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**BE CONFIDENT  
BE ATTRACTIVE**



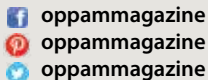
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# Editorial

**PROF ANTONY P JOSEPH**  
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## HIDDEN TREASURES

Once a man was on his deathbed. He was a farmer and had three sons. But his sons were not as hardworking as him. They confined themselves in the comfort zones of their own worlds.

He was worried thinking about the future of his children after his death. And thus, when he was on his deathbed, the old man called his three sons to his side and revealed a secret:

“You know, my children, that we have no other assets than this vineyard. But in this vineyard, I have hidden a treasure for three of you. You must find it out and share it among yourselves.” Saying that the farmer breathed his last.

Although their father's death saddened them, after the posthumous rites, the three sons went down to the vineyard to find the treasure. That was a time when the vines needed great care and attention.

The three of them plowed the entire vineyard, hopeful to find the hidden treasure. Days and nights passed, but they could not find any sign of the treasure. The children were disappointed.

But a wonderful thing happened that year. The harvest of grapes that season was incredible. The vineyard yielded like never before. It was only then that they understood the real meaning of what their father had told them.

With that, the sons realized that the real treasure is each one's hard work and that they could reap great harvests if they worked hard. After that incident, they worked hard and their lives flourished.

We are living in a time when most people are trying to amass money and get rich in the easiest way. A majority of them are not willing to work hard. But all of them want to lead a luxurious life.

Food without toil and sweat is theft. God has given different abilities to each of us. Make the most of those skills. Then not only the means of living but also the door to progress will be opened.

Yes, do find the hidden treasure within you.

Best wishes.

**Prof Antony P Joseph**



# LOVE EXPRESSED NON-VERBALLY

## LOVE

Love is a great word, a great concept that supports the whole world. Human relationships become worthless without love. Being alive on earth will lose its relevance without love. It is the feeling of love that makes everything strong and makes them capable of living, working, and dreaming about tomorrow.

We understand someone's love not just because he or she says 'I LOVE YOU'. Love can be recognized through his actions, behavior, and presence. Actions speak louder than words.

In such a situation, psychology offers some clues to understand another person's love easily. They are ways to express love and recognize the love that is expressed without the medium of words.

## THE TOUCH

Touch is the most powerful form of communication. Emotional expressions are transferred through physical touch. Touch is a means to enhance safety and intimacy. When you touch someone silently, when you walk with your finger locked with your beloved's, when you put your face on your darling's shoulder, you will be able to feel love.

## SERVICE

Love is manifested when someone realizes the needs of the other and fulfills them. It can be the financial help he extends to a friend who is in financial crisis without even asking, or it can be the knowledge he imparts to his classmate, and the lift he gives to a passer-by. Notice the needs of others and always be ready to help. That is another sign of

**Attention given to others is one of the most precious things in the life of man, who is a social being. Give our full attention to someone when he is talking or when he is around.**

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love. In family life, the help that partners give to each other, and the services that children give to their parents are also manifestations of love.

### **ATTENTION**

Attention given to others is one of the most precious things in the life of man, who is a social being. Give our full attention to someone when he is talking or when he is around. Behaving nervously, looking away, and looking at the phone are all distractions to a person. It means that we don't care or love

him enough. If you find your children, spouse, or parents are disregarding you, when you start to talk about something, or if they are listening to you carelessly, it means that there is no love between you and them.

### **GIVE A SURPRISE**

Surprises given to loved ones are proofs of love. For example, if you are a husband, do all the household tasks when your wife comes home after her work, or if you are a wife, give your husband a gift for his birthday, which he has forgotten, or visit a friend without giving a hint. Life becomes warmer with these surprises and surprise gifts.

It is important to give proofs and solid signs of love, even though you need not brag about it. Love becomes more valuable when it is expressed. Expressions of love know no bounds. The more love you express, the more you become a loving person.







# ARE YOU ALONE IN A CROWD?

We have so many celebrations in life, like wedding parties, birthday parties, and so on. Even though you go there as an invitee, you may have felt isolated at least sometimes. To some extent, we ourselves are responsible for that.

