

# OPPAM

ONLY POSITIVE



**GOD BECAME OUR  
BROTHER ON  
CHRISTMAS NIGHT!**

**FRIENDSHIP IS  
GOOD FOR HEALTH**

## OPPAM

Managing Director: Dr Antony P Joseph  
Botswana

(Gaborone University College of Law &  
Professional Studies)

Chief Editor: Latnus K.D

Associate Editors: Benny Abraham  
Mariyamma George, Alleppey

## Production Team

Editor in charge : Vinayak Nirmal

Sub Editor: Lincy Jijo

Printed & Published by : Shoby G.V.

Circulation Manager: Antony E.C. Kottamuri

Design : Abraham Thomas

## Office

Oppam Magazine  
Jominas Building  
Nr. SNBS L.P School  
Pullur P.O, Thrissur Dt.  
Kerala, India, Pin: 680683

## For Donation

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



# Editorial

DR ANTONY P JOSEPH  
Managing Director

## DO NOT FORGET TO SAY THIS WORD!

A king once met a sage on a hunting trip to the forest. Since he was very impressed with the sage, the king took him along to the palace. The sage agreed to go with the king with a condition that the king would let him go back to the forest. When they reached the palace, the king began to show the sage the grandeur of the palace. The king could not understand why the sage preferred to stay in the forest abandoning all these riches. He thought that seeing all these pomp, the sage would stay back in the palace and enrich his governance with his wise counsels.

After seeing all the grandeurs of the palace, both of them reached the prayer room. As soon as the king entered the room, he began to pray in a loud voice. His prayer was full of needs and petitions. He prayed for the enlargement of his kingdom, more wealth and a long life. Before the king could finish his petitions, the sage left the prayer room. Astonished, the king followed him.

“What happened to you? Didn’t you like my prayer?” the king asked, feigning humility.

“I thought you were a rich man. But, when I heard your prayer, I understood how poor you are!” the sage replied.

“Poor? Me?” the king did not like

that remark.

“Yes. You are a poor man. Without thanking God for all these great riches He has given you, you are placing a list of petitions before Him. Are you not poor?” the sage asked the king.

Most of us are like the king of this story. We have so much riches. Nevertheless, we are not content with them. We crave for more. We do not thank God for the riches we have.

One more year is passing by us. Think about the good things we have received from God this year. Believers call it the blessing of God. Non-believer brand it as luck. Whatever it may be, have we ever felt a feeling of satisfaction about them? Only when we have true satisfaction, will we be able to express gratitude. Contentment and thankfulness are two sides of the same coin. Men who are content will thank God and men for everything. Thankful people will always be content as well. They will live a life of geniality with God and men.

Let us evaluate ourselves at this moment. Am I a satisfied person? Am I a grateful person? Let us thank God. Let us also thank men and women who enabled us and helped us to grow. Let us nurture a culture of gratitude, realizing that we have rifts in our relationships because we do not grow in the culture of gratitude.

# MAKE YOUR MOTHER HAPPY

Whoever you are, whatever be your age, never sadden your mother. Neither should you let your mind get distant from your mother. Because, it is due to your mother you have reached here. She has spent many sleepless nights to help you reach where you are now. You should never forget your mother even when a new person comes into your life. Today, mothers of many people who are already grown up adults, are living in tears because of the negligence of their children. In some cases, mothers are not even allowed to intervene in the lives of their children. You are actually blessed when your mother is happy. So it is important to

know how to make your mother happy.

## Understand your mother and be thankful to her

Seeing your mother at home when you return from a journey is like seeing a sumptuous banquet when you come home hungry. We need to understand one thing, there is nobody in the world who understands our needs and considers us like our mother. When we understand this, we will realize how much we need to love our mother. Thank her for every little thing she is doing for you. Tell her how much you love her. She will be so happy to know that she is loved, respected and valued by her children.



**Our mother advises us not only out of love, but also out of her experience. So always value her counsels and obey her. You should also take into consideration her ignorance of certain things.**

---

### **Maintain good relationships with your siblings**

Rift between siblings will definitely sadden their mother. It means that she is happy only when all the children she has given birth are living in peace and harmony. It is true that sometimes mothers will be fonder of certain children. But she is happy only when all of them live in mutual love. So reconcile with your siblings at the earliest and make your mother happy.

