

OPPAM

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

A man with curly hair and a goatee, wearing a dark suit, white shirt, and red tie, is pointing directly at the camera with a slight smile. The background is a solid teal color.

**DO YOU WANT TO
BE SUCCESSFUL
IN LIFE...??**



OPPAM

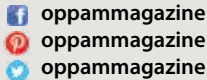
ONLY POSITIVE

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Editorial

DR ANTONY P JOSEPH
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LEARN FROM THE FAILURES

Thomas Alva Edison was busy with another research after his ground-breaking invention of the electric bulb. He put himself into strenuous experiments that lasted for weeks and months. He experimented with hundreds of materials. When it went on incessantly, Edison's assistant became impatient. He said:

“Why can't we stop this business? There is no use in carrying on with these experiments. We have already wasted such a lot of things!”

“It is true that we have wasted many things. But we have learned a lesson from this” Edison said.

“What is it?” asked the Assistant.

“We have understood that many things that were used for this experiment are not fitting for it. We understood this only when we experimented with all of them. So I consider the lessons I learned from these wasted efforts as my most valuable discoveries,” saying that Edison went back to his experiments.

Our studies never come to an end with a fault or failure. In fact, a lesson we learned from our failed efforts might benefit us more than the ones that helped us reach success. Many discoveries have emerged out of several failures and faults. Hence, failures are as important as success.

Sometimes we place our hope in certain persons. We expect them to be with us in all circumstances and rush to us with a helping hand in our needs. Hence, we will be giving them a prominent position in our lives. But, we will realize their true colours only when we see them forsaking us in an adverse situation. This is a big life lesson. It is true that we incurred a loss, suffered pain, and lost a relationship. But, the lesson that we learned from that relationship will be helpful in the future. In other words, we should make it beneficial to us. Otherwise, we will be deceived time and again.

So, understand that each fault and failure of ours has its value in our lives. Never forget that every person, every experience, and every circumstance will provide us with a new lesson for life.

With best wishes,
Dr. Antony P Joseph

FAREWELL TO SMARTPHONES

In a way, we can say that there is no other device like the mobile phone that has been universalized and popularized to such a great extent. The first mobile phone was the size of a large brick. One could speak on it only for thirty minutes at the most. Messaging was impossible. Its battery needed a ten-hour long charging as well. However, the mobile phone has undergone massive transformation through the years.

Today, a great number of people spend their time on smartphones. From a mere device to making a call, smart-

phones have become an integral part of our lives, connected to almost every aspect of life. We pay electricity bills and water bills through our smartphones. We need a mobile phone to meet our friends or to cancel a meeting. A mobile phone is used to send messages to our friends and relatives living abroad. We can get the help of the Google Map on our smartphones while travelling. It helps us to calculate, take a snap, watch a movie, listen to a song, etc. Sometimes, we use our smartphone as a torch. The world is pervaded by smartphones.

According to a study conducted



keeping your smartphone in your hands or keeping it near you can result in brain leakage. It reduces your creativity and concentration.

in the United States, an adult person browses his/her mobile phone an average of 344 times a day, which means once in every four minutes. In other words, we spend three hours a day on our smartphones. Even though we pick up our mobile phones for a specific use, we keep browsing other things as well for a longer time.

It is said that the more the smartphone is useful to us, the more time we spend on it. When we use smartphones excessively, neural paths are formed in

our brains. It leads us to a smartphone addiction that forces us to depend on the mobile phone for doing any task. Even when we really do not need a mobile phone, we have an inclination to pick it up. Studies claim that smartphone addiction is on the increase day by day. Multitasking can disrupt our concentration. Using a smartphone while driving is an example.

A group of researchers, who made a comparative study on how a smartphone in hand and a smartphone kept away from the eyes can affect one while doing a task, made these findings: They asked some of them to place their smartphones at a distance they can see. Some others were asked to keep it in their pockets. Another group of people kept the smartphones in the next room. All three groups were given the same tasks.



Even though all these groups completed their tasks, the group that kept their mobile phones in the next rooms performed their tasks better than the others. The reason is clear. They forgot about their smartphones and were immersed in their tasks. While the others lost their concentration when they received messages or calls.

In short, keeping your smartphone in your hands or keeping it near you can result in brain leakage. It reduces your creativity and concentration. It induces you to check your phone time and again. The reason why it is prohibited to take your smartphone with you into the examination halls or you are asked to keep it in silent mode is that it distracts your concentration.

