

# OPPAM

ONLY POSITIVE



**WHAT DO WOMEN  
DESIRE FROM MEN?**

**DO YOU HAVE A HABIT  
OF CRITICIZING YOUR  
LIFE PARTNER?**

## OPPAM

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# Editorial

DR ANTONY P JOSEPH  
Managing Editor

## ADVERSE SITUATIONS ARE ACTUALLY OPPORTUNITIES

Recently I met a young man who opened up the story of his life to me. His father was a drunkard and his mother a chronic patient. He was the eldest of their six children. Naturally, as the eldest son, he had to take up the entire responsibility of his family. He had to quit his schooling to work as a wage laborer to support his family. "I had a dream to study well and become a notable man; but my circumstances didn't allow it" he said with a deep breath.

Like this young man, many people find fault with their circumstances for not being able to live up to their dreams. They look at the circumstances and never see the possibilities that lie ahead of them. Remember that the circumstances of many great men who achieved great things in life are not better than that of many of us. To cite a few names, we have Abraham Lincoln, Charlie Chaplin and so on.

Only fools give up their dreams, blaming their circumstances. It is easy to withdraw without fighting against adverse situations. Take for example, the life of

the young man I mentioned earlier. It was easier for him to abandon his studies and take up the responsibility of his family than chase his dreams, which needed real guts.

Each situation offers an opportunity to fight. People like Charlie Chaplin succeeded in life not because their circumstances were favorable. Five year old Charlie started to perform on stage at the compulsion of the organizer of the show, when his mother failed to perform. Think what would have happened if he had run away from that opportunity? The great artist named Charlie Chaplin would never have been born.

Adverse situations, in fact, pave the way to bring out our talents and possibilities. Battles that are won against adverse situations are sweeter than the acts done when everything is favorable.

Therefore, let us go forward, exploring the possibilities latent in the circumstances. It is easier to withdraw without fighting than winning after putting up a great fight. Let us, at least, try our best when the circumstances are unfavorable.

# CHILDREN ALSO MUST TAKE UP RESPONSIBILITIES

“Do you ask your son or daughter to wash his or her own plate after the meals?” If you pose this question to mothers, the response will be the same: “Oh no! He is too small to do such things!” Most parents pamper their children so much to the extent that they do not let them do the smallest of tasks. This is not right. Children should be asked to perform minor tasks according to their age. They should be given training. For example, removing the plates from the table after the meals and washing them. They may not be

perfect from the very first instance. But, by doing and redoing, they will learn to perform such tasks well. Children should be asked to do the chores such as cleaning the dining table, brooming the floor, folding the washed and dried clothes etc.

Like wise, if there are elderly people in the house, you should ask your children to wash their plates as well. These little acts of service will train them to be kind to elderly people when they grow up. Remember that, in our times, elderly people are ill-treated in many homes.





Once, I happened to have a glimpse of the bedroom of a house by chance. There I saw huddled up blankets and wrinkled bed sheets. It was already afternoon. As I enjoyed a certain amount of freedom in that house, I asked the nine year old kid of that house: Is this the way you keep blankets after the sleep? His reply stunned me. He said: My mother never folds the blankets!

We must understand one thing: the examples parents give to their children have a big role to play in their personal discipline. When we wake up from the sleep in the morning, we must fold the blankets and ask our children to do the same. Years ago, one of my elderly colleagues disclosed to me that even now his wife is folding his blankets. If we are imposing such personal tasks on our spouses even now, it is because we have not practised to do so when we were children.

There should not be any discrimination between your daughter and son in assigning the chores in the house. In olden days, mothers who forced their daughters to do the chores in the house assuming that they need to practice it as they are to be given in marriage, never allowed their sons to enter into the kitchen. In those days, the general notion was that boys and men should never cook and clean the house. But, the world has changed and the practices too. Today, in many houses, men do

tasks in the kitchen, especially if both the couple are working. In such circumstances, man cannot keep himself away from the responsibilities. I have come across many men whose culinary skills excel those of female folk.

But, man will not be able to adapt with the tasks in the kitchen in an instance. For that, mothers need to train them when they are still boys. Allot them minor tasks like peeling vegetables and mincing meat. The mothers must also supervise them while they are doing the tasks. They should also be patient and tolerant with the kids. Short tempered mothers will not succeed in training their children. Children will be enthusiastic to do kitchen chores only if they feel that those tasks are enjoyable. If the mother has a habit of murmuring when she cooks food for her husband, children and elderly parents, naturally, the children will not love doing kitchen chores. They will begin to think that doing kitchen chores is a menial task.