Sometimes, we might have maintained a distance while we entered there. We might not have looked at anyone's face. We might have looked away or might have stood there with eyes downcast, denying an opportunity for others to welcome us. Instead of walking in with downcast eyes, walk in confidently with a smile that signals that you are a person to be welcomed.

They should feel that we are accessible and acceptable to others.

Think about how we behave at home or around loved ones. Try to behave in the same way with people you don't know and with strangers. Think about the people, the place, the activities. The way we deal with them, the topics we talk about... such a rehearsal will calm us down. After that, apply this practice according to the situation. Then you will not feel out of place in a social gathering or group.

Then strangers will become familiar and amiable to you. Both of you will get a chance to connect. Send an invitation

**We can understand whether we are welcomed or not by the look, voice, facial expression, and face of the other. A smile we get when we are in unfamiliar places can make us feel relaxed and secure.**

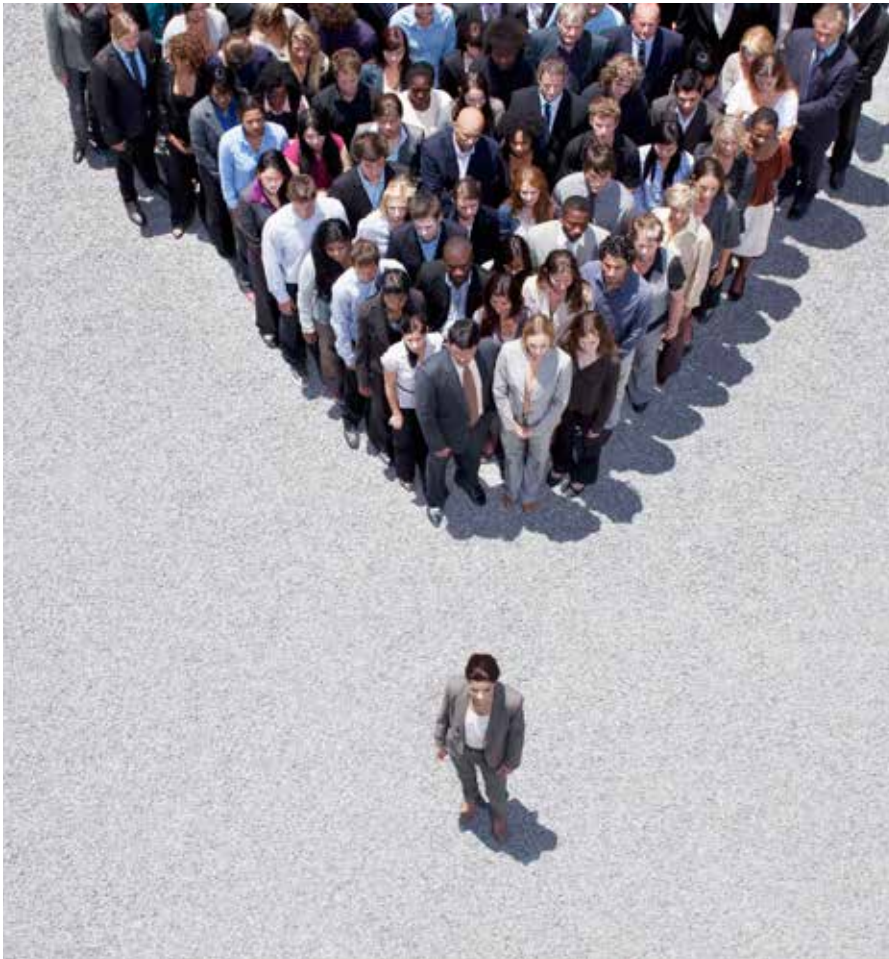
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to others consciously. Then they will respond positively to it. Our nervous system has a special ability to detect what we expect.

Judge how well we treated them

before blaming them for not treating you well. As I said earlier, in order to understand how welcoming a person is to us, we only need to look at their facial expressions, as well as the tone of their speech, handshakes, and incoming hugs that give the same signals.

We can understand whether we are welcomed or not by the look, voice, facial expression, and face of the other. A smile we get when we are in unfamiliar places can make us feel relaxed and secure. Make a conscious effort to create friendship waves. Then some waves of friendship will form around us.