It is true that we cannot bid a complete farewell to our mobile phones in this contemporary scenario of the digital world. Nevertheless, we can keep a distance from smartphones. We must do it. Otherwise, it will adversely affect our creativity and brain. We will depend on them for everything and that will reduce our capabilities. We should put a curb on our tendency to check our smartphones now and then. Remind yourself that there are more things in your brain than you imagine. Thus, new neural paths will be established and we will be able to overcome our tendency to check our smartphones often.

Understand that nature and our own innate thoughts can give us many things that a smartphone can never give.



BEFORE SAYING 'SORRY'

How do we mend a broken relationship? There is only one way for that: Say sorry in a sincere way. Apologize. A heartfelt forgiveness builds new bridges and heals the wounds.

In fact, saying sorry is a difficult task. But, we need to understand one thing. One needs courage to ask forgiveness. Everyone thinks that he/she is a good person. They think that they are always right and have done no wrong. So they are not able to say sorry, which needs an

overcoming of their pride.

A sincere act of apology provides a good experience to the one who asks for forgiveness and the one who hears it. It enhances relationships and mutual faith. It relieves stress and improves mental health.

Our brains will become energetic through forgiveness. Psychologists opine that feeling ashamed, clinging to the guilty conscience, sustaining negative actions and incapability to apologize are unhealthy behaviors.



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.

At the same time, they also say that one need not be too quick to say sorry. Apology becomes effective when it is done with ample consideration and reflection. They advise to resist the trigger to express remorse quickly. It takes time to realize the depth of the wounds of the one hurt and to realize one's mistake. An apology without realizing the wounds is not genuine.

Today there is more than one way to express your remorse. In earlier days, people used to say sorry when they met in person or by writing a letter. Whereas, today we can write a note on WhatsApp, Messenger, Email, or other social media platforms. Do not block someone on social media or other communication means just because you have quarreled with him/her; because by doing so you are actually curtailing their chance to apologize.

There are many people who say sorry in a casual way where sincerity is most often absent, when they have done something wrong. Let 'sorry' rise from the heart. Instead of saying "I apologize, I am sorry", say "I repent for having done this. I am sorry. I will try not to repeat it." Likewise, your apology must be done with care. It is not enough to say 'sorry', but apologize with carefully chosen words.

Never say sorry along with an argu-

ment that "I did so because you did this to me." Use words like "I" and 'my' with care and with precision.

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.

In our daily lives, we use many things that are impaired only after repairing them. We discard only those things that cannot be repaired. It is the same with relationships as well. If a sincere apology helps you to repair something, why should you be reluctant to do so? 'Sorry' is a word that repairs relationships. It will make the journey of life smooth like the servicing we do for our vehicles.

Remember that only human beings, and never animals say 'sorry'.





ARE YOU A VICTIM OF GASLIGHTING?

That woman was sensing some explicit changes in her husband's behavior of late. He used to speak on the mobile phone in a subdued voice. If a phone call came when he was sitting with his family, he would go away with his phone and speak. His chatting continues in the bedroom too. She knew that something was happening in his life without her knowledge. One day she got a solid proof for it as well. Then she enquired her husband about it. Nevertheless, he was not ready to accept his fault despite all the proofs presented by

his wife.

"In my life, there is none but you. Don't you know how much I love you? I feel sad because you are doubting me even when I am toiling so much for our family. Someone is making you a fool to ruin our marital life. Are you a paranoid?" he asked her.

When he spoke like this, she doubted herself. As a result, the wife lost her self-belief. She began to doubt and question herself. This could lead her to bigger mental disorders.

Reading till now, you might even

The gaslighters exploit the emotions of others with their cunning talk. They are liars. They can speak any hardcore lie on the face. They spread malice against those who are their opponents

think that the wife was doubting her husband for no reason and that he was innocent. But in reality, he is not. The wife's doubt is one hundred percent valid. Here, the wife is a victim of gaslighting, which means that the husband was psychologically exploiting her. When you gaslight someone, you are questioning his/her consciousness and thinking power. You put his/her sense of reality in doubt.

Gaslighting is applying psychological dominance over the other by manipulating true things and presenting

them cleverly as false, thus planting seeds of uncertainty in the other. This occurs in husband-wife relationships, parent-child relationships, and friendships.

Some parents tell their children: "You are an idiot. There is something wrong with your mind. There is something wrong with your character" etc. The child may be alright. But by frequent accusation, he or she might begin to doubt himself/herself.

