

OPPAM

ONLY POSITIVE



BE POSITIVE

OPPAM

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Editorial

DR ANTONY P JOSEPH
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THE REAL TASTE OF VICTORY

Berlin Olympics in 1936. All eyes were on the long jump as two legends of the sport contested for the prestigious Olympics gold medal. Those two persons were Luz Long, a German and Jesse Owens, a black American. Long was 27 and Owens was 23. Long, who jumped past 26 feet in the trail jump, was the trump card of Adolf Hitler.

But, Jesse Owens was no lesser. He had made a world record-setting jump of 26 and a quarter feet. Nevertheless, Owens felt his self-confidence failing as he saw Long's scintillating performance in the preliminary rounds. Hence, he could not shine in the three jumps of the qualifying round.

Disheartened, Jesse sat in the ground with an antipathy towards the whole world. All of a sudden, he felt a soft hand touch on his shoulder. It was Luz Long who touched him. Owens wondered why his opponent had come to see him.

But, soon he found that Long's countenance was amiable. Long sat near Owens and said: "I noticed your jump. You are jumping from the other side of the line. That was why your jump ended up as a foul. What you need to do is this: draw a line behind the takeoff board and leap from there. Then your jump will not become foul."

Owens did not find a reason to disbelieve Long's words. He jumped the rest of his trial jumps as Long had advised. As a result, Jesse Owens won four Olympic gold medals in 1936 setting new world records! History says that Luz Long was in the forefront of those who came to congratulate Jesse Owens without fearing even Adolf Hitler, who advocated the Aryan supremacy.

Perhaps, the young generation might find it difficult to understand this shining example of friendship that rose beyond rivalry. Because, today there are many arenas of competition than before. The nature of competition has also changed. Often competitions turn unhealthy and bitter. While a group of people try to defeat their opponents by thrashing them, tarnishing their name and conspiring against them, another group of people try to win by illicit means. In both case, the sole goal is to win.

General notion is that one can win only if one defeats the other. Majority of people do not understand that by paving the way for another's victory, as Luz Long did, one can taste victory. Long had no inhibitions in pointing out Jesse's fault and helping him to jump to victory. He was also ready to rejoice in Owens' victory. How many of us can do that? Since we are too keen about our own victory, we are perturbed by others' victory. We become jealous of them. This is a world in which everyone has an opportunity to win. While we try to emerge victorious, let us also help others to win.

Never thwart the dream of others to taste victory. Instead, share in the joy of others when they win.



WE NEED A 'HOMECOMING'

Robert J. Flaherty, a yesteryear Hollywood film director, came to India in search of an actor to perform a vital role in his new film 'Elephant Boy'. He came across a 13 year old teenager named Sabu Dastagir, the son of a mahout, and cast him in his movie. The movie became very popular. Later, Dastagir acted in many films and became a world renowned actor. He migrated to London and later to the United States. He married an actress named Marilyn Cooper. He died in California at the age of 39.

In their memoirs, some of his friends recalled that Sabu used to spend his lonely hours with the animals in the zoos in London and the United States. It indicates that a jungle boy from a sylvan village in India, nurtured a secret desire

to stay close to animals even after a long time since he left his native place.

This is what psychologists observe about this trait: "You can take a person out of the jungle, but you cannot take the jungle out of the person." That means, you can take a person away from his home, but it is not easy to take his home out of his mind. Home is so closely connected to a person's life. Whatever distance a person travels away from his home, the person will keep a secret desire to return home. However poor and shabby the condition of his home is, everyone wishes to come back to home. This desire intensifies as he grows old.

Recently, I happened to hear about a very old nun. During her advanced age, she was transferred to a nunnery near her home. During the hours of memory

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loss, she was found missing and eventually her co-nuns used to find her in her own ancestral home. When the nuns asked her: "Why do you go there now and then?" she used to reply, exposing her toothless gum: "I get an inexplicable joy when I am there!"

Home is a sweet memory for everyone. What makes a home so dear? It is nothing but the presence of one's dear and near. When one starts losing one's close bonds, the home also starts waning. It is the presence of our dear ones that induces us to go back to our homes. We never get elsewhere the joy, love and security which we experience when we are at home. So, all of us long for a home-coming.

In spite of all limitations, we always have a 'space' in our homes. A space where we are accepted as we are; where

we can behave as we are. That is home.

All of us are imperfect in our homes. It may be because our home accepts us with all our imperfections. Some people leave their home when they feel that they are no longer accepted in their homes.

