

OPPAM

ONLY POSITIVE



YOUR GREATEST GIFT TO YOUR CHILDREN

SIX VITAL POINTS FOR A
SUCCESSFUL MARITAL
RELATIONSHIP

OPPAM

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Editorial

DR ANTONY P JOSEPH
Managing Editor

BE PRUDENT WHEN YOU JUDGE OTHERS!

When that beautiful woman and her two children came to dwell in that house, all the attention of the neighbours was on them. Whenever they peeped into that house, they saw the woman always engaged in reading some books; all the chores were done by her children.

"Oh, What a woman! She is not doing the chores because she doesn't want to lose her beauty!" One of the neighbours passed the verdict.

They continued to peep into that house. One day, they saw a young man visiting that house; he used to visit that house every week. Every time the young man visited her house, the woman used to get up and go into an inner room and the doors and window of the house would shut. When this began to occur regularly, the neighbours passed judgement: "She is doing adultery with that young man! She is a bad woman." Soon, they learned one more thing: The woman has no husband. Now they confirmed their guess: This is sheer adultery!

One morning, they woke up hearing the wailing of her children. They ran to her house. The sight was shocking. The beautiful woman lay there dead. Her children were weeping, calling out to their mother. Without much delay, the young man also arrived. He examined her nerves and sobbed: "Oh my dear

sister!" Then her children tearfully hugged him and said: "Uncle!"

Actually, that beautiful woman was suffering from a serious illness. She came to this alien land with the purpose of availing a better treatment. Her children did the chores because she did not have the health to do them. The regular visitor to her home was actually her brother. He was a doctor too. He was the sole solace to that woman.

This story is borrowed from the book titled 'Mirrors of the Heart' written by Hedwig Lewis SJ.

Often, we are not different from these 'neighbours'. We judge persons and events based on our thoughts and guesses. Often we make blind judgements. They will be far from the truth.

We are, in fact, imposing our own wrong thoughts and impressions on the other. That is why we find fault when we see a woman talking with a man. When we see a man lying on the road out of giddiness, we will pass judgement that he is drunk. When a girl hasn't returned home at her usual time, we will say she had eloped with some man. Many such things happen around us.

Make a decision today not to judge others unnecessarily and unfairly. Who knows the truth? Don't fall into rash and impetuous judgements and guesses. What will you do if it is proven wrong in the future?

YOUR GREATEST GIFT TO YOUR CHILDREN

There is scarcely any parent who does not like their children. But their way of expressing their love for children will be different and subjective. Many parents are so eager to buy whatever their children ask for; they would say 'yes' to all the whims and fancies of their children. Some parents buy smartphones and tablets even for toddlers. They think expression of love consists in buying expensive toys and junk foods for their children.

But, we need to reconsider this notion. Is it for these things that our chil-

dren really desire? Are these things their true requirements? Although they may require these expensive gadgets and other things when they grow up, they do not really need these things when they are young, which is actually the stage of their character formation. What they actually need is the presence of their parents. It is as vital to them in various stages of their life as a sucking baby needs its mother's presence.

Hence, what we really need to give to our children is not mobile phones or



The time you spend with your child will never go in vain. It is a great investment for their future.

laptops or tablets, but our time. Unfortunately, majority of parents are working and are leading a hectic life. They bring home all the tensions of their workplace and even after reaching home they continue to be busy. So, they do not get time to spend with their children. They may not be doing it consciously; the sufferers are the children.

Every child desires to spend time with his or her mother or father and engage in some sort of entertainment with them. The sad truth is that the parents of our generation are busier than ever with their office work, household tasks, WhatsApp, Instagram and Facebook. Hence, they do not have the patience to listen to their children. Think about the time when your child approached you to share his experiences in his school or school bus, when you were tensed

with something. Most often, you would respond very rudely to your child and break his / her heart. How impatiently some mothers are behaving towards their sons and daughters!

From a child's perspective, he or she is seeing their parents spending a lot of their time browsing their mobile phones. In some cases, the parents would be doing their work on their mobiles. But, the children may not understand it. Naturally, the children also will become addicted to WhatsApp, Instagram and Facebook. If you complain that your child does not eat food unless he or she is allowed to browse the mobile phone or watch cartoon channels, you should dare to do a self-examination. In fact, you are responsible for inculcating such a habit in your child.

If both the parents are working, one of them must definitely spare some time to listen to their child. The father or mother should set apart some time to play with their children. This will help to strengthen the bond between parents and children. Often, the reason why children go astray and fall into danger is that they do not have anyone in their home to listen to them.

It is not a bad thing to make them happy by presenting them gifts. At the same time, never forget to gift them your time. During that time, set aside your smartphones and laptops and be with your children wholly. Give ear to their sharing and feelings. Engage in some entertainment with them. Hug them, appreciate them and express your love. The time you spend with your child will never go in vain. It is a great investment for their future. So, never forget to invest your time for them along with your bank balance and assets.