The gaslighters exploit the emotions of others with their cunning talk. They are liars. They can speak any hardcore lie on the face. They spread malice against those who are their opponents. The aforementioned gaslighting husband can manipulate and misrepresent his wife as a paranoid before others. He can also make others believe so. These kinds of people have a common question when they are questioned:

"Why are you making noise? Be



calm! Don't be sensitive." When they speak so, we will feel that we are wrong.

Those who are regularly victimized by gaslighting have these symptoms: anxiety, despair, lack of confidence, depression, mental disorder etc.

You need to find out if you are a victim of gaslighting in any of your relationships.

- You will be reluctant to ask things openly and speak candidly
- You will be doubtful of your abilities and convictions
- You will always think that you have some problem
- You will feel remorse about your emotional excessiveness
- You begin to say sorry to everyone thinking that you have done wrong

- You lose confidence in your memory and begin to believe that others do not value you.

Gaslighters are actually putting our prudence and reasoning power into doubt. So never surrender yourself to any gaslighters. Mostly women are the victims of gaslighting. Studies reveal that 95 percent of women are victims of gaslighting.

Correct communication is essential for any relationship. It is applicable not only in marital relationships but also in personal relationships. Each one has the right to make a decision to respond prudently if this essential quality is absent in their relationships. Believe in yourself. Cling to right convictions. Be cautious of gaslighting people!



DO YOU WANT TO BE SUCCESSFUL IN LIFE...?

Everyone wants to know the secrets of success. Everyone wants to know how they succeeded in life because of what they did. Everyone's secret to success may be different. But behind every success secret, there is a reason. Their good habits...

Exactly, good morning habits. These habits are very helpful in changing a person's life mentally, physically, and emotionally. Habits can change a day and then a dash. It is vital to take control of the day yourself.

Experts say that anything like exercise or meditation can be enough to rewrite a day's oeuvre. For example,

jumping rope for at least five minutes in the morning can help improve mood. Others meditate for ten minutes in the morning. These are just a few ways to approach the day in a healthy manner.

Let's take a closer look at the ways to form good morning habits:

Make the Bed: There are many people who rub their eyes and toss and turn carelessly. The bed sheet will be rolled up. Sometimes the blanket falls on the ground. Making your bed should be the first task in the morning.

Exercise: This is not meant to be a full-on workout. Exercises like stretching and push-ups are five minutes long.



Meditation is looking back at the self. Meditation can help you understand your strengths and weaknesses, correct what you can fix, and accept what you can't. This will help to stop the mind from wandering.

It boosts energy and improves mood.

Drink lemon water: Lemons are a storehouse of vitamin C. Have a glass of lemon water in the morning. It is also helpful in improving the quality of the skin and improving digestion.

Drink black coffee: Drink black coffee in the morning without any added sugar. Black coffee is rich in antioxidants. It can reduce weight and reduce the risk of heart disease.

Reduce the use of mobile phones: Most of the people who look at their mobile phones when they wake up, give them a break for an hour in the morning from mail, WhatsApp, text messages, online news, and social media. At least

some news from the outside world may spoil our day. For example, if you hear a piece of bad news while waking up, or receive bad information, it will affect the whole day in a bad way. Before turning your attention to the outer world, turn the first hour of the morning back to the inner world.

Write down daily plans: Write down the things that need to be done today. This will help you to make full use of your time and not waste your time on useless things. The key to success in life is to make full use of time.

Meditation: Meditation is looking back at the self. Meditation can help you understand your strengths and weaknesses, correct what you can fix, and accept what you can't. This will help to stop the mind from wandering.

Setting up a good morning routine and sticking to it regularly has many benefits. This way you can boost your confidence, have more energy, and maintain your health. By improving your daily routine, your present will improve and increase your love for life.





THREE TYPES OF UNFORGETTABLE PEOPLE

It is said that three types of people should not be forgotten in life.

- 1 Those who helped in difficult situations of life
- 2 Those who pass unaided in helpless and distressed conditions
- 3 Those who are responsible for the current plight

We should have a lifelong love and gratitude for the first category of people. 'Thank you' that never ends. Love that never ends even when measured...

If we look back at our lives, how many people can we see? Those who

gave me a job when I was in a situation of losing my job. Those who helped me when I was in a state of debt.

Often we have no prior knowledge or close friendships with any of these people. That is why they are angels. We should always light the candle of love before their memories.

All those who have passed without helping us in the second category will be those whom we have loved with our hearts. They will be the ones we hope will help. They will be the ones to whom we approach for help. At least once there

We are the only ones who grow through it. We have the strength to survive because of them. Don't look at adversity and negative experiences as negative and move forward with positivity.

are people we have helped in some way.

