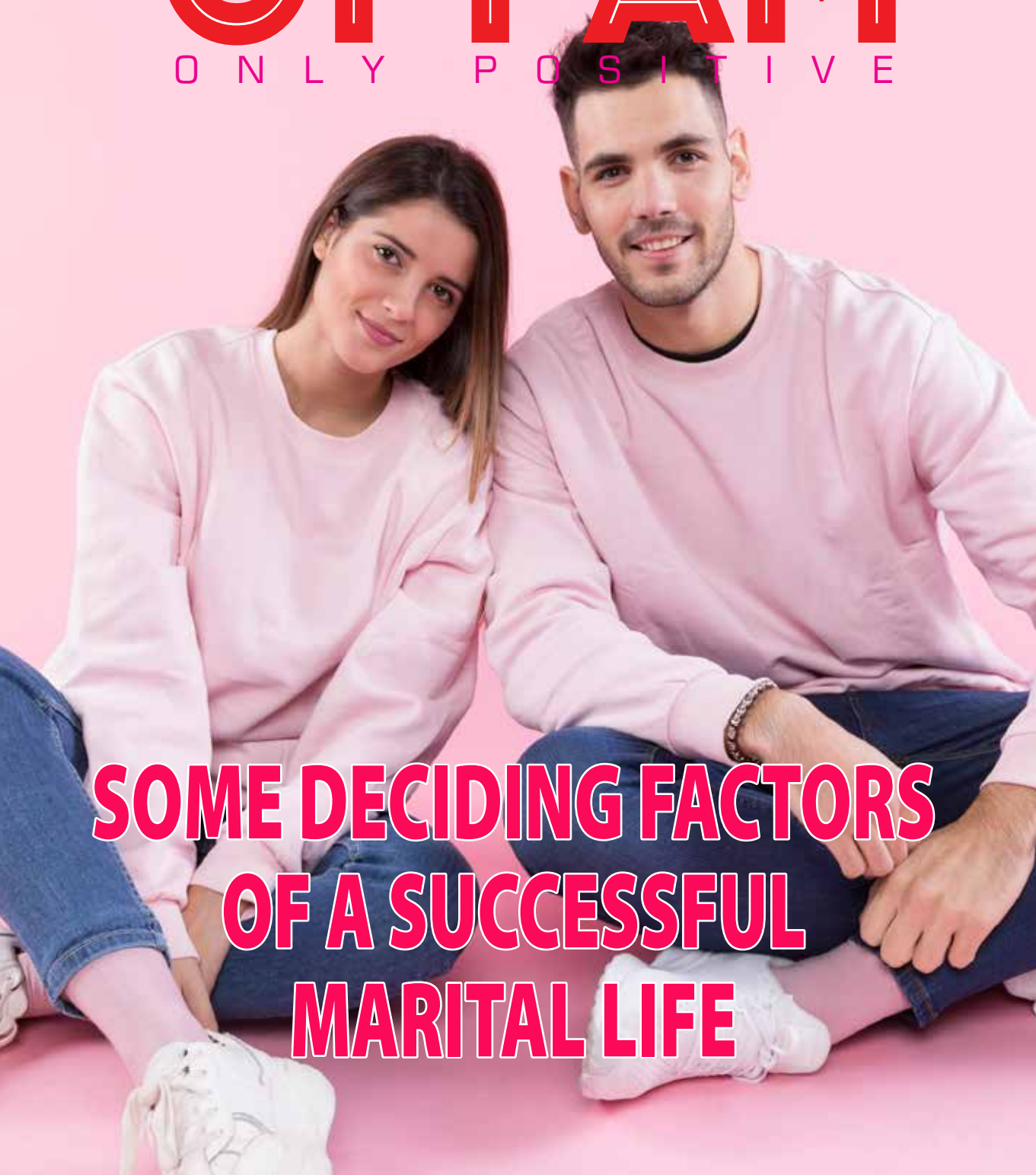


# OPPAM

ONLY POSITIVE



**SOME DECIDING FACTORS  
OF A SUCCESSFUL  
MARITAL LIFE**

## OPPAM

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# Editorial

**DR ANTONY P JOSEPH**  
Managing Director

## TAKE CRITICISM WELL

When Michelangelo, the world renowned sculptor completed 'David', one of his marble masterpieces, a visitor came to see it. It was indeed a marvelous achievement!