In the play called 'A Doll's House' by Ibsen, the protagonist named Nora Helmer puts forward before her husband and children three reasons for her leaving the home: The first thing she says is that no one in that home speaks seriously. Secondly, she says that as days pass by, everyone in that home is alienated from each other. The third reason she says is that 'What her husband needs is not her, but a doll who acts for his happiness.' This is a plight that can happen to any home.

We should overcome the chances of our homes becoming a 'doll's house.' We have the responsibility to safeguard our homes in these times, when the media steals our hearty family conversations, expressions of love, prayers and dining together. We should not forget this.

Each parents need to hold the hands of their children and return to the original holiness and goodness of our homes.



IMPROVING MENTAL HEALTH CAN MAKE THE WHOLE DAY BEAUTIFUL

If you make it a habit to brush your teeth twice a day, you can avoid seeing the dentist constantly. It is a pity that many people do not give the attention and consideration they give to their teeth for improving mental health. If mental health improves, the whole day will be happy. You can move forward with energy. By acquiring better mental health each day, life itself becomes more enjoyable.

Stress hormones are a major factor in mental health impairment. So the first thing to do is to reduce the level of the stress hormone, cortisol. Conscious effort is required for this. Elevated cor-

tisol levels can also lead to various physical ailments. To avoid this, 15 minutes should be found at the beginning of the day.

Doing things regularly can lead to boredom. Wake up every morning and do morning rituals. Going to the office. Working regularly in the office. Coming back home. Eating and sleeping... It's a mechanical life. Sometimes you may even lose enthusiasm for the work you do. And yet it somehow carries on because it is a way of life.

Many people are overwhelmed by the boredom of what they are going to do when they wake up. Such negative



thoughts burden the mind and make it restless.

Thus those who are stuck in the routine, find new activities at the start of the day. For instance, consciously examine the inner self. What is in my mind right now, what thoughts are driving me... etc. Pay attention to inner well-being. Make time for things like listening to music in the morning, taking a deep breath while drinking coffee in bed and relaxing, walking, gardening, reading, etc.

Don't repeat these same things every day. Doing so can sometimes lead to boredom as well. If you listen to music one day, meditate on another. Talk to yourself. Dedicate the rest of the day to a morning walk, exercise, or gardening. Start each day fresh. Do something fresh. One can even renew love and friendship by calling a long-lost friend. It may be going back to happy memories. It is also important to examine what you feel when doing such actions. Are you able to achieve inner peace...? Is your mind a little freed...?

Beyond all this, you look in the mir-

No one else can give you inner peace. You have to create it for yourself. A person who does not have mental health cannot take on challenges or succeed in life.

ror and say to yourself: Today is going to be a good day. This day will be good... This day I will be happy. Bring positive thoughts to mind. Resolve not to get upset over the little things. No one else can give you inner peace, you have to create it for yourself. A person who does not have mental health cannot take on challenges or succeed in life. It is the mind that gets tired first, then the body. The exhaustion of the body is a continuation of the breakdown of the mind. We have to keep our minds healthy.

Welcome the day with the understanding that the key to my happiness is in my hands and I am the one who decides whether I will be happy or not on this day. Consciously make time for mental health each day.



THIS IS HOW TO HELP YOUR LOVED ONES WHO ARE DEPRESSED

Depression can strike anyone at any time. A person can be depressed for many reasons. Don't think that having money or fame will keep you from depression. People like Justin Bieber have been open about their depression. The death of loved ones, bereavement, love failure, terminal illness, financial crisis...there can be many reasons for a person to be led to depression. What we have to do is to lift them out of depression, whatever the reasons may be. According to a UK study, the leading cause of death for men under 35 is suicide. Depression is the reason for suicide. Three out of four suicides are of men. Let us see how to save those who are depressed in such a situation.

Communication

One of the first signs of depression is a lack of communication and people tend to be quiet. Back to the silence. If the person who used to speak well suddenly becomes silent one day and continues to be silent, then it should be taken seriously. Give him a chance to explain what's on his mind. Answers should not be coerced or forced.

Maintaining a proximity

Give closeness to depressed patients. Sometimes a hug can do more to that person than a lot of words.



Depressed people will slowly start to come down from their depressive peaks. What they need are consideration and love. With a collective effort, we can bring depressed people to the plains of life.

Honour the feelings

Respect the depressed person's feelings. They will have thoughts about what others will think about them and how they will evaluate them. Do not blindly judge them.

