

OPPAM

ONLY POSITIVE



**DO YOU HAVE A BALANCED
PERSONALITY?**

**Don't get too close
to these people**

OPPAM

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Editorial

DR ANTONY P JOSEPH
Managing Editor

BEFORE YOU JUDGE

The owner of the house was very disturbed that day. He was disturbed because his servant who had gone to his home on the previous day had not returned yet. Plates and spoons lay unwashed in the kitchen sink. Besides, he felt very hungry too. As time passed, his anger grew hotter towards his servant. "Let him come. I will dismiss him today." The house owner swore to himself.

It was evening when the servant returned. The moment he saw him, the house owner exploded: "you need not stay here anymore. I know how to live without you. But if I dismiss you, you will perish. A servant should be responsible after all." The servant listened to whatever he said with a bowed head. When finally the house owner stopped his shouting, the servant said: "Please forgive me, master. Yesterday my daughter passed away. I had to wait until her funeral was over. That's why I was late to reach here."

Do you know who that house owner was? It was the great Indian poet Rabindranath Tagore. Our judgements on others often become cruel. We make such rash and heartless statements without

discerning the real reason. Let us take another look at this incident that happened in the life of poet Tagore. Tagore was a philanthropist, a great poet and a noble man. Still he misunderstood his servant in one moment. He forgot his commitment and honesty which he had experienced till that day. When our comfort is affected, we will make blind judgements on others. We will not try to think from their point of view.

If a person, who had been doing all his tasks diligently, makes an unintentional mistake one day or he was not able to complete his work today as he did yesterday or he reached for work a little late... in such cases we should not shout at him. Instead try to see things from his perspective. Look at him with a kind heart. Never make rash judgements. He might have his own reasons. May be he was ill or some personal issues might be perturbing him. Be tolerant to such persons.

If a great poet like Tagore was not immune to such mistakes what about our case? So let us try not to make such mistakes. Let us keep ourselves away from making rash judgements.

A REFLECTION ON DEPRESSION

Depression can be compared to a strait in which a man often gets trapped in. It is like a whirlpool that keeps encircling us despite all our efforts to get free. It is not because you have no money, beauty or reputation that depression comes into your life. Despite having all these, depression can come into your life at any time, often without any concrete reason. In an instance, depression nullifies all the happiness of your life. You will feel that everything - your relations, your tal-

ents, your accomplishments and your body- is worthless.

This is evident from the suicides of certain celebrities. They had plenty of money, they were beautiful and they were surrounded by fans. Even though they had everything that the world look upon with envy, these celebrities found them worthless when they were overpowered by depression. When common people hear about their suicide they would ask: "They didn't lack anything. Still why did they do it?"



Mind is an enigma. If you are able to maintain the equilibrium of your mind always, that is a great thing. If you are able to control your mind, you will be able to conquer the world. You will be successful as well.

They committed suicide not because they lacked anything, but because they lost the control of their mind. Hence, when you assess depression-suicides, never compare them with usual suicides.

They secretly hoarded volcanoes of depression in their mind. They were unable to disclose them to anyone. When it exploded, their lives were washed away in that torrent. The reason for depression-suicides is not hatred for others, but indifference to oneself.

Depression is like an unexpected visitor, who pesters the host to the core. Like that visitor, depression will take control of your whole life in one moment. How true are these words of the actor Sushant Singh who committed suicide due to depression: 'Men have emotions too'. If a common man utters

these words from a crossroad, people will discard it like a meaningless babble. But Sushant was a person with thousands of fans.

Yes, men also have emotions. They also have deep sorrows. When those sorrows begin to eat them up they will throw away their lives, without waiting for anyone to console. It is easy to criticise. But those who have gone through bouts of depression only know how excruciating it is. Earnest Hemingway, the author of the inspirational novel 'The Old Man and The Sea', ended his life with a suicide. Writing and preaching inspirational articles and sermons does not mean that one can prevail over depression. When they find it impossible to conquer depression, they will succumb to suicide. How many people have sacrificed their lives like Hemingway due to depression!

