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OPPAM

O N L Y P O S I T I V E



**A SMILE CAN
CHANGE YOUR LIFE**



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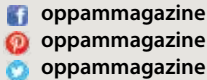
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Editorial

DR ANTONY P JOSEPH
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DISCOVER THE TALE BEHIND SUCCESS

That child was born as the son of an unmarried couple. Later he was adopted by another couple. Even though they had promised to educate him, he could not complete his studies in the college. He even had days of starving. Nonetheless, he did not fail in life. Overcoming all odds and challenges, he scaled great heights that the world looked up to him with awe.

Today the whole world knows him. Millions of people in the world are benefited by his service. His name is Steve Jobs. He was the co-founder, chairman, and CEO of Apple. He popularized the concept of personal computers and founded Apple Inc. He was born on 24 February 1955 and passed away on 5 October 2011 at the age of 56. He could achieve many incredible feats in a short time of 56 years.

Often our eyes fall on the success of people and rarely do we understand the back story of their toil, tears, and sufferings.

Back to Steve Jobs. He became part of Apple when he was just sixteen. But John Sculley, whom he appointed as the CEO of the company, expelled Jobs from Apple. We can guess the agony Jobs felt at that moment. But in the next five years, Jobs founded companies such as Next and Pixar and became the CEO of Apple. It was his hard work, determination, and unflinching confidence in himself that enabled Jobs to achieve great success. Born as nobody, he could take the world by surprise.

There is an idiom 'born with a silver spoon in the mouth.' Such people have everything they need and all the conveniences around them. They can get everything they desire. But the success reaped by people of lowly origin is of more value than the success achieved by people who have everything. That is why Steve Jobs' achievement becomes brighter and more exciting.

Instead of staying stunned by the achievements others are making, we should study and analyze their struggles and success tactics and be inspired. We should discover and assume new ways of doing things. Such people will reap success in life. So do not fix your eyes on the success of great people. But analyze their lives that led them to such heights.

With best wishes,
Dr. Antony P Joseph

THE UNEXPECTED

Sometimes life is like that. We would be walking leisurely, serene, and happy. We may have some expectations, calculations, hopes, sense of reality, and so on.

Unexpectedly, a vehicle or something of that sort collides with us and we are knocked out. We are left with bruises and wounds.

This was not something that we expected. We never desired it. But that was what happened. We call it the 'Unexpected.'

Life is full of unexpected occurrences. It keeps waiting for us with many surprises. When this waiting becomes a collision, unexpected things happen.

When everything happens as we

expect, life is a monotony. It is like a student who arranges his school bag with books according to the timetable of the next day. He is happy to keep the books of his favorite subjects – English, Malayalam, and social science.

But on the next day, in the absence of the Malayalam teacher, the mathematics teacher whom he does not like comes in. This is what is called the 'unexpected.' It takes time to adapt to the unexpected. The mind will not be ready to cope with the new. It is not easy to rearrange our thoughts and memories according to the new circumstance.

Unexpected things happen in the lives of everyone. But the responses will be different. The response to winning a



When we write the word ‘unexpected’, it is a relief that there is ‘expect’ in that word. It is like finding water as we dig the earth. Something hopeful is in every unexpected happening.

lottery is not the same as the response to a heart attack. Great excitement for the first one and immense shock for the second one.

Both are unexpected occurrences. But we react to these two in two different ways. Both these happenings change our lives in two very different ways.

A normal person cannot come out of such a situation. Some people will be able to thank God for the unexpected boons. But how many of us can see the hands of God in unexpected disasters? Loss of job, financial crisis, business failure, chronic disease, separation...

the list is long.

Death is the surest thing in life. Yet we find death as an unexpected experience. Why does death become a great shock? Although it is unexpected for us, for God it is not unexpected. That is the reason why God has asked us to stay prepared in every moment of our lives.

When we write the word ‘unexpected’, it is a relief that there is ‘expect’ in that word. It is like finding water as we dig the earth. Something hopeful is in every unexpected happening.

We need to prepare our minds to accept every unexpected occurrence. The darkness that fills our mind when something we do not desire happens is a thousand times greater than that which affects us when something we expect does not happen.

A last question: How will you react when something unexpected happens in your life?