Explain the meaning of self-value

Being depressed does not diminish a person's value, nor does it make others

lose their love for him. They will be in prison with many negative thoughts. Therefore, what should be told and understood, what should be convinced should be about own value.

Say you are with them always

Feelings of being alone or of no one can be overwhelming for depressed people. So tell them that they are not alone. Frequent visits and loving interactions can solve their loneliness. When they realize that they are together, when they realize that they have someone to love, and when they realize that they have no one to blame.

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CONSIDERATION

People often forget to consider others when they are too busy with their lives. Yet, the majority of people never forget the instances in which they were ill-considered. Even those who do not consider others get perturbed when they are not duly considered. They murmur about it and carry it in their minds as an unhealed wound.

There are several reasons for this non-consideration. Some people ignore others because they think that the other one does not deserve to stand equal with them. Some others ignore others unintentionally because they are too busy with their life. But, there is a vast world of consideration in between these: The way I consider you when you and I are left alone.

Consideration in one's family, workplace, public place etc. These types of consideration are not like the consideration you leave behind when you are caught up in a festival crowd. Looking from another perspective, you

can consider someone even when you are amidst a festival crowd. You should consider someone not because of your close bond with them, but because they are human beings. By the very fact that they are human beings, they deserve consideration. You may not be able to welcome a beggar, beseeching at your door, as you would welcome your bosom friend. Nonetheless, they are human beings, who need to be considered. Great people are those who consider everyone equally irrespective of their status.

“For a statistician, you may be only a small unit in the crowd. For a postman, you may be a postal address. For a politician, you are merely a vote. For the income tax department, you are just a taxpayer. For a physicist, you are just a formula. For a chemist, you are a matter of experiment. For a biologist, you are only a model.”

You become you only to a person whom you care for and consider.



KNOW THE BENEFITS OF CONVERSATION

How can we make a conversation beneficial? A conversation becomes beneficial and sweet when both parties involved talk with each other frankly and without prejudices. Both parties must sincerely try to enter into such experience. One of them should initiate the talk. The other one should respond by understanding his/her wavelength.

But, what we see often is that even though a person begins to talk frankly and without prejudices, the other one

does not reciprocate creatively. He/she may not be so transparent. As a result, the first one will keep talking, but mutual connection will be missing. Finally, the first one will be disillusioned by thinking that his heartfelt words have gone futile.

Conversation can make relationships grow and fade. An open talk will grow relationships. At the same time, conversation with a closed heart and ulterior thoughts will only destroy relationships. They will read between the



Conversation stops when this sense of equality is missing. Take care that you do not let superiority complex or inferiority complex enter into your conversations.

lines and give unintended meaning to your words. So beware not to engage in conversation with people who misinterpret your words. Because, it might even destroy your mental health.

Conversation is often a self-exposure. It is like entering into a pool for a bath, removing your attires and orna-

ments. Conversation reveals what is in a person and who he is. Mutual respect and honesty are the foundation of any conversation. Superiority complex is not an ideal thing for a good conversation. Good conversation takes place only when both parties consider the other as equals.

Conversation stops when this sense of equality is missing. Take care that you do not let superiority complex or inferiority complex enter into your conversations. In a conversation, listening is equally important.

We must understand that there are more people in this world who have been wounded by words than by arrows.



BE POSITIVE

One of the biggest investments in life is having positive thoughts and outlook. It has even been found that a person who thinks positively has a longer life expectancy when compared to someone who has a very pessimistic view of life and the future. That's why psychologists alike agree that stress should be reduced and happiness should be increased. Here are some ways offered by psychology that help us to think and live positively.

Visualise life's desires

There is no one who never dreams about the future and life aspirations. Visualize your dreams every day in a way that whatever you want to become has actually been realized. It not only helps in realizing dreams but also helps in forming a very positive outlook on the future.

Engage in activities

Be it big or small, engage yourself



Often life gets negative when everything goes out of control. We all think that everything should be under our control and everything should happen as we wish. But many things in this world are not in our control. The world itself is changing. Accept this change.

in the activities. The happiness it gives will make life positive. Inactivity leads individuals to despair and a negative outlook.

Keep a book of gratitude

Each day may not be as good as we would like it to be. But the truth is that each day has something to be thankful for. Write down those reasons before you go to bed at night. A book of gratitude like this will help you develop a positive approach to life.