But, when the visitor scrutinized the sculpture, he found that it had an imperfection. He said to the great sculptor: "The sculpture is definitely excellent, but I feel that its nose is a little bigger. Rectify this fault and it would be marvelous!"

Michelangelo had a closer look. Then he found an extra piece of marble clinging to the statue's nose. That was the reason why the nose looked bigger.

With his hammer, he thrashed the extra marble piece and the sculpture looked great.

Then, the great sculptor said to the man, who pointed out his fault: "It was you who gave life to my sculpture. Thank you!"

Once they have reached great heights, many people think that they are immune to criticisms. They think that whatever they are doing is right and that no one has the right to criticize them. They are intolerable to anyone who criticize them. They will explode at those who point out their faults.

When the aforesaid event happened, Michelangelo was already a famous sculptor. Nonetheless, he was ready to admit his fault and was willing to rectify the mistake. Great people are like that. They are never intolerable towards criticisms.

Accept criticisms with an open mind. In fact, each criticism offers us a new lesson.

Only the narrow-minded people get upset when they are criticized. When you are criticized, examine whether there is any fact in that criticism. Accepting reasonable criticisms will help the growth of our personality. At the same time, ignore the malicious criticisms.

Make sure that your criticisms are constructive and not destructive. Do not criticize others out of inferiority complex and unwillingness to accept others.

Welcome good and constructive criticisms. Let this be our policy.

With best wishes,

**Dr Antony P Joseph**



# WHAT IS THE GREATEST ASSET IN LIFE?

Let me begin with some questions. Is there anyone who does not want to become wealthy? How can we become rich? Is there any shortcut to become rich? What is the greatest asset in a man's life? Now, let us see the answers. Everyone desires to become rich. Because wealth boosts up our confidence. But, we should acquire wealth through just and dignified means. Hence, there are no shortcuts to acquire wealth. Our home, bank deposits, gold ornaments etc. are parts of our assets. Nevertheless,

our greatest asset is none of these. Time is the greatest asset of a person. The wealth of a person depends upon how he makes use of time. Time is a life-changing factor in a person's life. Successful people have understood the value of time and have acted accordingly.

Time management has a key role to play in a person's achievements and failures. We understand the value of microseconds only when we participate in outdoor games. Sometimes, we miss trains and buses by a fraction of a

**Success lies in how well we make use of the given time. Never forget that a lazy student or an idle worker will never taste success.**

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second. We realize the value of wasted time only when we fail in examinations. We need to understand one thing: We can never retrieve the time we have wasted. Once we realize this truth, we will be inspired to make maximum use of our time fruitfully.

Henry Ford says that a wise man is time-conscious, while a fool will lack that quality. Every human being gets 24 hours. But, each one spends it differently. Time Management gurus opine that success in life can be achieved by proper use of time with the help of a time management time table. Write down each and everything you want to

do on each day in the order of priority and do them on priority basis.

Another way is to divide the things you need to do as per the time in which they are to be done. Prepare a list today about what you want to become in the future. This can be divided into short-term and long-term goals. As the name suggests, some goals can be achieved in a short time, while some others may need a longer time to achieve. Make sure that you complete those goals in the specified time. This rule is to be strictly followed.

In time management, you must not forget or ignore certain basic things like sleep, food, entertainment, exercise, study etc. Ample sleep, health and happiness of mind help us to achieve our goals. So, it is not a good practice to constantly forgo sleep, exercise and entertainment to achieve big goals. Success lies in how well we make use of the given time. Never forget that a lazy student or an idle worker will never taste success.



# THE HEALING POWER OF TEARS

The sky is brightened when the dark rain clouds pour down to the full. Fresh air gushes into a room when the window is opened wide. Similar is the function of shedding tears. Tears are a remedy for letting out the sorrows accumulated within us. Weeping is the outflow of negative feelings.

As children find a way to escape from the labyrinths depicted in comic books, shedding tears is an easy way to escape

the meandering jungle of sorrows. We are, in fact, living with a huge bundle of sorrows. We roam about bearing the bundle of sorrows because of the absence of the consoling presence of a confessional. I have seen people wailing saying, "Had I got a shoulder to place my head, I would have wept copiously."

Since we consider weeping as a shameless act and tears as a worthless thing, we often hesitate to weep. 'It is



bad to shed tears' this is the attitude of most of us. I have seen people who are unable to cry even at the demise of their dear ones.