Parents should encourage their children with positive words when they do household tasks. I recall my childhood experience at this juncture. During the time of Onam (a South Indian festival), my father used to entrust us with the task of cleaning the house and its surroundings. He used to reward us with some pennies when we completed the tasks well. I started performing minor chores like washing my plate, washing and ironing my clothes etc from the time I was a seventh standard student. I still continue those good practices even now. This childhood training has helped me a lot when I had to stay alone in lodges in connection with my job. Nevertheless, I still don't know the art of cooking, which I think is a real wanting!

# SPiritUALITY CAN ENRICH RELATIONSHIPS

“**S**piritual relationship is far more precious than physical. Physical relationship divorced from spiritual is body without soul” Mahatma Gandhi

Today, most relationships are based on a ‘give and take’ barter system: I will repay only what I get. Or give and take from others what I want, in the measure I want. Many relationships do not grow beyond this attitude. To a great extent, relationships are related to a person’s

spiritual standard. People with a solid spiritual foundation will be capable not only of establishing relationships but also sustaining them.

A recent study conducted by Journal of Personality, in which two thousand people participated, reveals that those who keep themselves aloof from the society, learn the meaning of relationships and the value of life when they begin to connect themselves with a religion. Re-



ligious faith helps one to rediscover the lost meaning of life and re-connect with society in a meaningful way.

Sustaining and nurturing relationships will help you to discover the meaning of life. Be it spouses or friends, two persons who share the same level of spirituality will definitely derive joy from such relationships. As per the study conducted by Columbia University, spiritual relations are emotionally sound too. These people will be more capable of overcoming mental conditions like depression. Spiritual people

will be kind. Spirituality will enable a person to solve relationship problems and bear with the shortcomings of other persons.

Spirituality is a stress-reliever. One of the reasons why a person bursts with anger at trivial matters is the stress he or she is holding within. When spirituality relieves one's stress, it will help one to maintain good relationships. In a nutshell, spirituality enhances your relationships and helps you to maintain healthy relationships.



# A LIFE LIVED FOR OTHERS

Claire Wineland was profoundly peaceful when she died at 21, maybe because she had already done what anyone could accomplish in a lifetime. Apparently, she did not grieve over her departure from this world or her ultimate separation from her near and dear ones. But, everyone who loved her, grieved deeply over her death. Claire passed away on 2nd September 2018, leaving the lives of those who loved her in darkness.

Claire lived a life, forgetting herself. She lived for others, completely forgetting that she herself was suffering from a fatal illness. Claire, a motivational speaker, imbued the light within her to thousands of people through her speeches.

She founded a non-profit organization called Claire's Place Foundation when she was only thirteen years old. Its objective was to help the young people who suffered from fatal illnesses and their families. Her inspiration for founding that organization was her own illness. She was suffering from cystic fibrosis. Cystic fibrosis is a genetic disease, which affects lungs and digestive system. It is a deadly disease as well. Accompanied by breathing difficulty and frequent lung infection, this disease makes the life of the patient a mess. Nonetheless, Claire never allowed her to be overcome by the disease.

Claire was also an activist, who stole the hearts of thousands on social media with her uncommon sense of humor and wisdom. Her vision of life was to perceive beauty everywhere. That was



why she was able to utilize her time fruitfully and joyfully, without sitting and wailing over her illness.

On 26th August 2018, she announced the news of her lung transplant through Twitter. Her words were optimistic. Everybody who knew her was optimistic like her as well. Initially, the surgery seemed a success. But, a stroke that occurred in the middle, thwarted it all. As a result, she had a blood clot. And Claire passed away on 2nd September. It was a serene and painless death. When she died, her beloved parents were standing on either side of her bed. She closed her eyes forever as her parents looked on with moistened eyes. She left undying memories in the minds of everyone who loved her. Claire, who spread light into the lives of many even when her own life was flickering, was truly a light that brightened the world.

# WHICH FOOD CAN HEAL DEPRESSION?

Do you think that food and mental health are interconnected? Latest studies reveal that the food one consumes has an influence over one's mental health. An article published in World Journal of Psychology states that diet is

connected to brain-related diseases, especially the treatment of depression. Including iron, omega 3 fatty acid, magnesium, potassium, selenium, vitamin A, vitamin B6, vitamin B12 and vitamin C in the diet can positively help in the





treatment of depression.

Nuts and fish are good for brain's health and are capable of curing depression. Regular intake of fish will reduce depression by 17%. Omega 3 fish oil is one of the ingredients of the medicine for depression. Felice Jacka, President of Australian Food and Mood Research International Society for nutritional psychiatry research, says that including nuts and olive oil in the food can enhance the health of mind and brain.