Help others in any possible way

There is nothing wrong with taking ourselves seriously and accepting ourselves. At the same time, be mindful to treat others as equals. Help them also in their needs. This is also necessary. Life is full of happiness and satisfaction when one lives not only for himself but also for others.

Practice Meditation

Meditation is very helpful in calming the mind and body. Meditation can also help you to respond positively to life.

Realize that not everything is in our control

Often life gets negative when everything goes out of control. We all think that everything should be under our control and everything should happen as we wish. But many things in this world are not in our control. The world itself is changing. Accept this change.



Communicate with nature

Today many of us are stuck working indoors. Work from home has become the new normal. The rest of the time is spent on mobile phones and the internet. Many people are unable to have a close relationship with nature. Communicating with nature is essential for mental and physical rejuvenation. Get out of the house for at least two hours a week and get out into nature.

Do not respond to negative situations

Amidst many good things, sometimes there can also be bad experiences. There will be a tendency to react to it immediately. This reaction does more harm than good. So train your brain



every day to avoid reacting to negative situations.

Send a thank you message

Imagine that someone did you a favour one day. Send a thank you message in response. With the advent of social media such as WhatsApp, it does not take much time to write a letter as we did in the past.

You will be responsible for your own emotions

What is your feeling now? Happiness, sadness, anger, hate, disappointment... Whatever be it, we have the control and responsibility over our emotions and experience. So decide one thing: I will not allow negative emotions to dominate my life. Such a decision and implementation will benefit a positive lifestyle

Pay attention to health matters

Exercising, proper diet and enough sleep will help maintain positivity in life.

Encourage yourself every day

The first and last thing you need to encourage is yourself. So motivate yourself every day. I can do this, I can get this, I can do my best... Talk to ourselves only positively.

It's a journey

Realize that life is a journey. Journeys are about moving forward. During that journey, many people will come across. There will be views. There will be experiences. Life is a mixture of joy and sorrow. There will be success and failure. Anyway, let the journey of life continue.

SOME TIPS TO REMEMBER WHILE YOU GIVE COLOR TO THE HOUSE

Color psychology claims that the paint given to a house can positively or negatively affect the mental health of its occupants, and everyone's preferences for colors can be different. The houses will be colored according to their personal preferences. However, color psychology puts forward certain points that can help you while coloring homes. Their psychological properties can also be understood.

Light Pink

Light pink is commonly believed to reduce stress. This is the color given to prisons in Switzerland. Because this color helps reduce anger in individuals. This color is also essential in color therapy. This color helps patients relax.

Green

Green is the color of nature. Green color can calm and cool the mind. There is also a more remarkable ability to impart positivity. It will also increase

efficiency and concentration.

Blue

Blue is a color that helps in lowering blood pressure. This will also help to release tension. Sleep deprivation will also be resolved. Blue will be more suitable for the bedroom.

White

White is known as the color of peace. It also brings positivity and serenity. Cleanliness and freshness are also characteristics of white color.

Color psychologists warn that you should think twice before using the following colors for your home. What are those colors? They are red, light yellow, dark brown, black, and grey. Red color increases the chances of stress, anxiety, anger, etc. It can also increase blood pressure. Dark brown and black are considered to be aggressive paint colors. The effects of these colors are depression, loneliness, fear, etc.



WANT TO BE HAPPY? PAY ATTENTION TO YOUR DIET

Why do you eat? It's a good question, isn't it? Most people answer that they're hungry. And that's right. You can't help but eat when you're hungry. Others may say that it is for health. That is also true. There are also answers like taste and work. Even though all the answers are correct in themselves, there is one more answer added to it. Eat to be happy. Yes, eating is not only for health but also for happiness.

Coconut

Some studies show that coconut can improve mental health and mood. It also calms anxiety. Naturally, it can also

make you feel happy. However, more research needs to be done on the positive effects of coconut's advantage on the human body.

Banana

Bananas contain serotonin. It creates a good mood. Vitamin A6 produces serotonin. Bananas are rich in them. A small banana contains 0.4 mg of vitamin A6.

Coffee

There are 1 billion coffee lovers in the world, which indicates that coffee is a good choice. By consuming coffee, the risk of depression is significantly reduced and hence one can experience happiness.



TECHNOFERENCE CAN RUIN RELATIONSHIPS

Not all of us are familiar with the term 'technoference.' What does it mean? It actually means interruptions in interpersonal communication caused by attention paid to personal technological devices. It happens when someone invests all his time in browsing smartphones or gadgets. As a result, when his spouse/friend/children/parents speaks to him or asks questions, he will not hear or ignore them unintentionally.