THE BEAUTY OF FORGIVENESS

It is easy to advise someone to forgive; but it is not that easy to put it into practice. Forgiveness has an extraordinary beauty about it. Here, let us have a glimpse of a couple of unusually beautiful instances of forgiveness.

It was ten days before Avantika's sixth birthday that her parents were shot dead by some assassins at their house in Keerthi Nagar, Delhi. Her father was Lalith Maken, a Member of Indian Parliament and Congress political party leader, and her mother was Geetanjali, daughter of Shankar Dayal Sharma, former President of India.

Lalith Maken died on the spot and Gitanjali breathed her last in the operation theatre. It was with a bitter hatred for the assassins, who made her an orphan, that Avantika spent her childhood days

and teenage years. The gravity of her hatred grew with her. The assassins of her parents were Harjinder Singh Jinda, Sukhdev Singh Sukha and Ranjit Singh Gill alias Kukki. By murdering Lalith Maken and Gitanjali, these men, who belonged to the Sikh community, were actually retaliating the mass killing of Sikhs that followed the assassination of former Indian Prime Minister Indira Gandhi.

Sukha was arrested in 1986 and Jinda in 1987. Both of them were hanged for murdering Arun Vaidya, the key architect of the 'Operation Bluestar'. But Kukki escaped to the United States. When he was later handed over by the US to India in 2003, he was sentenced for life imprisonment. In the same year, a petition for mitigating his punishment was filed.



Avantika's consent was a condition for accepting that file and mitigating his punishment. No one expected that Avantika, who was a scorching volcano of hatred and retaliation, would give her consent for mitigation. But, the unthinkable happened!

The sight of Kukki's parents weeping bitterly when they saw their son, moistened the eyes of Avantika. She remembered her own grandparents at that moment. This inspired her to take a decision in favour of Kukki.

"No one can give back what I have lost. I think Kukki has already suffered enough. I decided that Kukki need not die every day, inch by inch." Avantika said on her decision.

"I have completely forgiven Kukki. The fire of revenge in my heart has been quenched and I have a serene mind now. I realized what happiness is only when I

forgave" Avantika adds.

Walter Scott, a black man from South Carolina, was killed by Michael Slager, a white police officer, in 2015. And Slager was sentenced for twenty years of rigorous imprisonment. The words uttered by Scott's mother to Slager are heart-touching. She said: "Michael Slager, I have forgiven you!" The reports say that hearing this, Slager was brought to tears. What else can he do other than wipe his tears and beg for her forgiveness?

True forgiveness does not look at someone's religion or caste. It is enough to have divinity in you. God is present in everyone who forgives.

There is nothing in this world as beautiful as forgiveness. How long will it take for me to forgive everyone?



SOME USEFUL TIPS TO GET A GOOD SLEEP

Are you troubled by insomnia? Don't worry. There is solution. There is nobody who does not desire a good sleep. After a good sleep, we will experience great rejuvenation in body and mind. Some dieticians opine that we must avoid certain food items to get a sound sleep.

Bananas can help you to get a good sleep. Banana, which is rich in potassium and magnesium, has a great amount of nutrients.

The carbohydrates found in bananas lower glucose level in the blood. Experts opine that eating a banana an hour be-

fore sleep can ensure you a sound and serene sleep.

All of us are aware of the power of milk to help in getting a sound sleep. Serotonin content in the milk helps the body to become serene and thus prompts sleep. Nuts produce melatonin hormone, which immensely promotes sleep. Hence, you can get sound and serene sleep if you consume nuts before going to bed.

Now, there are certain things you need to avoid taking before going to sleep. They are dark chocolate, ice cream and edibles with high salt content.



SIX VITAL POINTS FOR A SUCCESSFUL MARITAL RELATIONSHIP

It is easy to get married; but it is not that easy to lead a successful married life. Both the spouses need to extend their mutual support to ensure the success of married life. The sad reality is that as time progresses, the spouses are prone to forget the priorities they are bound to give to their life partners. When a spouse

gives greater priority to his or her job, children, friends or parents than to his or her spouse, it will adversely affect love and solidarity between them. Here are a few tips to follow in order to avoid this danger.

Communicate: The spouses must share their feelings and thoughts to each



other every day. The best time for this sharing is post-supper time. Take care to give your ears to what your spouse is saying.

Avoid stubbornness and arguments: Often husband and wife will be tired after their job or daily tasks. Don't enter into arguments on matters like 'who has toiled more hard for the family', 'who has suffered more for the family' etc. Don't bring your bad moods of your office into your home; instead enter into the joy of family.