### **Love your father and respect him**

Your mother will be happy when you respect and obey your father. It is the mother who suffers most when there is a rift between father and children. So, children are obliged to ensure the happiness of their mother by loving and respecting their father.

### **Keep in constant touch with your mother**

Sometimes children will have to stay away from their mother due to the needs of education, job or marriage. Even in such situations, never forget your mother. Try to contact her over the phone every day. Visit her once a week or every month. Nurse her when she is sick. These acts will make her happy. There are certain children, who will listen only to their spouses after marriage. But you should remember one thing: Whoever may come into your life, your relationship with your mother should never diminish. Maintain your relationship with your mother until her death.

### **Pay heed to the counsels of your mother**

Our mother knows our needs better than ourselves. Because, it is our mother who has seen us closely from our childhood. She knows what is needed for our good. Our mother advises us not only out of love, but also out of her experience. So always value her counsels and obey her. You should also take into consideration her ignorance of certain things. But even then, try to convince her without hurting her with your words.



# GOD BECAME OUR BROTHER ON CHRISTMAS NIGHT!

**Abhilash Fraizer**

Sometimes, we complain to God: “O Lord, there is nothing impossible for you! But, why don’t you do it?” This was exactly what the Jews at the foot of the cross asked Jesus on the cross: “Come down if you are the Son of God!” But, God does not do that. Even for God, who created the universe, things were not so easy! How many times have we thought that God could have avoided all these problems! Just think about the troubles

Son of God had to undergo when he was about to be born into the earth.

The ruthless command of King Herod when the birth of Jesus was near. The couple, his parents, had to travel through mountains and forests to enlist their names in the record book. Couldn’t God influence Herod and postpone or even cancel his decision? Couldn’t God make it easier for His Son to be born? Did He really need to let His Son undergo all these troubles? When we ruminate on these events, we



**Christmas is a different story. It tells that the birth of the Son of God is not all about stars, music and celebration. Above all, Christmas is God coming down and sharing the sorrows of human beings.**

---

would be tempted to think that someone had conspired to thwart the advent of Christmas. And what troubles follow the command of the king! No door is being opened before the fully pregnant mother of God. Couldn't God send one of His angels to the owner of an inn to open the door for this poor couple?

From time immemorial, innumerable children were born into the sweetness of life on this earth. Hundreds of princes have been born into the lap of luxury, escorted by maids and

midwives. Yet, here is a very important personality, being born on the wayside! And the God, who split apart the Red sea, is being chased away by the soldiers of King Herod! Why does it happen?

The self-emptying of God in Christ confounds men. God lowers Himself. He becomes a weakling. He leaves our eyes moistened. Till that time, the human race imagined a God, who reigned supreme. All God-concepts come to a halt at this moment. He lowers and equates Himself with men, and even counts Himself less than men! After all, a cowshed is no place for men to be born! Why does God do so?

Christmas is a different story. It tells that the birth of the Son of God is not all about stars, music and celebration. Above all, Christmas is God coming down and sharing the sorrows of human beings. It is taking sides with the people living in the fringes of society, who are forced to walk hunch back through the



hardships of life. Nothing is easy for them. They are refugees, who have lost their homelands and homes. No one even recognizes their names. No one is interested to know about them. Doors are being banged against them. From every closed door, they are withdrawing with a dropped head. Finally, they reach before a heart that has no door. That heart was formed on a snowy night in December, in a doorless cowshed!

Christmas night is when we lament saying, O God, life is not so easy to live. When we have to wait in a long queue, when all our efforts of a whole day go in vain, when we are forced to sleep on a railway platform because we have missed a train, when a bosom friend, who we expected would help us, shut the door against us, when God, Who we expected would miraculously heal us when we are ill, remains silent, when we think that God could solve all our problems with a single word and nothing happens... Christmas night blooms! Even for God, nothing was easy. Or he decided that nothing needs to be easy

for Him.