Sometimes frenzy can be a form of depression. Or is it the same as depression? Who knows? One thing is certain. Mind is an enigma. If you are able to maintain the equilibrium of your mind always, that is a great thing. If you are able to control your mind, you will be able to conquer the world. You will be successful as well.



DO YOU HAVE A BALANCED PERSONALITY?

A personality is not complete with one or two elements. Every life is multi-dimensional. One will have a great personality only when all the elements work together in right proportion. Let us see which those elements are:

Physical

The importance that we attach to our health and body plays a key role in this. Only a healthy body will have a healthy mind. Use your body creatively. Exercise plays a vital part. Sleep is another important factor. Some studies say that

we need to sleep from 6-10 hours at night. Skipping sleep can adversely affect your stamina and immune system. A good sleep will ensure good health. Eating habits are equally important as well. You must eat food rich in nutrients. Get out of bad habits and practice cleanliness.

Psychological

If you neglect your body, your body will neglect you as well. The same is the case with mind also. So, keep your mind creative and sharp. Reading books, ideating new concepts, studying etc.



Maintaining composure of mind through practicing meditation is a sign of maturity. We should be able to forgive our past mistakes. We might repeat our past mistakes tomorrow also, but we should be able to forgive ourselves and learn from mistakes.

will energize your mind. Reading and study are exercises for your mind. If you maintain a reading habit and keep your mind alive, you can prevent dementia. Puzzles and problem solving activities can also help you to energize your brain. Listening to online talks are also good for mind.

Emotional

We also need to attain maturity on emotional level. For this, first of all you need to have self-awareness. It is an awareness of how we react to a particular situation. Self-regulation is also equally important. We should be able to channelize our responses positively. Capability to empathize is another important factor. We should be able to empathize with others. We should have Social Skills as well. It consists in the healthy response towards the feelings of others. Maintaining composure of mind through practicing meditation is a sign of maturity. We should be able to forgive our past mistakes. We might repeat our past mistakes tomorrow also, but we should be able to forgive ourselves and learn from mistakes. Pursuing emotions impetuously and thoughtlessly can lead us to danger. So

we need to put a rein on our emotions. Practice stress management to reduce your daily stress.

Social

Healthy relationships can make you a good person. Keep in touch with your family members and friends. Improve your communication. Good and bad relationships depend upon your communication. You will fail in your life if you do not know how to communicate your thoughts and emotions properly. Always try to enter into relationship with new people each day. But always remember that quality is more important than quantity. We should also know how to use social media wisely.

Financial

You should decide in advance what kind of job you want. You should also examine if you have all the resources required for that job. Your innate talents are crucial in this regard. Discover your capabilities as well as your limitations. This will help you to become an owner of excellent personality.

Spiritual

Being spiritual does not mean to be a part of any religion. It means to have a profound understanding of the meaning of life. Live your life in its fullness. Lead a life in communion with nature. Sometimes you need to spend your time in solitude-in prayer or meditation. Realize that life is good and lead your life with that awareness.

In short, the above mentioned factors help us to have a balanced personality. Find out your limitations and solve them to have a good personality.

A LITTLE GAP IS GOOD FOR SUCCESSFUL MARITAL LIFE

A saying goes thus: “When consumed excessively, even divine nectar will be poisonous”. This rule is applicable in marital life as well. Psychologists say that excessive attachment toward one's spouse can create problems. Inordinately binding your spouse with love can do more harm than good.

Yes, you should love your spouse, but you should also understand that he or she is another person. Your spouse has a different personality. When you stop seeing your spouse as your property and accept her or him as another personality, your relationship will become strong. Then you will begin to understand the meaning of his or her

actions. Try to see your spouse from his or her perspective. Then your complaints about him or her will slowly stop.

There are some people. They won't allow their spouse to move this way or that way. They will not let their spouse go to their home or mingle with their friends. This is not right. Your spouse had a family and friends before he or she was married to you. They have the right to maintain those relationships. You need to put a curb to those relationships only when you sense that they are threatening your family bond.