Be creative: Crises and conflicts can occur very often in families. In such situations, do not allow yourselves to get negative, instead have a positive approach towards them and find out creative solutions for those problems.

Talk and behave positively: Don't go to your home nor welcome your spouse into your home with a long face. Enter into your house with a joyful countenance. Similarly, welcome home your spouse, who is returning from the office, with a smile. Use kind words and give your spouse a hug.

Plan out things: If you are precise over the things you have to do, it will be easy for you to execute them. When you go for shopping, sit together and prepare an accurate list you need to purchase. Assign various tasks to your children according to their age and capability.

Take decisions together: When you want to make decisions like buying a new car, going for a tour, bringing your mother-in-law to your house for a permanent stay, decide them together after ample consideration. The advantage of taking decisions together is that there will be less chance to find fault with the other over such decisions in the future.





HOW WILL YOU REACT TO AN UNFAITHFUL SPOUSE?

Imagine that your spouse, whom you have so deeply trusted, cheated on you. When you realize this infidelity, how will you react? You have two options before you: Either you can break up with your spouse or continue the relationship. Whatever your decision is,

it is good to be assisted by some positive thoughts when you arrive at a decision. Here are a few tips that might help you:

If your spouse is willing, get into an open discussion. Ask your spouse what has really happened and what decision he or she is planning to take for the fu-

ture. Regaining trust is essential for a continued relationship.

Reflect and analyze what has happened in the past. At certain times in the past, the signs of unfaithfulness might have surfaced in their mutual relationship. Discover how they have mutually hurt in the past, leading to a rift in their relationship.

Discussions and discoveries will help you to assess the circumstances. The result of these two primary stages will be vital in deciding the future of your life.

You might have lost your personal happiness in your attempt to appease and satisfy your spouse. Regain them. For example: Spend time with your friends or do exercise or indulge in your favorite entertainments. These things will help you overcome stress.

What is the next step? Think if a continued relationship with your spouse is feasible or not. Take decisions prudently.

Re-evaluate what you have expected from life. Try to look at your marital rela-

tionship from another angle and understand what you have expected from life.

An effective communication is necessary in the context of the lost mutual trust. A counsellor will be able to help you; get the help of a professional counsellor.

If you have decided to rebuild the relationship with your spouse, renew your commitments. This will help both of you to tackle the issues that may arise between you in the future.

If you desire to continue your relationship with your spouse, restart your love relationship with your spouse in a new way. This will help you stay closer to your spouse. Try to regain together what you have lost and was absent in your past relationship.

Last, but the most important of all, is forgiveness. Forgive your unfaithful spouse unconditionally. If you forgive, you can also forget. Once you are able to forgive and forget, you will enter into a new springtime of life.



HOW TO FACE AN INTERVIEW WITH CONFIDENCE?

Most people are scared of the term 'interview'. When they hear the word 'interview', a chill of fear will pass through their body and their hands will sweat. Actually, do we need to fear interviews so much? Here are some tips to face any interview with confidence:

- Read and understand all the details about the job you are applying for.
- Collect an overview about the company.
- Grasp whatever pre-requisites the company puts forward for the job and prepare for that.



- Be ready to respond confidently to the queries from the interviewers about yourself, your talents, your academic qualifications etc.

- Do adequate preparations for self-introduction. For example: Practice it either before the mirror or before your friends. Appearing for the interview with due preparation will boost your confidence.

- Create a good impression.

- You don't have a second chance to impress the interview board. Hence, the first impression is very important. It depends upon your attire, behavior, conversational style and smile. Special attention should be given to decent clothing and a friendly smile.

- Never forget to keep a copy of your CV with you.

- Avoid negative conversation.

- Never say ill of your previous boss or your co-workers or your previous company in the interview. When you speak ill of your current or previous boss, the interview board will assume that in the future you might speak ill of your future boss too.

- Be prudent when you ask questions to the interviewers. Most interviews conclude by offering you an opportunity to ask questions to the interviewers. Never reject such offers.

- If you have questions to ask, take care not to ask questions that can create controversy. Ask only intelligent questions that will not hurt anyone.

- Don't cast your eyes down when they ask you questions. Look into the eyes of the questioner when you reply.



HOW TO DISCERN A BAD COLLEAGUE?

A healthy atmosphere at your workplace is essential for you to perform well at work. Healthy friendships from your colleagues and support and appreciation of the authorities are vital factors. Unfortunately, that is not the case in many workplaces. We will be interested

to know if our colleagues like us or if they maintain a grudge towards us. We can make out their attitude towards us if we examine these following behaviors:

They avoid facing you

If they shift their gaze away from your



face, even when they come right against you or if they evade you, then you need to understand that those colleagues do not like your presence.

They steal the glory of your work

They will steal the glory of your work as if it is theirs. They will snatch the appreciation and accolades due to you. They will also foil your potential promotions.