A journalist once said to St. Mother Teresa of Calcutta: "Even if I am paid a million dollars, I would not do this horrendous job you are doing – nursing the dreadful lepers!" Without a second thought, the Mother replied: Neither will I do it even if I am paid a billion dollars. Christ is the only reason why I am doing it!" This same reason has inspired and empowered millions of people with enormous faith and courage! Christmas Night, which tells the tale of weaknesses, is its true secret!

Once, God hobbled through the peripheries of the world. Chariots, palaces and marble-gods vanished. But, the God who was born with the stench of cattle and hay, who walked through the streets with the smell of soil and sweat, is an everlasting inspiration for men to love selflessly.

Since you came and dwelt in my hut made of mud, my distant admiration for you has been transformed into ardent love. O God, you have become my brother on this snowy night!



# LOVE AND RELIGION

Love is always beautiful. In love, it is irrelevant who loves whom. Because love, in a way, is the expression of oneself. It is finding a congenial person and getting united with that person in heart and body. Lovers, when they are in love, do not know what is happening around them. They never think about what they are gaining from love.

Withdrawal from love and intentional cheating do not happen very often in love. There are many occasions in which love has failed when caste and religion got involved. It is startling that love has shrunken into mere lust for the body. Some people use love for converting other people to their religion and strengthen their community numerically. Sometimes, people are forced to abandon not only their family, friends and home land but also their faith and God in the name of love. They are compelled to adopt new faith and new

religion.

In love there is only you and me. They have the courage to face every challenge that comes their way, thinking that their love is pure. But, they never know what they lose. Religion should not be a barrier for true love. When the lovers marry, they should mutually accept the religion of the other.

Imposing one's religion on one's lover is actually killing love and unwisely bringing religion and rituals between them. We cannot blindly trust these people. Our boys and girls should be ready to reject such relationships. Then it will be a revolution greater than love. Such decisions must be a powerful reply to those who induce people to fight in the name of love.

Let love be purified. Let nothing else get the better of love. True love should be delivered from all the external powers that contaminate it.





# RAIN AND MOUNTAIN

Rain is the most beautiful spectacle on earth. It is a grace of God. I believe that it is God's grace that is pouring down in the form of rain. When it rains, a purification is happening. It cleanses the earth like a mother bathes her child. Have you looked at nature after a rain? How beautiful is that scene! Nature then would look as if all her impurities are purged. Thus, rain cleanses all the impurities of the earth. Rain, which starts its journey as a tiny stream, then transforms itself into a brook, rivulet, river, backwaters and finally merges in the sea. Then the water goes up in the form of vapour at the touch of the hot sun and

then returns to earth in the form of purified rain. We realize the importance of rain only when we understand how essential water is for flora and fauna.

Flora, which stays withered by the hot sun, comes back to life only when it rains. With rain, the earth clads itself with greenery. Grasses sprout and grow. Plants sprout. Trees grow. Seeds that are sleeping beneath the soil, emerge with signs of life. Springs originate from mountains and hills. They grow into rivulets, brooks and rivers. It is rain that helps trees to grow and produce fruit. Every living being on earth including human beings owe to rain for their



**Every phenomenon on earth is mutually connected. Nothing can exist in isolation. Absence of one will affect the existence of another.**

---

sustenance. Rain is a celebration for the world as a whole, including microorganisms.

We actually realize the value of rain only when we think about a situation where there is no rain. We have read about the situation in which there is no rain during the rainy season and its repercussions. Think about a situation in which there is no rain at all! According to the Bible, God sends the rain on the good and bad alike.

Every phenomenon on earth is mutually connected. Nothing can exist in isolation. Absence of one will affect the existence of another. When one is protected the other will also be secured. There will be rain only when mountains are protected. Only if it rains, farming will flourish. Hills, mountains and valleys play decisive roles in climatic

changes. Flood in coastal areas can be brought under control by implementing water pockets. Rain water can be stored and used for farming. When agriculture flourishes, trade and industry will also thrive. So, agriculture has a vital role in human lives. Agriculture sector will perish in the absence of rain.

However rich you are, you need agricultural resources for sustenance. To cultivate them, you need rain and mountains. But, today we see many mountains and hills being demolished. Stones, rocks and mountains protect the earth just like our teeth and bones strengthen and give shape to our body. But, smitten by greed, man loots and destroys them. One of the major reasons for earthquakes is the unscientific way of rock mining.