We never spare even the little ones. We, who often start with the consoling words 'don't cry' and end up warning them 'stop crying!' Sometimes, we even whack them for crying. Isn't it paradoxical? You hurt them and command them not to cry! In fact, someone is making us cry. No one cries for no reason. Every cry has a reason behind it.

We are not only unwilling to cry but also find it difficult to cry. We like hilarious films more than sad ones. We know how wounds are healed. It is healed only when the inflammation and the pus inside the wound is ejected. Tears have the same function to do

**Tears will be an ablution of healing for you. It will be like a holy ablution in a holy river. Untie your sorrows and let them go. That is the easiest way to come out of your grief.**

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inside our mind. So, why do you still hold on to your sorrows and struggle to move on? Just cry out your sorrows! Or shed your tears in your privacy. Tears will be an ablution of healing for you. It will be like a holy ablution in a holy river. Untie your sorrows and let them go. That is the easiest way to come out of your grief. You will have to carry the burden of your sorrows and grief until you realize the healing power of tears.



# THE INESTIMABLE RANGE OF GRATITUDE



What is that factor which decides peace and happiness in our life? Do you think it is the material prosperity or absence of problems? Generally in the world, peace and happiness are weighed in material terms. But, the actual foundation of one's peace and joy depends on how thankful one is. A grateful person will definitely be joyful and peaceful.

Could there be anyone in the world who has never been hurt by the thorn of ingratitude? One of the greatest vices in the world is ingratitude. All other vices are connected to it.

Gratitude is a kind of memory – a living memory of someone who lighted a lamp in one's life; the memory of an instance when someone held your hand and guided you. People become

**Never forget the term 'gratitude.' Gratitude should sparkle in your life like a foamy sea. Express gratitude at every opportunity. Then your life will be full of light.**

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ungrateful when they lose this memory. If someone's eyes are welled up or someone is feeling heavy-hearted, that is because they have lost this memory.

Gratitude is not a sweater that can be worn during winter and taken off during summer. It is like sandals one needs to keep wearing while taking each step. For many, gratitude is related to circumstances. They may not recall many fulfilling moments in life.

But, how many moments have passed us which can only be recalled with gratitude? Weren't they opportunities that could have been thanked in a better way? Every blessing in life is an opportunity to express gratitude.

We cannot thank God unless we have a thankful attitude towards human beings. Love and gratitude for God emanates from our gratitude towards our fellow human beings. None of us are isolated individuals. Our lives are interconnected and mutually dependable. In this life, we are indebted to many people and we need to be grateful to them. Never forget the term 'gratitude.' Gratitude should sparkle in your life like a foamy sea. Express gratitude at every opportunity. Then your life will be full of light. Thank you!





# SOME DECIDING FACTORS OF A SUCCESSFUL MARITAL LIFE

Merely finding of a suitable life partner does not make a marriage successful; on the other hand, the right approach to marriage is what makes it successful. No marriage has become a success on a single day or by the conscious effort of one partner.

Some people may be able to reap great success in their business ventures; but the same persons may fail in making their marriages a success. A person, who controls hundreds of subordinates, may not be able to manage his/her spouse. Marriage is a decision. Naturally, there will be ups and downs in a marital relationship. There will be

good and bad marital relationships. Nonetheless, marriage lasts forever. Hence, marriage can be viewed only as an extension of many other factors. Let us have a look into the foundational factors of marriage.

## **Love and commitment**

The most basic factor of a marriage is a decision to love one's partner. It is not melodramatic as we see in the movies and fictions. Neither is it a display of flamboyance. A strong decision to love is the deciding factor of the steadfastness of every marriage. True love will stay steadfast through the adversities and challenges of life.



**Proper communication between couples occurs in healthy marital relationships. The partners should share with each other the future plans about their children, dreams for future, hope and worries.**

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### **Sexual fidelity**

Sexual fidelity is not limited to the body alone. It encompasses eyes, mind, heart and soul. Entertaining a sexual desire for another person in one's heart is also an act of sexual infidelity. Today, most people go astray in this regard through the deviation of mind. In this context, how many people will be there who keep sexual fidelity, in this world?

### **Humility**

In a healthy marital relationship, both the partners will be well aware of their own faults. No one is perfect. We should realize and admit that we have limitations just as our life partners have. Only then we will be able to apologize

and forgive. In a marital life, tolerance and forgiveness have a very important role to play.

### **Time**

Time is a major investment in married life. The time spent between the couples will make the married life beautiful. It is not about spending too much time, but it is about how warmly and fruitfully you spend time together.