POSTPARTUM SYMPTOMS AMONG MEN

The term 'postpartum depression' is commonly used today. It indicates the depression found among women during post-delivery period. Today people are generally aware of this phenomenon. So, their relatives and the society treat these women with sympathy.

But how many people are aware of the postpartum depression among

men? It is a reality. According to the statistics, one out of ten men is susceptible to this depression. But our ego is not prepared to admit this reality. So, these changes in men are not duly taken into consideration and are mistaken for something else.

Postpartum depression symptoms are similar in men and women. Yet it is helpful for those who are passing



When we say sorry, we are actually taking on ourselves all the responsibility for whatever happened. It is the reluctance to take up this responsibility that hinders many from apologizing.

through postpartum stage to make a comparison:

- Anger; a tendency to quarrel
- Craving for alcohol and stuff
- Despair
- Violence
- Gaining weight or losing weight
- Withdrawal from the society
- Laziness, lethargy
- Frequent sexual disturbances
- Loathing for sexual relationship
- Fatigue
- Crying alone
- Suicidal thoughts

Hormone changes that are one of the causes for postpartum depression in women, also causes depression in men. Besides, it is seen that with the birth of a child, testosterone level in men diminishes. But the reason for this decrease in testosterone level is still an enigma to the medical science. But science is sure that decrease in testosterone level and postpartum depression are correlated.

It is observed that a person who is naturally gloomy becomes more depressed with the birth of a child. Depression tendency in the family increases the chance of postpartum depression. Likewise, the postpartum symptoms in the wife are contracted to the husband also.

Losing sleep at night as one spends sleepless nights for taking care of the baby can also be a cause of postpartum depression. Mismatch with wife, unexpected pregnancy etc. can also cause postpartum depression in men.



Even though the realization that he is going to be a father initially excites him, he loses his verve once the child is born. With the birth of the child, the man is enslaved by anxiety. He gets tensed by the thought that his child has some chronic disease. Such thoughts and whims can lead him to emotional outburst and a breakup.

According to another report, men will start to exhibit postpartum symptoms when his wife is three months pregnant. In the next three months these symptoms get to the peak.

Women with postpartum depression conceal their condition within, but men usually express it by emotional outburst, anger and violence. Many men do not try to consult a doctor even when they find the unusual symptoms of postpartum depression. He is not ready to accept it or admit it as he thinks he is the head of the family. Psychotherapies such as Cognitive behavioral therapy and interpersonal therapy are found to be effective solutions for this. Many developed countries have implemented restorative measures for

SOME HOME SOLUTIONS

Give the father more opportunities to interact with the new born baby. Let them bathe, change dress and feed the babies.

Schedule the night duty of staying awake for the baby's needs in an alternative way.

Parents must together spend time with the baby.

Engage in physical exercises.

Go for an occasional trip and reclaim the lost happiness.

assessing the mental health of parents and treating them.

The mental health of the parents has a decisive role to play in the mental and intellectual growth of the child. So, it is essential for postpartum depression among men to be discussed and dealt with. They need psychological treatment.

(Courtesy: internet)





A SMILE CAN CHANGE YOUR LIFE

Smile is a gift exclusive to mankind. It is inevitable in human relationships. Every smile opens a new door to a deeper love and closeness. Even a smile blooming on the face of a stranger may lead us closer to him or her. We feel closer to a person who keeps a smile on his or her face. Smile is a medicine with the magical powers to melt harshness of heart and lessen the distances.

These are about the general features of a smile. At the same time, most of us are aware of the health benefits of smiling. Laughter clubs are proof for

this phenomenon. Here those who do not know to smile or laugh forget themselves and laugh out aloud.

These laughter clubs indicate that the world at large is aware of the concrete and creative benefits of laughter. Programs that evoke laughter have the biggest rating on TV channels. Jokers, who make the audience laugh, are an essential part of the circus. We need to explore the psychology behind the medley of comedy programs telecast at night that raise an uproar of laughter. Hilarious movies have more demand

A smile or a hearty laughter can greatly relieve a depressed mind. Never lose a chance to laugh out. Smile at others from your heart.

than the sad ones. Because everyone wants to laugh. Laughing or smiling is an external expression of happiness. Let us check what are the health benefits of laughter:

Laughter improves our mood. It raises the standard of our living. It reduces anxiety, depression, tension, fatigue and body ache. Laughter plays a vital role in improved cardiovascular

functions in the elderly. Laughter is good for those who have type 2 diabetes and hypertension.