Some people opine that dark chocolate is an effective remedy for depression. Flavonoid content in dark chocolate is an anti-oxidant, which has the power to improve mood. A study conducted in US among elderly women, supports this argument. Apple, blueberry and onion are good for mood enhancement. Carrot, squash and potato also fight against depression.

Amino acid produces dopamine, which is also known as happy hormone. Dopamine controls the centre of happiness in the brain. When there is a deficiency of tyrosine in the body, depression begins to exist. The more the amount of tyrosine, the lesser the chance for depression. Banana and almond contain both the above mentioned components. Therefore, they have the capability to fight depression. Tuna fish is included in the antidepressant food ranking. It is a rich source of vitamin D, which has the power to regulate mood changes. Food with sour taste is another remedy. Food containing yeast is an example. They act as a cure against anxiety.

If you feel that you are suffering from depression, do include these things in your diet. You will witness a surprising effect! Best of Luck!





# WHAT DO WOMEN DESIRE FROM MEN?

Every man on this planet wishes to know what a woman desires from him. He is perennially curious and anxious to know if he is able to become the man his woman expects. Each woman

is different; each man is different as well. Yet, what every woman generally expects from a man is almost the same.

In a recent survey conducted in the United States, 1000 women aged be-

tween 21 and 54 revealed the qualities they expect from men. Their expectations were much beyond the physical handsomeness or fitness of men. Here, I am enumerating their expectations about men:

### **He must be faithful**

84% of women desire their men to be faithful to them. She desires that her man should always think of her; she also wishes that he thinks of her as the most beautiful woman.

### **He must be kind**

Every woman desires a kind man. He must be able to treat her kindly despite her weaknesses and failures.

### **He must be caring like a father**

Every woman desires a fatherly attitude from her man. Man must be able to give her the same affection, care and protection she once experienced from her father.

### **He must be honest**

Women do not like men who tell lies, even for trivial things. They love honest men.

### **He should have a sense of humour**

Women generally do not like serious men. They love men who tell jokes and enjoy jokes. 77% of women love this character in a man.

### **He must be intelligent**

He must be capable of solving problems. He also must have a clear perspective about every topic.

### **He must have self-confidence**

Only a self-confident man will be able to make his woman self-confident. She will respect the man who expresses confidence in her job and talents.

### **He must be generous**

To be generous means to have the willingness to spend his time and talents for her.

### **He must be a good listener**

He must have a mind to listen to her complaints and trivial talks. He should maintain an attitude "I am here for you. Tell me whatever you want to say."

### **He must be expressively romantic**

It is not enough that he has love in his heart; he should express it through his word and deed.

### **He must be smart on the bed**

In the bed, during the moments of intimacy, he should consider her feelings and likings as well.

### **Good if he can cook and clean the house**

He should be willing to cook and keep the house clean.

All the above mentioned points are personality features women generally like in men. At the same time, they also like to have men with appealing physical features. A handsome face is their first priority. They also like tall men with corresponding weight. In short, their men must be stylish!

# DO YOU HAVE A HABIT OF CRITICIZING YOUR LIFE PARTNER?

Does your life partner criticize you often? Does he or she find fault with you and make fun of you? Is he or she unable to tell one of your good qualities, at least? Then, it is clear that your marital relationship has problems. Modern psychology calls it emotional abuse. Gradually, it can adversely affect your mental

health.

There is hardly any marital relationship on earth in which the spouses enjoy 100% happiness and contentment. Even though one is not able to experience happiness and contentment in its fullness, one should at least be able to experience a certain amount of them in married



life. Psychologists opine that when the amount of happiness reduces in married life, it will cause the people involved to end up in mental disorders.

When the disparity between husband and wife becomes frequent, it will give rise to anxiety, sleep disorder, depression, lack of self-confidence etc. Negative thoughts will prevail over and mental health will suffer. Chronic headache and body pain are sometimes the result of such negative thoughts. If one of the partners feels that the other partner constantly ignores or discourages him or her, it will make him or her depressed and lonely. If you are a person who finds fault with your spouse very often, you need to understand that there is no one on the earth who is perfect in all aspects. When you point your finger at your spouse, be aware that many fingers are being pointed at you; only that you are ignoring those fingers.

Yes, certain corrections are needed in life; but it should be done without causing wounds to the other. When you

correct your spouse, take care that you do not spoil his or her dignity or hurt his or her self-esteem.