The people of the third category are the ones who put us in danger by making tempting promises. But we trusted them. They had been taken at face value. Their words and deeds have given us hope. But after putting it in danger, they stepped away. We ended up in terrible situations.

What is generally seen is that we slowly forget those who have helped us. Get help. A thank you, that's it. But we will never forget those who are left un-helped and who are the cause of our plight. But all those memories will have

the smoke of resentment. There will be the blush of revenge.

But if we think about it in another way, don't we need gratitude and love for the people of the second and third category? Because they taught us lessons in a way that we cannot get even if we study at the best university in the world. It gave me the strength to face and overcome obstacles. So keep love, not anger or resentment towards those who have harmed us and those who have passed us without help.

When we hold grudges, when we continue in hatred, the harm is only to us. Instead, understand the lesson they have given you and move forward without hating them. We are the only ones who grow through it. We have the strength to survive because of them. Don't look at adversity and negative experiences as negative and move forward with positivity.

Place these three categories of people on the shelf of memories.



A WORD OF FORGIVENESS

Everyone wants a word of forgiveness for life's mistakes and stumbling blocks. But only a few people get such a word often. Even if you say you have forgiven, there is not necessarily complete forgiveness. Apologizing is a deliberate and voluntary process. Forgiveness involves consciously letting go of such feelings without holding grudges or revenge against the person who has hurt you.

True forgiveness requires three things.

1. The first of which is total decriminalization.
2. Forbearance with the wrongdoer
3. Absolution from guilt

It is not just because you say that you have forgiven, but only when these three things are fulfilled in their broadest sense, forgiveness is complete.

There is also such a form of forgiveness as unilateral forgiveness. Here we don't forgive a person just because he asked. Rather, it may be due to the size of our own mind or by realizing that the person deserves forgiveness. Usually, this kind of forgiveness is seen in relation to the lives of holy men.

Every forgiveness is a second chance given to another person. A chance to understand and correct. A chance to understand, connect, and hold together instead of blaming, isolating, and alienating. Think about how many opportunities we have missed like this.



BEAUTY

What is beauty? Isn't beauty something that fails to be precisely defined? Or say who can judge beauty in one word? What is the consensus definition of beauty? Beauty cannot be universally defined. Because beauty is subjective. There are many people who disagree even with the criteria for choosing the world's most beautiful and handsome people.

There are many people who lower their marks by looking at some people and asking if she is the Miss World.

There is an ancient saying that

beauty lies in the eye of the beholder. The beauty that you see may not be the beauty that I see. The beauty you see may not be what I see. That's why I find beauty in the people you find beauty in, and you can't. I can't agree with your beauty concepts either

Everyone's measure of beauty is different; we generally define beauty by external factors.

Color, height, and shape are all important elements in it. These external aesthetics can make us more attracted to someone. But it is the inner beauty



Beauty is understood only by sight. Beauty should be determined by perspectives beyond appearance. There is beauty everywhere.

that holds us back from someone.

But don't even the individuals who have the least of the above common factors feel like beautiful individuals? Everything becomes beautiful when looked at with love when approached with a good heart.

In fact, once you close your eyes, everything is the same.

Beauty is understood only by sight. Beauty should be determined by perspectives beyond appearance. There is beauty everywhere. It's just that not everyone recognizes that beauty.

One thing is forced to say, a man in love has beauty. There is beauty in a person who shares good thoughts. There is beauty in the elements that make life. There is beauty in the forgiving man.

Each one realizes his own beauty. Radiate beauty. Then life and our world become more beautiful.



YOUR PRIME DUTY IS TO LOVE YOURSELF

There are people who think that happiness is possible only if they are loved by others. These people have entrusted the key to their happiness to others. Well if they love. It should be equally good if they do not love also.

Because we must be our first and last love. There is a limit to others' love. They generally love us with certain conditions, reasons, and goals.

If I behave with you in the way you like... if I deal with you in the way you desire... if I give you whatever you ask... then you will love me. Only then I

will be your beloved.

On the other hand, if ever I happen to behave in a way that is not pleasing to you, you will get me out of your heart and bang the door against me. That's all!

Start a romance with yourself. That is the secret of your life's joy. You should love yourselves irrespective of others. Never again feel sad because others do not love you. You are not assigned to beg for others' love. Take yourself seriously. Your first responsibility is to love yourself. Everything else is its appendix and complements.





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