There are some people who are too anxious about their spouses. Hyper emotion is the reason for it. Practicing detachment is the solution. When you



Give ample space to your spouse. Never trespass into his or her space unnecessarily. Find a space for yourself as well. Think also about yourself rather than thinking too much about your spouse.

maintain a healthy distance in your marital relationship, half of your anxiety will vanish. Peace will begin to pervade in your life.

Some people say that “I cannot live without my spouse”. This is a sign of over attachment. We should be aware of the unpredictability of life. We should attain the psychological maturity to face if anything bad happens to your spouse. We will be able to overcome this only when we get rid of our hyper emotion. Then you will be able to face anything that happens in your life.

Self-dependence has a key role to play here. There are some wives who

hold that they will cook only if their husbands purchase the necessary things. They are not ready to buy even a packet of salt from the shop. Likewise there are some husbands who solely depend on their wives for washing and ironing their clothes. They will understand the disadvantage of this habit only when they are forced to live away from their home for a week or two. Hence self-dependence is essential for a smooth flow of marital life.

Give ample space to your spouse. Never trespass into his or her space unnecessarily. Find a space for yourself as well. Think also about yourself rather than thinking too much about your spouse. Never forget your happiness while you pretend to do everything for the happiness of your spouse.

In short, keep an aesthetic distance between you and your spouse. Give him or her a space of freedom while you hold on to him or her. Believe that you can also live in the absence of your spouse.



NEVER BE AFRAID OF QUESTIONS

People in general are afraid of questions. Going down the memory lane, we would find a childhood when we were scared of the questions of our teachers. Those who know the answer need not fear questions. They would raise their hands and say 'Sir, I will tell the answer.' There are also some others who hide from their teachers to escape

questions. They would sit quietly with their heads down.

In fact, it is questions that help us grow. Those who try to escape questions are actually running away from themselves. They are afraid that their ignorance would be exposed. Great masters used to ask questions. It was through questions they helped their



We also need to ask questions to ourselves. It's a way to self-grow. Let the questions that sprout in us grow. Follow them. Ask questions until you get answers. We will grow along with those questions.

disciples grow. Think about the masters like Socrates. Not only did they ask questions but also they allowed others to question them. They never ran away from questions.

But, most rulers of the modern times are intolerant to questions. They would suppress questions that are darted towards them. They evade questions.

In some families too, the right to question is suppressed. In some hous-

es, the wife has no right to question her husband about how he has spent the money and vice versa.

If the couples have no freedom to ask questions mutually, it means that the bond of love is absent.

There are also a different kind of questioning - questions of the children. Sometimes, parents are speechless before the questions of some little children, especially if he asks 'From where did I come from?' Most parents would respond to such questions with a 'shut up' command. Let children ask questions. Never silence them.

We also need to ask questions to ourselves. It's a way to self-grow. Let the questions that sprout in us grow. Follow them. Ask questions until you get answers. We will grow along with those questions.



Parents do not appreciate it when they hear their children cry. Most parents tell their crying children the same dialogue: "Stop crying!" But if the child continues to cry, the parents will say angrily, "Didn't I tell you to stop crying?" Sometimes parents also raise their hands on their children.

Amy Morin, a psychotherapist and author believes that it is a parenting mistake, because this is what children learn from it: This feeling is wrong, or that it is not to be expressed. As a result, later children will try to suppress their emotions. They begin to live with a mask over their feelings and emotional experiences. A child has the right to cry,

let him or her cry. Parents need to understand that feeling and respond positively to it. Only then the children will be able to build up a better personality.

Another trait found in many parents is to praise their children only for their achievements or congratulate them only if they have excelled. There are parents who lavishly praise their children only when they get full marks in exams or are toppers in competitive exams. A child who realizes that their parents want to see them as winners, will later cheat and lie in exams to win their parents' praise. Their deceitful attempts to succeed in front of their parents, will lead them to a world of danger in the

AREN'T KIDS SUPPOSED TO CRY?



Children should be given the freedom to make their own decisions and find a way out. Many parents today find themselves in a busy world. Many of them are unable to meet their children's emotional needs.

future. Anyone can appreciate success, but you become a true parent when you can console them in the failures. If they want their children to see only their success, where will they place the weight of their failures? Should parents at least be there to comfort them in life's failures and hardships?