# THE ROLE OF TRUST IN LIFE

Trust plays a crucial role along with love in all relationships, whether it is a marital relationship, friendship, or professional relationship. Trust is critical in fostering a sense of mutual safety, openness, and connection. Trust binds individuals together, creates an environment of support, and instills security.

Trust is like a Tway Street in any relationship. Trust has to be given and received. It is only when there is mutual trust that we can understand and respect each other.

## TALK OPENLY

There will be open talk among those who trust each other. They share their thoughts, feelings, and considerations without inhibitions. There will not be any fear of being accused or cheated when such sharings take place. Then you will be able to understand each other and the emotional connection becomes stronger.

## LIMITATIONS ARE SHARED

This is a continuation of open talk. Here, the individual becomes selfless. He does not hide anything about him-

**Trust is the foundation of all happiness. When trust is formed in relationships, emotional well-being is assured and anxiety, fear, uncertainty, etc. disappear.**

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self; instead, he fearlessly reveals his flaws, weaknesses, and limitations. Both of them openly share not only their happiness but also their sorrows, fears, and shortcomings.

## **DEPENDENCY**

We depend on those whom we trust. We entrust certain things with them without inhibitions. They will keep promises and make commitments as well.

Trust is the foundation of all happiness. When trust is formed in relationships, emotional well-being is assured and anxiety, fear, uncertainty, etc. disappear. It improves mental health and ensures contentment.







# CHILDREN RAISED BY HAPPY PARENTS

Parents are the first textbook that children read. Every child is a mixture of good and bad qualities of their parents. Let each parent do a self-examination instead of blaming their children for their idiosyncrasies.

There are certain assets that parents invest in their children knowingly or unknowingly - through their behavior, speech, life values, and spirituality. The example set by parents plays a key role in molding the character of children. If parents have given good examples, the children will be good. The same is the case with their vices. Parents' mental

health and happiness are passed on to their children.

Following are the characteristics that psychologists observe in children who have been raised by happy, mentally healthy parents.

## **They know the value of honesty**

Honesty is one of the values that happy parents pass on to their children. Children who grow up with parents, who are transparent with others and with each other, will always value honesty. They will never lie or seek deceitful ways to obtain what they want. Neither will they reap benefits with half-truths.

They are the ones who take pride and joy in a small success that is won by just means rather than a big victory that is unfairly won.

### **They know how to express love and interest**

Children, who have been exposed to the love of their parents, will also be loving and willing to help and serve others in need. They will express their feelings openly. They will strengthen their relationships through expressions of love.

### **They will give personal space**

These children will not invade other people's privacy or pry into their privacy. They know that every person needs to have a personal space because parents have set such an example for them. Giving such space is important in the growth of relationships.

### **They respect and honor others**

Children, who grow up seeing their parents respect and honor each other,

will respect and honor others. They know how to respect other people's opinion, their feelings and will not be reluctant to praise. They have acquired the ability to treat individuals as equals. They will not degrade or belittle others.

### **They know the value of time**

They have understood the value of time and the greatness of hard work because they have never seen their parents wasting their time unnecessarily. Growing up with parents, who are engaged in creative activities, they will not waste their time and effort.

### **They are willing to identify**

They can see things from others' point of view and can adapt to them. Such people can understand other people's feelings from their point of view rather than simply listening to them.

These qualities passed down from parents will enable their children to grow as better individuals.





# IS IT ENOUGH TO GO ON LIKE THIS?

There is a frequent question that people ask the young people who have graduated:

“Haven’t you got a job?”

The same people will ask those who are doing small jobs: “Aren’t you looking for another good job?”

Now, if the young man has gradu-

ated and has a good job with a decent salary, they will ask:

“Is it enough to go on like this? Don’t you need a family?”

What will be your response to such questions? Depending on your response to these questions, your view of your future can be assessed. When the

above questions are asked, some people turn away indifferently. Others will give the correct answer.

People who are reluctant and avoid discussing future matters indicate that they are not mentally prepared to build a future. So, when talking about such topics, they quickly change the subject. They will divert the topic to many other things.

If one zestfully talks about his independence and solitude while discussing family life, it can be a sign that he is not interested in having a family life. Personal liberty is not lost by marriage, only some preferences change. But these people don't understand that.