Certain studies have revealed that those who laugh can sleep for more hours and live longer. A study conducted in Japan states that laughter can solve our limitations. All these things tell us that laughter is a medicine for mental and physical health. And this medicine is free of cost!

A smile or a hearty laughter can greatly relieve a depressed mind. Never lose a chance to laugh out. Smile at others from your heart. You will definitely get the smile back. Thus, moonlight of joy will flow into our lives.



HOW TO MAKE FAMILY LIFE HAPPY?

The number of couples leading unsatisfied lives are on the increase today. In fact, there may not be any solid reasons for these problems. Mostly trivial problems are the underlying factors. Problems arise when these trivial issues are blown up.

These little problems can be easily solved if only the couple take a step together. But they remain unsolved because the couple do not realize the real problems underlying. How can these problems be detected and solved? How can the old happiness be reclaimed?

Here are some ways:

Find time to sit together

In the hectic schedule of life, couples never get time to sit together or talk. In most families, the husband and the wife would be working. Early in the morning, they begin the preparations for rushing to their workplaces. In the evening, they rush back home. After reaching home, they engage in various household chores. Finally, when they go to sleep, they would be tired in mind and body. They may not have the disposition for romancing or sharing their



Do not find fault with the other when you talk. Avoid warnings and admonishments. Time you spend together is not a time to find fault with the other. It is an occasion to express love and grow in love.

thoughts and feelings. They just want to fall asleep somehow. When this routine is repeated for many days, a mental distance will arise between them. Their bodies will be close, but their minds will be poles apart.

To avoid this situation, both the husband and wife must find time to spend together. However busy you are, find some time to spend together. Give value to the valuable. What if you gain everything else and ruin your family life?

Talk from the heart

The next thing you have to do after you have sat down together is to talk to each other from the heart. Once you have started talking, ice will start melting between you. Give your children chances to talk and share the experiences they had in their classes. When a cordial ambience is created in the homes where the parents and children can open up, the distances between hearts will be lessened. There will be a return journey to the love that was lost. So, be willing to open up and talk from the heart.

Dine together

If both the parents are working, their mornings will be hectic. Both of them will be leaving home at different times. So, it will not be practical to dine together. Lunch will be separate off course. At



least try to have dinner together. Make your dining table a place of love and sharing.

Do not blame each other

Do not find fault with the other when you talk. Avoid warnings and admonishments. Time you spend together is not a time to find fault with the other. It is an occasion to express love and grow in love. So, never spoil it by blaming the other. Do not waste your time on watching TV or browsing the smartphone while you dine.

Engage in entertainments or games

Engage in some sort of games such as carroms, cards and chess. Encourage

everyone to participate in the games. Or go out and play some outdoor games like badminton. Go for a walk in the evenings. Relationships will grow and improve through these activities. Go for an outing once a week or once a month.

Give holiday to your smartphone and computer

Once you reach home from your workplace, keep your computer and smartphone aside. Today many couples spend a lot of time on their cellphones. When they spend too much time to talk with those who are away, they scarcely get time to talk to those who are near. People today are living in a virtual world. Come out of it into the world of reality.





DO YOU WANT TO BE GREAT?

The truly great are those who are able to see others as greater than themselves or equal to them. They dream of the growth and upliftment of others as they do. Accepting and encouraging others is more important than finding a treasure.

But one of the sad things we see in our society is that many people are not ready to accept or nurture others. Most people create an impediment to the growth of others by thinking that they will grow up, become famous, and get higher positions than them. These people will be lacking in confidence in their own abilities.

Those who are able to nurture others are open-hearted. There will be goodness, love, and consideration in their hearts. One who is convinced that God is raising him does not envy the advancement of others or hinder their growth.

Let no one think that an earthquake will follow him. One who comes after may supersede their predecessors. Let's not forget that we ourselves are growing by acknowledging the successor. Cultivate companions. Encourage others. Be willing to be self-sufficient. If you want to be great, you just have to accept and nurture others

CHALLENGES ARE WELCOME

It's easy to challenge others, saying: 'I will show you right now.' They may be intending to retaliate or take revenge. But what if instead of challenging others, you challenge yourself... Are you able to do in front of them the things that others say you can never do, and try to humiliate and make you look down on?