Good relationships nurture mental health. Take care that your relationship should help your spouse to grow and not to wither. In marital relationships, the spouses must grow and help each other to grow. No one on earth has become good by reproof and demeaning. You should help and encourage your spouse to grow the innate goodness in him or her. Wreckage of relationships occurs when one of the spouses loses his or her mental health. It will also put your family life in crisis.

Has your spouse's self-esteem gone up after marriage? Has his or her happiness doubled? Then you can rejoice and be proud about it. On the other hand, has your life partner become melancholic? Has he or she lost her self-esteem? Reflect for a while. Rectify yourself. Do not forget that the mental health and positive thoughts of your life partner are the real assets of your family.



# THREATS OF USING MAKEUP

Most women are hesitant to step outside their comfort zone without wearing makeup, but the use of makeup and cosmetics can cause infertility and breast cancer in women. Such danger is caused by the chemicals contained in skin care and grooming products. Scientists in the US have come to this conclusion based on an experiment conducted on hundreds of women.

Chemicals in make-up products produce more than normal levels of the reproductive hormones estrogen and progesterone. Excessive estrogen production is associated with fibroids

and polycystic ovary syndrome. Excess progesterone causes breast cancer and abnormal vaginal bleeding. Ingredients in perfumes and scents can also lead to infertility.

Researchers at George Mason University in Virginia tested 143 healthy women who had not reached menopause or used birth control.

Chemicals in cosmetics have been shown to increase progesterone levels in women. This study on women does not apply to men as well. Is it universal for men to use face creams and body lotions?



# DO NOT FORGET TO EAT TOMATOES

Are tomatoes really a vegetable or a fruit? Most people think that tomato is a vegetable, but researchers in South America say that tomatoes belong to the fruit category. Tomatoes, eaten both green and cooked, can be found in salads, pizzas, and drinks. Experts say that eating tomatoes is very beneficial for health. What are the benefits of tomatoes? It contains vitamin C, potassium, vitamin K and folate. Tomatoes provide 28 percent of the daily vitamin C required by the body. Vitamin C has the ability to fight cancer-causing factors. Especially to prevent tumors that can cause prostate cancer. Tomatoes are also good for healthy blood pressure, heart health, eye health, skin,

hair and nails. Constipation can also be prevented. Doctors recommend folic acid for pregnant women. It is found in tomatoes, so pregnant women should eat them regularly.

Experts say that everyone should eat one to five tomatoes a day. Many varieties of tomatoes exist. So when we say the number, there may be a difference when we look at it in our country. Tomatoes are low in calories and high in water. Regular consumption of tomatoes is generally safe however; the malic acid and citric acid in tomatoes can also cause acidity, so those who have digestive problems and gastro diseases should not eat too many tomatoes, because it can cause kidney stones.



# ARE YOU 40 PLUS? THEN TAKE CARE OF YOUR HEALTH!

Are you a person who has crossed the landmark year of 40? Then you need to give up the old ways of your life and give more care to your health and body. For men, aged between 40 and 60, there is greater chance of cardiac diseases compared to women of the same age group. In countries like the United States, one of the major reasons for adult men's mortality is heart disease. Hence, if you are a person above 40, you need to give special care to the health of your heart.

Lycopene, a major component of tomato, is a good antioxidant, which is capable of cleaning the arterial walls. So, it is ideal to include tomato and tomato sauce in your diet. Eating a banana daily improves the health of your heart. Although egg yolk had been looked upon as a dangerous thing for the heart for a long time, current studies state that there is no need of being scared of it anymore. Egg yolk, which is rich in vitamins and minerals, is full of protein as well. So, never say 'no' to egg yolk.

As 40 plus people are prone to infections, doctors advise that they wash their hands with antibacterial soap at regular intervals. Treadmills and cardio yoga are good for the heart. Be aware of the aches you experience on various parts of your body. Health of the mouth is related to the health of the heart. So, always keep your mouth clean. Never forget to floss and clean your teeth. At



the same time, you should limit the intake of food high in sodium.

It is a good practice to check your heart rate and blood pressure level regularly. You should also be aware of your stress. It is also good to know about the heart patients in your former generations. To avoid being victim to the smoking of others is as important as avoiding smoking and drinking. Include more fish and vegetables in your diet and limit sugar. Likewise, do not eat your food late.

Another element is sex. Although sex does not have the power to improve the health of the heart, stress-inducing endorphin can be released during sex. Hence, sexual intercourse twice a week is beneficial. It is better to do the work standing than sitting.