Most parents today are raising their children without informing them about any struggles and turmoils of life.

Children should grow up knowing not only the joys but also the difficulties in life. They must be nurtured through experiences ranging from physical pain to financial deprivation. Only then will they be able to respond systematically to different experiences in life.

Parents should not solve all their children's problems. It is sufficient to intervene, correct and guide according to their age level. Children should be given the freedom to make their own decisions and find a way out. Many parents today find themselves in a busy world. Many of them are unable to meet their children's emotional needs. Many parents are unable to spend enough time with their children due to mobile phones and social media. Children who are raised this way, often find it difficult to form healthy and meaningful relationships as adults.



DON'T GET TOO CLOSE TO THESE PEOPLE



In our daily life, we are constantly interacting with various kinds of people. Some of them may be our colleagues and friends. But not all people with whom we interact will nurture or help us succeed as good human beings in the future. All individuals have their shortcomings and weaknesses, but if we keep some people in our life, it is more likely to affect our personality and life negatively. Therefore, it is necessary not to be close to such people and not to have heart-to-heart relations. In other words, we should avoid such people

not because they are problematic, but because they might become a problem in our life. Following are some of the characteristics of such persons to be avoided.

Narcissism

Some are like the character in the Greek legends, who is never tired of loving his reflection on the mirror. They cannot get out of their love for themselves. They only think about themselves. They assert every moment through their actions and words, that

Some people carry the expression of 'I' as a symbol. No one can tell them a thing or correct them. They think that they are the only ones who are right.

they are the only one who is perfect in this world.

Gossip

Some people carry slander as a part of life. They are the ones who do not get sleep if they do not blame anyone. If today they slander you about someone else, tomorrow they will slander you too. Don't encourage or associate with slanderers.

Lack of self-esteem

Some do not feel good about themselves. Their style is self-deprecating.

Self-injurers. Those who are looked down upon. If we establish a relationship with such people, naturally those traits will enter our personality.

The self-destructive ones

Avoid being friends with people who have habits like overeating, lack of exercise, drinking alcohol, smoking, etc. Sometimes you may start smoking or drinking under their influence, but you may not be able to get out of it later.

Dependency

Everyone's lives move forward concerning each other. But some people depend on others too much, even in unnecessary matters. They will have no courage to do anything on their own. This is a negative approach to life.

Unusual jealousy

There is no one who will feel even a



modicum of jealousy. But those who are abnormally and excessively jealous are destructive. They cannot rejoice in other people's good deeds or success. They are only destructive because of jealousy.

Indecency

It is a good virtue to be decent, not only in public places but also in personal relations. But some people are just rude. Those who do not hesitate to speak and act without respect for the opposition. Be careful, as their actions may hurt us.

Lie

There are a lot of people who take lying as a vow. Those who open their mouth only to lie. Don't let them get too close.

Ego

Some people carry the expression of 'I' as a symbol. No one can tell them a

thing or correct them. They think that they are the only ones who are right.

Physically abusive

This is more likely in family relationships. It is estimated that men and women are equally victims of this. Psychologists say that there is no need to continue a long-term relationship with a physically abusive man or woman.

Emotionally wounded

The pain of physical harm may be forgotten after a few moments. But that is not the case with emotional words. It becomes a permanent scar on the heart. Stay away from those who are constantly verbally and emotionally abusive.

Criticism

Healthy criticism is good but destructive criticism is not good. Stay away from those who are destructively critical as if they are destroying you.



WHY FINANCIAL DISCIPLINE IS ESSENTIAL FOR A HAPPY FAMILY LIFE?

There is no doubt that the prime factor that bonds a family is love. At the same time, finance also has an important role to play in a happy family life. Money has a key role in the overall happiness of a family. Because, it is money that controls many things in life. When you do not have enough money to spend in exigencies, it will create rift between relations. This problem can be solved if you have financial equilibrium. So, it is essential that the couples have a mutual understanding and maintain discipline in financial matters. They should get into a mutual understanding

on this from the time they enter into wedlock.