There is nothing in this nature created by God that has no value at all. Everything has value in some or other way. It depends on how we deal with them. When we discover their worth and recognize the hand of God behind them, we will be entering into that realm of glory.



# HUG



In our times, hug is sometimes associated with sex. But, we need to reflect upon hug apart from its sexual association. When a person hugs another person, what the hugged person feels is a kind of security, support and solace. It is an ineffable expression of love. We hug a person, when we meet that person unexpectedly... when we are unable to control our happiness... We hug a person when we want to express our fondness and emotional connection to that person.

We can never hug a stranger. Because our heart is absent there. We do not feel love towards that person. When two friends meet after a long period of separation, what emanates there is love, friendship and happiness.

Certain scientists have found out that the level of oxytocin rises when one hugs. Oxytocin increases optimism and self-esteem. Think about our first emotion when a person hugs us. We feel valued and dearly loved. Some hugs even bring us to tears. It is because, the hug of those persons assure that we are not alone but there is someone who loves us. A hug enables us to express our true emotions.

Some studies state that a 20 second-long hug helps us to calm down our blood pressure. It also reduces our heart rate and enhances our mood. So, do not hesitate to hug your dear ones, be it a man or woman, boy or adult. Where there is love, joy and friendship, there is indeed a hug.

# IS YOUR CHILD ADDICTED TO SMARTPHONE?

Parents of school going children are going through a challenging post-Covid scenario. Before the advent of Covid 19, they succeeded in keeping their children away from smartphones. But, ever since classes began to be conducted online, they were forced to let their children use mobile phones and laptops. These gadgets became essentials just as the text books. Naturally, students got acquainted with smartphones and laptops. As a consequence, now they are indispensable in their life.

Many parents are now worried, thinking about how to save their chil-

dren from smartphone addiction and laptop addiction. But, there is another side to this problem as well:

Even though children were restricted from using smartphones before Covid 19, parents did not put a curb on their own smartphone use. Children grew up watching their parents using smartphones and laptops. Sometimes, using these gadgets might be a part of their work. Nevertheless, most parents take mobile phones to their bedrooms. Children have watched their parents talking over the smartphones to their relatives or friends in bed. Occasionally,



**Convince your children that you are using smartphones and laptops as a part of your work and to maintain your relationships. Let them understand that these gadgets are not just for entertainment.**

---

they might have invited their children to take part in the video calls. These frequent calls by parents, the videos they watch, their social media relations etc have made a big impact on their children. As a result, they wanted to indulge in these things enjoyed by their parents. In fact, they had started to admire these gadgets. Only that they had restrictions to use them earlier.

But, with the advent of the pandem-

ic and the consequent online classes, the children were freed of their restrictions. They were allowed to access smartphones and computers even without asking. Men are prone to break rules. Likewise, when there is a restriction, one will be tempted to break it. Now, even in a situation when the online classes are stopped, parents are unable to rebuke their children, who are frequenting on smartphones.

What should the parents do to put a curb on children's smartphone addiction? The first thing they need to do is to reduce the use of smartphones in their lives. Never encourage your children to join you in watching videos or playing games on the smartphones. If you do so, your children would find them entertaining and will be gradually attracted towards such things. At the same time,



you should not hesitate to show them informative and value-based programs on the smartphone that are essential for them to know. Parents should discern what must be shown and what must not be.

Convince your children that you are using smartphones and laptops as a part of your work and to maintain your relationships. Let them understand that these gadgets are not just for entertainment.

Parents should realize that when children spend more time on these gadgets, it will affect their minds. Psychologists say that parents are to be blamed if their children get addicted to smartphones. Many mothers give smartphones into the hands of their lit-

tle children to play with it like a toy. This habit will develop in children as they grow and they will become smartphone addicts. There is no point in blaming children then.

Let parents evaluate themselves before blaming their children. How am I using my smartphone? How many hours a day am I using it? For what purpose am I using my smartphone? Have I given my smartphone to my children as a toy when they were tiny or encouraged them to play games on them?

If parents wisely intervene in the matters of their children and show them good examples, the children will be able to tackle their smartphone addiction. Otherwise, smartphones will rule over our children.