For example, you are participating in a party along with your friends or going for a trip or you are dining with them. All these time, you are supposed to speak to your friends and enjoy with them; instead, you are browsing your

smartphone all the while. When this becomes a habit, you will lose relationships. People will find it impossible to maintain relationships with such people.

This phenomenon is commonly seen in families. Your wife may be waiting for you to come home from your office so that she may share her heart with you or spend some time with you. Your children are waiting for you to share their experiences in the school. Your parents are waiting as well to talk to you about their ailments. But, you are not able to give ear to them since you are engrossed in your smartphone. When you carry this habit into your dining room and bedroom, your relationships will



be ruined. This can even lead to divorce.

We can hear so many complaints in the society: “He/she is always on the smartphone! He/she has no time to look after the needs of the family!” You can avoid such a plight if only you give a conscious attempt. Let us check some tips to tackle this issue:

Never use the smartphone when your spouse is saying something seriously to you. This is like insulting and ignoring the person who speaks. Your



Technology is good; but it depends on how we use it. But, what we often find is that we use technology to connect with those who are far away at the expense of those who are near.

spouse may be coming to speak to you about something serious or to relieve herself from some stress. Consider her with due respect and attention. Do not browse your smartphone while she is speaking.

Do not allow technology to ruin relationships. It should be used to build relationships. Technology is good; but it depends on how we use it. But, what we often find is that we use technology to connect with those who are far away at the expense of those who are near. This is not right. So, do not use smartphones while you are sitting with your family members. Do not allow it to be a nuisance during your happy hours. Keep aside your mobile phone while you are at the dining table.

Reduce screen time

Some people may have to use their smartphones as part of their job. Yet, reduce the use of smartphones after 8 pm. Instead of speaking to others over the phone, talk to your spouse and children who are with you.

Give time to other things as well

Understand that you get more happiness while doing exercise, prayer, reading and personal relations than while using a smartphone. Reduce the time of smartphone use and spend more time to build relationships.

UNDERSTAND YOUR CHILDREN



“Good for nothing!” “Naughty!” “Disobedient!” Most parents call their children these names when they are irritated with them. Most parents expect their children to do everything as they command, obey everything they say, study regularly, secure top ranks, get up early in the morning and strictly follow the time table.

But, very often children may not obey their parents exactly as they ask. They may not be hundred percent submissive. This makes the parents disturbed and angry. It will hurt their ego and they will call names at their children as I mentioned above.

Parents must keep certain things in mind before calling them names. They

should get into the shoes of their children and think. Understand and assess their mind. Some parents behave with their children as if they are enemies because they do not look at things from their perspective.

Some parents think that they can get angry with their children, but the children have no right to express their anger. They will shout at their children in a fit of anger so loudly that even the neighbors can hear it. But, when their children behave like that, they will not be able to accept it. Children may ask you why you are shouting so loudly. Raising one’s voice is an act of suppressing. If a parent tries to suppress his children by raising his voice today, the children

will also suppress him tomorrow in the same way. Can these parents find fault with their children? These parents have no right to put the blame on their children if they raise their voice.

We must understand that children are incapable of suppressing their emotions like adults. That is why they are responding loudly when they are rebuked or corrected. Parents should understand that if this tendency is sustained while they grow up, it will adversely affect their character.

Most parents, who complain that their children are raising their voices, do not inquire about the reasons and circumstances which induced them to behave so. They must try to evaluate those circumstances and make sure that such circumstances are not repeated. It is better to express one's anger than to suppress it. Because, a suppressed anger comes out as outbursts that can create devastating results.

Every person has his own distinct personality. Your children have their own personality. They have their own freedom, aptitudes and thoughts. Even parents have no right to traverse their

Our time demands that parents should understand their children more than children understand their parents. Because, our children are not living in a time we, parents lived through.

boundaries into their personality. Remember that your children are persons, before responding to them. They like a tone of request rather than commands. They prefer loving corrections rather than arrogant rebukes.

Our time demands that parents should understand their children more than children understand their parents. Because, our children are not living in a time we, parents lived through. The things which we considered as serious are no more serious to them. There is no use in blaming them. Their thought patterns are different. Their time has a faster pace than our times. Parents should realize this. Once we have understood this, we will be able to understand the changes in our children and respond to them constructively and positively.





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