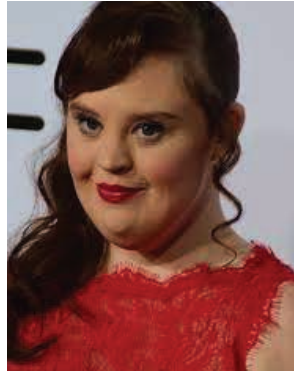
## THE WORLD BELONGS TO THEM AS WELL

**D**own syndrome! The moment we hear these two words, we will pass judgment upon such people: Losers! Wasted existence! But, we need to know the fact that people with Down syndrome have ordered their lives brilliantly and have achieved great things in life, even excelling the healthy ones. Self-confidence and determination

have enabled them to achieve such great feats. If you are a person, who is discouraged from thinking about your small imperfections or the judgment of others, you should certainly know these inspiring sagas of life.

### **Jamie Brewer**

Jamie is the first woman with Down syndrome to participate in New York



Fashion week. She is also an actress. She approached the court with the demand of removing the word 'retarded' from the law of the nation.

### **Isabella Springmuhl**

Isabella, a Guatemala fashion designer, was BBC's choice as one of the 100 influential women. She was also the first Down syndrome fashion designer to be featured in London Fashion Week.

### **Pablo Pineda**

Pineda was the first European man with Down syndrome to obtain a university degree. He was a Spanish teacher and actor. His performances excelled his own imperfections and limitations.

### **Lauren Potter**

Lauren Potter is a 32 year old actress, despite her down syndrome.

### **Angela Bachiller**

Angela, a victim of Down syndrome, is a Spanish city councilor, who fights for people with Down syndrome. With her life, she proclaims that people with Down syndrome also have rights like others.

### **Madeline Stuart**

Madeline is an Australian Super-model with Down syndrome. She is a regular presence at various international fashion shows.

### **Tim Harris**

Special Olympian and motivational speaker. He conducted a restaurant for many years in his own name.

### **Karen Gaffney**

Karen tells the world that whatever our mind desires is possible in this world. She is a public speaker and holds a doctorate.

All these people who have achieved extraordinary things in life tell us that the world is not small and that they are no trivial ones. Success in life is decided by self-confidence. No one can make big a person, who believes that he is small. We can impart them certain insights. You should begin to think that this world belongs to you as well and start to believe so. Only then, will you be able to contribute significantly to the world. You can then leave your distinct mark on this world. Never bother about discouraging words from others.

# THE 'DO NOT'S' DURING THE PREGNANCY PERIOD

No one, who has ever been pregnant or witnessed pregnancy, will say that the pregnancy period is easy. For a woman, pregnancy time is one of the most beautiful periods in life. During the nine months in which she is preparing to deliver a baby, there are certain things that she needs to abstain from.

A pregnant woman should avoid liquor, coffee, caffeinated tea and herbal tea. Although herbal tea would seem

100% healthy, experts opine that it is harmful for pregnant women. Caffeine content in coffee increases the chance for abortion. Hence, pregnant women should not consume coffee in large quantities. Consumption of liquor can cause damage to the brain of the baby in the womb and its growth can be impaired. Pregnant women should stop drinking water from disposable bottles. They should also keep themselves away





from tattooing and hair-dyeing. There is a chance of infection when you tattoo. Those who are tattooing are prone to get diseases like HIV and Hepatitis B. A general advice stands that pregnant women should not lift heavy things. It will adversely affect the baby in the womb. It can result in premature delivery or in underweight babies.

Things like smoke from the kitchen twigs, contact with cats, hot sun, excessive work, roller coaster rides and bumper car driving should be avoided. Pregnant women should not take sleeping pills. They should avoid contact with chemical cleaners. If they like painting, pedicure or manicure, they should wait till their delivery is over. They should neither over-eat nor under-eat. Over-eating can cause blood pressure and diabetes. If she under-eats, it can affect the growth of the baby. Doctors do not

favor pregnant ladies doing laser peeling. During pregnancy time, a woman should follow a doctor's prescription while taking antibiotic medicines. Abuse of antibiotics can cause disorder in the new-born baby; that is why doctor's prescription is advised.

Pregnant women should not succumb to extreme tension. Stress hormones can cause premature delivery. They should also avoid diet soda and caffeinated soda. They should not only avoid smoking but also avoid standing near those who are smoking. Both are equally harmful. During pregnancy, one should neither donate blood nor travel on flight. Donation of blood can make her anemic. They should not eat liver and uncooked eggs. They should not do exercises like sit-ups; they should also avoid ear-piercing during pregnancy.



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