# FRIENDSHIP IS GOOD FOR HEALTH

**D**o you know that friendship is one of the factors that helps you to maintain good health? If you have a good friendship, your body and mind will experience wellness to a certain extent. Loneliness has been a perennial human problem from time immemorial. Social isolation is another problem. Friendship is a solution for both these

problems. Friends do not leave us lonely or isolated. They safeguard us from social isolation and give us an assurance that we are part of the society.

Most of us are going through various kinds of stress, anxiety depression... Friendship is a good medicine while we go through such situations. Friends help us to overcome conflicts. Their



presence, advice and admonishes are valuable. Their emotional support plays a vital role.

Great is the support they give while we are going through a crisis. Good friends are capable of making creative changes in our life. They help our personal growth as well. They also inspire us to take up challenges.

It does not matter if your friends are men or women. A friend is the one at whose presence you feel most happy and peaceful. You can behave transparently before a good friend. You will long to be with that friend in the painful moments of struggles and disclose your intimate sorrows. Gender, status or educational qualification will not be a barrier in such friendships.

## SIGNS OF GOOD FRIENDSHIP

- Communication of a good friend will be candid.
- A good friend will not be ashamed to tell the truth, even if you do not like it.
- A good friend will accept and acknowledge you despite your limitations.
- Even while they disagree with you, good friends will respect your personality.
- A good friend will also be a good listener.
- A good friend will not avoid you when you are in need.





# A DEEPER RUMINATION ON FRIENDSHIP

Friendship is not just an emotion or a state that satisfies one's emotions. It is a relationship that touches and influences the entire life of a person. Some people say: "I have many friends." Even if you have many friends, how many of them can you really trust? How many of them are ready to help you in your needs? How many of them really understand you?

Just think about the social media friendships. Among the thousands of the friends you have, how many of them do you know personally? How many of them do you feel to open up yourself?

True friendship is not about the number of friends. A person cannot love more than one friend with the same wavelength. In a friend circle of five

people, there will be deeper friendship between two persons – an intimacy that is absent among the rest. Everyone who joined you in the playground does not give signs. A spectator who watched the match from the gallery need not remember you forever. Whereas a person who stayed awake with you in your sorrowful nights, and invited you to share all your sorrows to him, will never forget you; neither will he abandon you. You will be in his heart forever despite the hard paths of life you both have trodden. He will remember those days of friendship just as one would pick up his old diary to read when he is alone. On sleepless nights and during long journeys, he will remember you when he listens to a song or odour that connects both of you...



**You should never hate your friend or feel disappointed about having quarrelled with your friend or got distant from him.**

---

when the relics of your friendship rise up from his sub-consciousness... Friendship is not to be celebrated like a fiesta but to be gently approached like a candle light dinner.

It is not a small thing to maintain a very old friendship without much damage. There are people who preserve the friendship of their school days or college days like a crystal bowl in the showcase even to the end of their life. There are also people who forsake an old friend when he meets a new friend. Some people, who started a friendship like a joint venture, abandon their partner when there is a loss or profit. They do not have eyes to see the pain of the rejected one. Quarrels are natural in the life of friends. It is like a natural evolution that occurs where there is more love. We need not be scared of them. But we should be scared when infidel-

ity, cheating, hypocrisy and selfishness creep into friendship. When you feel that you are on the wrong train, jump out immediately.

You should never hate your friend or feel disappointed about having quarrelled with your friend or got distant from him. If you are able to give him a hand or a hug with the same old love, your friendship has not be in vain. If there is still an urge to see him again, despite having gone distant, you should be happy. On the other hand, if you are daring to prick the old wounds and accuse each other, you must understand that there was never true friendship between you. It is better not to restart that friendship.

Let us try to redeem our broken friendship. Our relationship with our parents is not our choice, it is God's decision. Likewise, there have been many criteria in selecting our spouse. We have taken into account the opinions of others and external factors in this. Friendship is the only relationship which we have selected without any external influence. Because of that, friendship is our existence. Our life is in it.