### **Communication**

Proper communication between couples occurs in healthy marital relationships. The partners should share with each other the future plans about their children, dreams for future, hope and worries.

### **Unselfishness**

Some studies, which researched the reasons for divorces, found out that the villain is selfishness. A selfish person will be preoccupied with himself/herself. My pleasure, my illness, my future, my dreams... They never think about a life together. Get out of the confines of selfishness. Only then you will have a solid and lasting marital relationship.



# THE ROMANTIC STORY OF TURKEY'S HAIR MUSEUM

Avanos Hair Museum in Cappadocia, Turkey is one of the most bizarre museums on this planet. As the name indicates, this is a museum for hair. The story of Avanos Hair Museum is dated back to 1979. Once, a French lady visited Turkey. She was just another person among many tourists who visited Turkey to see the splendid scenic beauty of the land. But, she was not someone to return immediately after the tour. And the reason was her meeting with a young man named Galip Belukcu.

She met Galip at the rock carving pottery workshop in Cappadocia. Their meeting turned into friendship and love. They were in deep love in three months' time. Finally, the day came for the French lady to bid farewell. With moistened eyes, Galip asked the lady what she would offer as a keepsake. Her response was extraordinary. She cut her beautiful hair and gifted it to Galip. "Remember me whenever you see my hair" she said.

When she left for France, he hung the hair on the workshop wall. Later, when people came to visit the workshop, they enquired Galip about the story behind the hair hung on the wall and he narrated the story to each one of them. Every lady, who was astonished and captivated by the story, began to hang their hair

on the wall. Gradually a hair museum was formed at that spot.

The museum was founded in 1979. Galip was the founder and owner of the museum. Today, in this cave-shaped museum, there are around 16,000 women's hair preserved. The museum entered the Guinness Book of Records in 1998.



# THE CURIOUS CASE OF ADVICE

Everyone has it and gives it away freely to others, but never uses it for themselves. That curious thing is advice. It needs no investment or expense. How good it would have been if those who indulge in copious advice take a small step to put those advice into practice in their own lives!

The 'advisors' have a typical expression: I have an infallible right to say all these things. I am above others. I am capable of dealing with problems calmly and I never get upset before adverse situations.

But in reality, most people have no right to advise others. We should respond to a person facing a problem

only after assessing how we would be responding to such a situation.

I remember some persons who advised me when I passed through some adverse situations. Then I wondered how easily they are able to deal with such situations. Soon I understood that when these people passed through similar situations, they did not exhibit the same power with which they advised me! It is easy to take a class on how to face a raging cow coming towards us. But, it is not that easy to act when you face the raging cow yourselves.

Some people are experts to say that we should take everything positively. But when these people face some chal-



**In a way, writing is a sort of advice; speech is also a sort of advice. Mostly, what is shared through writing and speeches are things which the writers and speakers have never practiced in their lives.**

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lenges, their true color comes out.

Of late, a teenager told me about a teacher, who keeps advising all the time. "We are fed up with her advices" he told me. I have understood from my experience that it is true. Whenever I tried to give some pieces of advice to my children, they would retort: "O Dad, would you please stop this advice? We know it!" No one likes to listen to advice. On the other hand, everyone likes to give advice!

We may be approaching some people to get some sort of solutions while we are passing through bitter expe-

riences in our lives. Just as we ask for direction when we set out for a journey. Those who know the way well never stop their vehicle and enquire about the route. It is exactly like this that people seek advice from other people.

There are moments in my life when I felt ashamed for seeking advice from others. Because later I learned that they disclosed my personal problems with others. Later, I got a perfect solution for this from the Holy Bible: "If you want to take a decision by yourself, do not go after others, but seek the answer from your own conscience." How accurate is it!

In a way, writing is a sort of advice; speech is also a sort of advice. Mostly, what is shared through writing and speeches are things which the writers and speakers have never practiced in their lives. Advice puts burdens on others. But, life examples inspire. So, let us be slow to give advice and quick to lead by example!



# TEACH THESE GOOD HABITS TO YOUR CHILDREN

The effort to teach children good habits did not start today or yesterday. From the time when man began to change to a more cultured living situation and an organized family system, efforts were made to train their children to become better human beings. But, it takes a lot of effort, time and patience. Or as a parent, you have to devote a reasonable amount of time to this. Let's have a look at some good things that

should be taught to children from an early age.