Couples should maintain transparency in financial matters. They should have mutual understanding on matters like salary, other income resources, expenses etc. There are many families where there is no proper awareness of these. There are some cases in which the wife does not know how much her husband earns. There are wives who do not tell their husbands when they get salary; likewise there are husbands who squander the lion share of their income. In such families, happiness will



Just like having financial equality, the couple should also have financial freedom. If any of them faces a personal financial necessity, he or she should have the freedom to spend it.

be wanting.

We, who advocate for gender equality in everything, should also implement it in family financial matters as well. Both of them should be ready to spend at least half of their income for the family. The whole financial burden should not be put on one spouse alone. In most families, one of the spouses will be taking up the whole financial responsibility of home loan and vehicle loan besides household expenses, education fees, medical and entertainment expenses etc. Hence, both the spouses should equally share the financial re-

sponsibility.

Take decisions in financial matters together. Discuss about the pros and cons before you finally arrive at a decision. Unilateral and arbitrary decisions will create a rift in family bonds and may result in the wreckage of the family.

Just like having financial equality, the couple should also have financial freedom. If any of them faces a personal financial necessity, he or she should have the freedom to spend it. For example, if the wife wants to help her friend or her family in need, the husband should be willing to help her with his money in such situations. Wife also should do likewise.

There should be an emergency fund to deal with emergencies. It will help you to tackle unexpected expenses. Both the couple must invest their share in this fund. Such funds will help you to solve problems when you face emergencies like loss of a job, illness, renovation of your home and so on.



HERE ARE SOME WAYS TO CALM YOUR MIND

“I am good for nothing. My life is in vain. This is my fault. Nobody is understanding me...” These are some of the expressions we make when we have to go through adverse situations of life or when we face emotional imbalances. These negative expressions emanate from our fear of failure, guilty consciousness, anger, inferiority complex and lack of self-confidence. But, you have to remember that you are a combi-

nation of mind, body and soul. We have the capability to decide, experience and think. We should deal with our negative emotions in a healthy way. Here are a few guidelines to calm your mind and to sustain your emotional equilibrium.

What am I experiencing now?

If we are going through an undesirable situation or we are facing an



When a problem occurs, people generally try to solve those problems. Nobody thinks about what is happening to them. So what we need to do primarily is to think about ourselves, find out what we need and make a decision based on that.

unexpected circumstance, write down that feeling. Be it anger, fear, depression, vengeance, anxiety, insecurity or guilty consciousness, write them down.

What am I thinking?

What am I thinking about this occasion? What am I thinking about my partners in this particular activity? Give

a subjective definition about the facts.

What do I need?

What do I need on such occasions? Rest, silence, communication, understanding, listening, definitive hope...

The above mentioned questions are simple ones. But, we can solve certain problems that are troubling us with the help of these questions. Before someone else takes control of the problems you are facing, harness those problems. Change should start with yourself. When a problem occurs, people generally try to solve those problems. Nobody thinks about what is happening to them. So what we need to do primarily is to think about ourselves, find out what we need and make a decision based on that. When we have adopted this way, we will become calm to a certain extent.



EFFECTS OF COMPARISON

Do you desire to be happy? One of the factors that is stopping you from being happy is comparison. We always compare ourselves with others. This leads you to depression and inferiority complex which ends up in a dull and moody mind and life.

'Oh she is so beautiful' 'What a fit body is his' 'He has such a costly dress!' How many sighs like these are we carrying all our way.

The saddest part of this is that most of us do not realize our actual worth and rate ourselves very low.

Thereby we fail in finding happiness. And this inferiority complex leads us into darkness.

Apart from that we may also face

humiliation when people compare us with others. 'See how he does things. Why can't you be like him' is something we hear often.

Comparisons can even be a reason for breaking good relationships. People often do not realize their blessings. They keep comparing with their neighbours which ultimately bring nothing but hatred. After losing everything, a sense of loss starts to rule them.

'It's only me, who doesn't have that'... These kinds of thoughts are the gifts that you gain from comparison. This can never give you peace, joy or satisfaction. Hence if you desire to stay happy in life, you will have to forgo all kinds of comparisons.





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