# LESSONS FROM THE TOUCH-ME-NOT PLANT

Nature is the greatest textbook. To a person who observes and studies nature carefully and minutely, nature gives a bunch of lessons. Flora and fauna of the earth, created and sustained by the Almighty, have a lot of lessons to teach us.

Sometimes, we say “O! He is a touch-me-not!” That means, he is a weak person, who is unable to withstand adverse situations. This term is often used in a negative connotation. It is true. Because touch-me-not plants will wither merely at touch of a fingertip. Now, let us consider the other side of it. Touch-me-not

plants wither only for a few minutes. After some time, they will regain their previous state.

I think we should adopt this quality of touch-me-not plant in our life. Others may put us down in various ways. They may try to defeat us. Sometimes, we may succumb to external pressures and fall down. But, it should not be a perennial fall. We should get up from every fall like the touch-me-not plant. There are many reasons ahead of us to succumb to failure. But there is only one reason to rise up from defeat: the determination to succeed!



**Evaluate the lives of those who have reaped success in life. Once they were zeros, but they became heroes by their determination to succeed and work hard.**

---

Leech and snail are two creatures that reflect the behavior of touch-me-not. Some kind of leeches curl inwards when someone touches it, just like touch-me-not. But, after some time, it will be back to its previous shape and continue its journey. Snails too, when some obstacle occurs on their way, pull back their tentacles and after some time they will resume their journey.

Human life is like this as well. We will have to face many obstacles in life that interrupt our journey. We might get upset before unexpected interferences. We may find it difficult to go ahead. Nevertheless, you should not get dismayed. Neither should you stop your journey. We have a goal in life. That goal should enchant us and lead us ahead.

What do we do when the handle of our spade gets broken or the sharpness of the blade has diminished? We change the handle and sharpen the blade. Then we will continue to use it. Have you seen how a blacksmith makes weapons? He will heat it in the fire and beat it flat to make a good weapon out of the shapeless iron. A weapon will be sharp only if it passes through fire.

We become strong only when we pass through adverse situations. Obstacles and impediments are opportunities to sharpen our caliber. We should continue our effort with renewed hope and sense of purpose.



Evaluate the lives of those who have reaped success in life. Once they were zeros, but they became heroes by their determination to succeed and work hard. They did not succeed because everything was favorable to them or everyone encouraged them. They did not wither away in adverse situations. Neither did they stop their journey halfway when faced by impediments. We will also be able to succeed in life if we give up our haughtiness and go ahead trusting in God and with self-confidence.



GABORONE UNIVERSITY  
COLLEGE OF LAW AND  
PROFESSIONAL STUDIES



# GABORONE UNIVERSITY COLLEGE OF LAW AND PROFESSIONAL STUDIES

P. O. Box 201095, Gaborone, Botswana, [enquiry@guc.ac.bw](mailto:enquiry@guc.ac.bw), [www.guc.ac.bw](http://www.guc.ac.bw)

## MASTERS PROGRAMME

- Master of Science in Early Childhood Education
- Master of Science in Occupational Health & Safety
- Master of Public Health

## BACHELOR PROGRAMME

- Bachelor of Laws LLB (Hons)
- Bachelor of Education in Early Childhood Education (BED) Hons
- Bachelor of Business Administration in Occupational Health & Safety
- Bachelor of Commerce (Hons) Degree in Purchasing & Supply Chain Management
- Bachelor of Arts Degree in Public Health
- Bachelor of Commerce in Travel & Tourism
- Bachelor of Business Administration Entrepreneurship
- Bachelor of Science in Policing & Law
- Bachelor of Business Administration in Security Management (BBA - Security)
- Bachelor of Technology in Construction Engineering
- Bachelor of Art in Law & Public Administration
- Bachelor of Science in Health Promotion & Disease Prevention
- Bachelor of Commerce in Accountancy
- Bachelor of Arts in Human Development & Family Studies
- Bachelor of Business Administration in Logistics and Transport Management

For God  
&  
Country



**DIPLOMA PROGRAMME | CERTIFICATE PROGRAMME | SINGLE SUBJECT PROGRAMME**

Main Campus: Lot 6398, Lejara Road, Broadhurst Industrial  
Tel: (+267) 318 5596, Fax: (+267) 318 6018, Cell: (+267) 72469089