It is difficult to challenge ourselves. It is relatively easy to subjugate others. But we find it difficult to overcome our weaknesses and shortcomings. We are always trying to defeat and subjugate someone else. But no one realizes the areas within him to defeat and subdue.

It's easy to go as it always goes. Those who drive the route regularly know that. Every twist and turn is a lesson to them. But they need to be extra cautious when traveling through unfamiliar roads. We need to open our eyes and ears more. This is the challenge before us. The challenge is to do new things. Especially actions that others judge us to be unable to do or that we ourselves lack confidence in doing.

Some habits are easy to maintain. But starting a new habit is not so easy. Make lifestyle changes and move on. If a person who goes to bed late and wakes up late naturally is willing to change his routine, his mental and physical health conditions will change at the same time and he will start working more creatively.

It is easy to avoid challenges. Taking

on challenges is difficult. But it is when you take on the challenges that you feel alive. It is possible to succeed in life. So welcome challenges.



VALUE THE VALUES

You definitely need to examine this thing: How much do you value the values? Perhaps, in the eyes of others, you may not be someone who has achieved great success or made exceptional accomplishments. You may be an ordinary man. You may be someone among thousands, who never grabs public attention. But if you are a person who values the values, you are actually

in a higher position than a much-applauded person.

If you have all the chances to do all sorts of malpractices such as cribbing in an examination, amass money illicitly and gain promotions by illegal means, but you do not dare to do any of them, then you are actually a great person. If you get a large amount of money from the wayside, dropped unknowingly by



Values add to the personality of an individual. Even though a person who upholds values has not achieved great things in the eyes of the world, he is actually a great person.

someone, but if you give it back to the owner, then you are a great person. You may have come across such good news on the dailies, at least occasionally. Have you not felt like an aura surrounding their heads on their photos published along with the news?

They are just common men and

women. They may be struggling for their daily subsistence. They could pay their debt with the money they found on the wayside. But they decide to forgo those fortunes. They did not do those acts of virtues to get themselves famous, but just because they counted their values valuable to them.

Values of people cannot be assessed from an external view. They are proved by circumstances. They spring up like a fountain from their heart. Values add to the personality of an individual. Even though a person who upholds values has not achieved great things in the eyes of the world, he is actually a great person.



NOT READY TO ADMIT DEFEAT

Many years ago, a young woman was singing a song in front of an audience mainly consisting of soldiers. She was singing a song that was the part of a drama that was being staged there. As she was singing, her voice began to tremble and in a short time, she was unable to sing anymore. She lost her voice and only a gush of wind came out of her mouth. The manager of the show became angry as the audience began to get restless. After a moment of embarrassment, the singer ran into the green room. She was overcome with sadness and shame. The audience kept shouting because they thought the money they paid was in vain.

Meanwhile, the five-year-old son of the singer was standing behind the stage. Suddenly, an idea sparked in the manager's mind. He took the boy by holding his hand on to the centre of the stage and announced:

“This boy will entertain you. He will sing and dance for you!”

The boy was startled to hear that. He had never thought of such a twist to happen in his life. When the manager left him on the stage and disappeared, he had no other way than to sing. The manager had noticed the boy performing some tricks earlier when he came along with his mother for the drama rehearsal. That was the reason why he took him on to the stage.

Anyhow, the boy began to sing the



famous song 'Jack Johns'. The orchestra accompanied his voice. While he had sung half of the song, the audience began to applaud. It was followed by an avalanche of cash.

The little singer was startled. He stopped singing and began to collect money. Seeing that, the audience began to laugh. Then the manager came with a large handkerchief and collected the money. The boy thought that the manager had come there to steal the money. He said it aloud and the crowd burst into laughter again. When the manager left the stage, the boy followed him. Up- roars of laughter followed them. They thought that it was a smart show by the boy. In fact, it was the helplessness of the boy that created the laughter. The boy was relieved only when he saw the

manager handing over the money to his mother.

He returned to the stage and began to sing more songs. He began to communicate with the audience. He danced. It was a festive mood all over. The audience was pumped up. A large sum of money flowed to the stage. The audience began to like the boy. It was the birth of a great artist. That artist was none other than the legendary Charlie Chaplin!

The life of Charlie Chaplin was a journey of miracles. He had to pass through insults, rejections, loneliness and poverty.

He used his own experience in his movies. That was why he could say that humour emerges from celebrating pain.





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