IN LOVE?

The love of two people has the power to change the universe. It can change themselves. When two people truly fall in love, their world and the world around them changes.

When two people are in love, they always remember the other person – while waking and sleeping the lover thinks only about the beloved.

Another highlight is that they will love spending time with their loved ones. It will be the most precious moments of their life.

The needs of the loved one will be prioritized. When you are in love, you will consider the person you love first and foremost, regardless of personal interests, preferences, or intellect.



**You will be ready to go to any extent to make the dreams of your beloved one come true. His/her dreams are my dreams. This is the thought of lovers. They are no longer two but one.**

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Even when you are far away, and meet only occasionally, you will be mentally very close to each other. Distances are irrelevant to them. In addition to prioritizing the wishes of the person you love, you also try to ensure that person's happiness. You will never hurt your beloved by word or deed.

When they are near, you can feel a great calmness. A sense of security and peace is felt when they come closer. Therefore, you will value that person very much.

You will be ready to go to any extent to make the dreams of your beloved one come true. His/her dreams are my dreams. This is the thought of lovers. They are no longer two but one.

They feel attracted to each other as their love intensifies. In their eyes, the other person becomes the most beautiful person. Strong physical and emotional attraction is felt. That is why lovers kiss, hug and hold hands.



# NO ONE CAN STOP YOU FROM TASTING SUCCESS

- Along with mental health, physical health is equally important for success.  
A healthy mind will dwell only in a healthy body. So be careful about your physical health. Even when the mind is willing, if the body is unhealthy, it may not be able to function effectively. When the body becomes strong, it will taste success.
- Those who remain positive despite negative experiences in life emerge as successful.  
Not everything that happens in life is positive. But don't be negative in such cases either.
- Be honest with yourself and be hard working. Then you will be able to win.  
It is not enough to do something and withdraw. One needs to strive with 100% sincerity to emerge as a successful person.
- If we are ready to suffer today, we can live comfortably tomorrow.  
Striving for success is difficult. But once you have come through the challenges, your life will be happy.
- It is not enough just to have talent; hard work is also required as well.  
Skills and talents are needed for achieving success. But just because you have talent doesn't necessarily



make you successful. Hard work and constant effort are the vital forces behind every success.

(Courtesy: Virat Kohli)



# WHEN THE TONE IS STILL GOOD...

Indian cricketer Varun Aaron announced his retirement recently. 'I don't think I can bowl like I used to. My body has been through a lot of injuries so far. Can't go on at this point. That's why I'm thinking about retirement.' Varun explained when he was asked about his decision.

Varun, who started his cricket ca-

reer in 2008, is only 34 years old when he announced retirement.

Understanding one's limitations and shortcomings is as important as understanding one's strengths, capabilities and potentials. Another thing that goes along with this is that one is voluntarily willing to leave the fields he/she used to, realizing that he/she is



not able to perform as before. It is here that the greatness of the likes of Varun is realized.

Because people like them give up their place for others. They realize that if they change, others who are as talented as them or better than them will follow. Those who have a magnanimous mind, willing to raise others, will make self-sacrifices. Once we have done what we had to do, in its entirety, it is not right to hang around here any longer. This is what drives them to vacate their places for others.

There are people who stop writing after realizing that there is nothing new to write. There are people who have left singing after realizing that their voice has started to falter. There are people who have said goodbye to acting be-

cause they realized that acting is not as good as it used to be and their bodies are not ready.

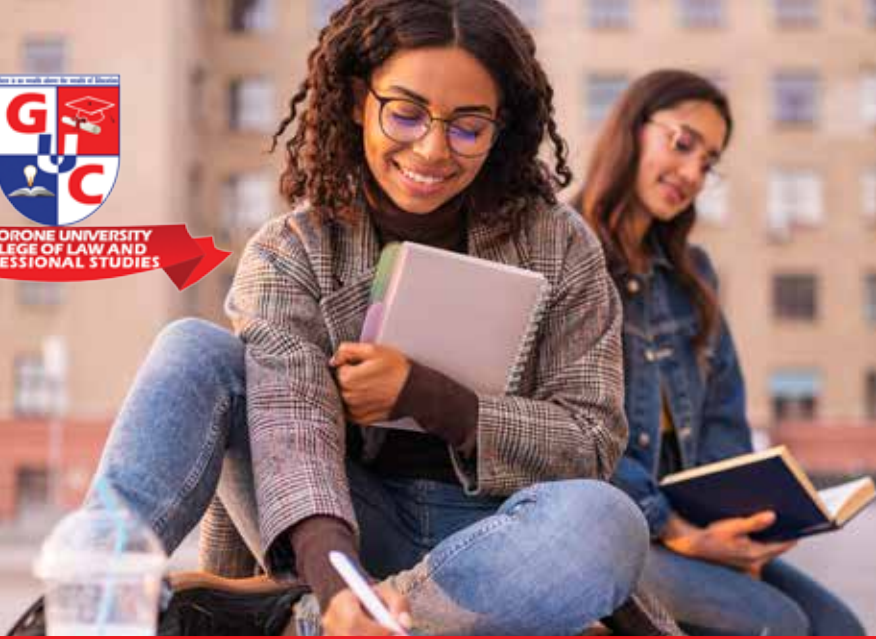
But some people are not ready to leave the stage even after their time is up. No matter what their position or rank had been once, they are not ready to give it up until death. This trend is stronger especially in the politics. The reason is that these people have reached the said positions not by the merit of their personal charisma or ability. They fear that if they turn away from special privileges due to influence and nepotism, they will be ignored or forgotten for the rest of their lives. They are reluctant to do so because of the losses they will incur.

It takes incredible strength to consciously stand aside. The song should end when the tone is good.





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