They will try to become your boss

Even though they are doing the same job and have the same rank as you, they will act as if they are your boss. They will reprimand you, correct you and advise

you as a part of this.

They will encourage you to resign

If someone is saying to you that you are not a person to work here; but you need to go further to reach higher levels, then take his advice only with a pinch of salt. Some people will be saying it sincerely. I exempt them. We can discern the difference between the sincere ones and the crooked ones.

They will disregard your opinions

When you work together as a team, they not only disregard you, but also belittle your views and opinions.



CAN CHILDREN BENEFIT FROM THEIR PARENTS' SPIRITUALITY?

Recent studies reveal that the spirituality of parents can positively affect their children. Parents' spirituality will immensely help to prevent their children from committing suicide, doing self-bruising etc. This finding was revealed by a recent study jointly conducted by New York State Psychiatric

Institute and Columbia University. They studied three generations of families to arrive at this conclusion.

Prof. Myrna Weissman opines that religion and spirituality are capable of providing inner strength to persons. Whatever be the religion you are following, the time you spend for prayer



and at places of worship will surely reflect in your actions and behavior. The inner strength you derive from prayer will definitely influence the lives of your children and bring good changes in them. The parents and children who participated in the survey, say in unison that their religious faith has been greatly beneficial to them. The study also reveals that the children who go to temples and churches and participate in the religious rituals have less suicidal tendency compared those who do not have religious faith or practices.

Studies also have revealed that spirituality has the power to strengthen mar-

riage bonds. Praying together, visiting places of worship together and participating in religious rituals will definitely reinforce family ties. Praying together in the evenings, especially in Christian homes, can enhance the warmth of family relationships. This practice has been widely lauded. The studies conducted by the researchers of Texas University also testify that religious faith can benefit a person's health and standard of living. Religious faith will ease your mental pressure and will make you tension-free. As a result, you will get good sleep. Certain studies also say that spiritual persons will have a long life.



HEADING THE BALL CAN COST YOUR LIFE

Do you imitate your football heroes in real life by heading the ball? Then you have a definite reason to be alarmed. Dr. Bennet Omalu, a Forensic pathologist and Neuropathologist, opines that heading the ball can cause brain-related diseases. He warns that heading the ball is a dangerous practice and that it is high time we changed this style of playing. Dr. Omalu revealed this fact during BBC Radio 5 Live. He advises that this practice must be stopped at a professional level as it is detrimental to the human brain. The brain is secured in the skull like a balloon. When a person

heads the ball, it causes harm to his brain. Many renowned footballers have been victims of brain-related diseases. Moreover, heading also can cause dementia. Teenagers can definitely play football, but they should strictly avoid heading the ball, Dr. Omalu adds.

Jeff Astle, the famous English footballer, was suffering from Alzheimer's disease, when he died in 2004 at the age of 59. He had a habit of heading the football ever since he was sixteen years old. Therefore, when children play football, parents and teachers must take care that they do not head the ball.



THE REASON WHY THE NUMBER OF UNMARRIED MEN IS ON THE RISE

The number of Mr. Brahmacharis (unmarried men) are on the increase all over the world, according to the new statistics. This phenomenon is predominantly seen in North American and European societies. The report of the study organized by the University of Nicosia, in which 6794 men participated, revealed the following reasons for men to remain unmarried.

One of the reasons for men to remain unmarried is their peculiar physical appearance. Eg. Baldness, obesity and colour.

Some men have low self-confidence. They will have low self-esteem too. They do not have the courage to face the conflicts and pressures that are inevitable in a married life. Another reason is their lack of interest in building relationships.





They think that they have no capability to attract women. Love failure and bitter experiences from women induce some men to pull back from marriage. Some others do not marry because of their poor financial condition. Yet another people do not enter into wedlock because they never get time to marry. Besides these, factors such as anxiety, shyness and depression keep some men away from marriage.

In certain countries, where men outnumber women, there is a shortage of female population to marry. In some cases, men do not marry because they are unable to find a perfect match. Some other men with low self-esteem think that they are under-achievers with poor mental state and lack of smartness. Such people also shun away from marriage. Yet another set of men are not only scared of women but also do not trust them. These factors prevent them from entering into a healthy relationship with women.

Another major factor why men remain unmarried is their anxieties in sexual matters. Erectile dysfunction has a major role to play here. A person who believes that he cannot satisfy a woman can never get married. Likewise, a man who thinks that he cannot be a good life partner also cannot succeed in marriage.

Some men may not be interested to enter into a covenant or maintain a long-lasting relationship with women. There are some people who have homo-sexual inclinations. There will be only men in the imaginations and dreams of these kind of people. Another kind of people are enslaved to various kinds of addictions like alcoholism and narcotic drugs.

These people also keep themselves away from marriage.



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