**Teach words that show gratitude: please, thank you, sorry**

Forgetting or hesitating to use these three words when needed is the reason why so many brands are falling apart today. Many people don't use these words because of pride. No one likes others talking to them in a commanding tone. There is no difference in ap-



proach to those who do not apologize for a mistake, even if they do not know it, and to those who do not thank them for a good deed. So teach your children to say please, sorry and thank you. Parents should set such examples in their own homes.

### **Ask permission**

Ask permission before taking others' books or pens or costlier belongings. No matter if the door is open or closed, enter only after asking for permission. Similarly, in today's social media fever, ask parents for permission before posting pictures or anything on social media and follow their instructions. If not, you may have to face many far-reaching consequences later on.

### **Develop kindness**

Train children at an early age to be kind to others. Encourage children to take an interest in their affairs and help those in need. Show such examples at home. Parents should show good examples to their children and should not chase away those who come to your home seeking some help.

### **Teach to give**

Giving something to others is a gesture of being kind to them. So encourage children to give. Teach them to share. Teaching them to share their school meals with their classmates will develop good habits in children.

### **Use polite words**

Children's behaviour and speech are likely to be influenced by films, friends, and television programs. This is probably where the bad words often come from. Correct these words. Parents should also pay attention not to use such words in front of their children.

### **Do age-appropriate chores**

At each age, train children to do

**Children's behaviour and speech are likely to be influenced by films, friends, and television programs. This is probably where the bad words often come from.**

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age-appropriate tasks. For example, from simple tasks such as washing the dishes and cleaning the dining table, have them one by one according to their growth.

### **Appreciate and learn to appreciate**

Praise your children when you see them doing good things. And teach them to appreciate the good deeds of others when they see them.

### **Delegate responsibilities**

Raise children to be responsible. This will help them not to shirk their responsibilities in the future.



# TABLE MANNERS



A dining table has an important place in the family. It has been scientifically proven that family members can grow in love and harmony by eating together.

Happiness and love at the dinner table can lead to improved health and reduced stress, as well as the warmth and security of relationships.

- 1 By understanding these things in general, we can understand how to behave at the dinner table. Approach the dinner table with a positive attitude. The dinner table is not a place to come with worries and anxieties.
- 2 Be polite in word and deed while at the dinner table. If you don't like the taste, there should be no harsh language criticisms or denial of food on the grounds of poor cooking. One may not be able to cook with the

same excellence every day. Sometimes the curry may be too salty or the rice may be overcooked. Watch it with patience. Never blame or hurt the person who cooked it.

- 3 The conversation should be pleasant. Everyone should be given a chance to speak and not be dominated. Be prepared to listen and respond appropriately.
- 4 Sit properly. Use utensils properly. Do not chew loudly, do not make noise by moving utensils, and do not cough or sneeze carelessly.
- 5 If you have to finish your meal earlier than others or go straight to an urgent matter, do so with the permission of others at the table.
- 6 Each member of the family should decide to make mealtimes enjoyable without blame or complaints.





# YOU MAY DISAGREE BUT...

We will not always be able to take a favourable stand in everything. In personal relationships, official relationships and marital relationships, there are three opinions when two people come together. While it is natural to disagree, there are a few things we should be aware of.

Disagreements need to be healthy. There is a word called respect for the opposition. Even if you can't agree conceptually, don't express that disagreement in an unhealthy way. Haven't we had many conversations that start with peace and then end in a fight? This

happens because it's not healthy to disagree. How can this be avoided? Here are some suggestions:

## **Be mindful of your language**

Don't make fun of or criticize the person who expressed his opinion. Use good language. Everyone is entitled to their own opinion. But the other person will not feel the same way. When you understand this, you can't talk down or belittle the other person. Do not react out of anger or jealousy. Disagree respectfully. Disagreement with individuals can weaken relationships.

### **Check for accuracy**

Assess your motives when expressing disagreement with another. Some people will suppress the opinions of others because they fear that the other one will be widely praised or become more acceptable. This counter-attack is due to jealousy and hatred. In such a situation, the resistance will be very strong. To avoid this, one needs to discern one's own intention.

### **Avoid pre-conceived notions**

Some people react with prejudice as soon as someone starts talking. This

**Some people will suppress the opinions of others because they fear that the other one will be widely praised or become more acceptable. This counter-attack is due to jealousy and hatred.**

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is due to misconceptions about the person who opined. This is not the right way. Be willing to listen and allow them to talk.





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