Others may be financially insecure. So, even if they want to have a family life, they are unable to make a decision. But they avoid talking about it openly.

Concerns about whether they will

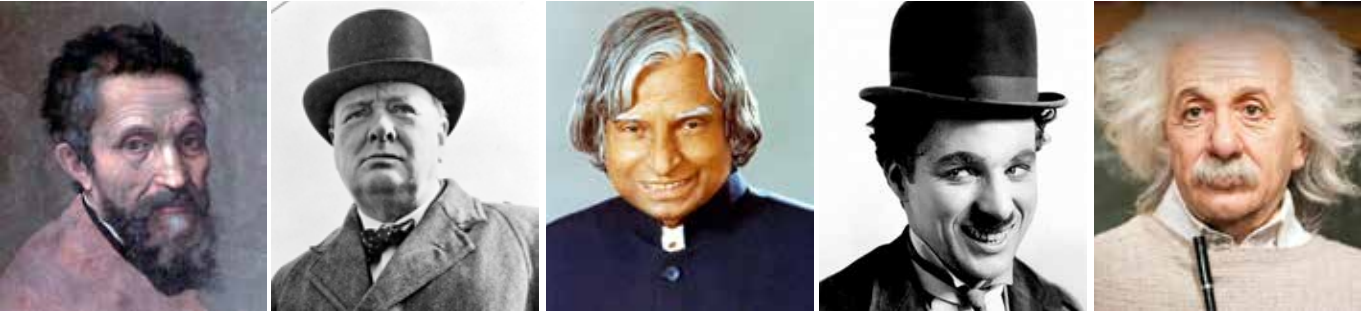
be able to establish a healthy emotional relationship with their spouse may also deter some individuals from making decisions about family life.

Some people hesitate to enter into marital relationships because of their worry about their incapability to enter into a commitment and the feeling that they will not be able to stay in a stable relationship. Sometimes they express their desire to get married. The next moment they will reverse their decision. These people are struggling inside between 'to be or not to be'.

If you know someone, who shies away when asked about family life and future life, it would be good to know that they are enduring the pressure of these indecisive thoughts in their minds. Try to see the issue from their point of view and find a solution instead of getting angry or blaming them.







## A GENIUS WHO NEVER CHANGED HIS CLOTHES EVEN WHILE BATHING

Geniuses have amazed the world not only with their prowess but also with their extraordinary characteristics. These geniuses did many things that ordinary people do not do in their daily lives normally. It will be interesting to know about some of such geniuses and their weird habits.

Michelangelo is one of the most talented artists of all time. He left many immortal works for generations to behold and marvel. But he had very peculiar characteristics. Changing his clothes was something he never liked. Michelangelo did not remove his clothes even while bathing.

Winston Churchill was a person who liked to eat breakfast in bed. Sometimes he ate his breakfast when it was nearly 1 p.m. While eating like this, he insisted on one thing: His typewriter and secretary should be near his bed so that Churchill could dictate and the secretary could jot down whatever he said.

Many great people have compro-

mised on sleep. People like Abdul Kalam used to sleep only four or five hours a day. These great people had tackled and tamed their bodies accordingly.

Morarji Desai, a former Prime Minister of India, was an advocate of urine therapy.

Charlie Chaplin's jokes made the whole world laugh. Children also appeared in his films. But in real life, Chaplin was a person who did not like children very much.

Various geniuses have varied abnormalities. We can only say that every person has some characteristics that are known only to him. While abnormalities and weirdness of common people become a matter of condemnation and mockery, the unusual behaviors and styles of geniuses and prodigies become a subject of discussion.

But the greatest genius the world has ever seen, Albert Einstein, was a man who slept not less than ten hours every day. He also disliked wearing socks.

# MORE ABOUT LOVE

Here are some realizations about love that will help you to get rid of the wounds you bear in the name of love.

In the previous pages, we have read about some ways of expressing love without the medium of words. More than words, love is about certain interactions that can be experienced. But there is another side to this. If we approach love realistically - and it's often not a pleasant thing - we can avoid many wounds that love has to suffer.

## Love cannot be obtained at gun-point or by threats

It may be a fact that we love that person a lot. He or she will always be in our hearts. That person may be loved by you more than others. He/she will be remembered by you for the longest time. But we should not chase that person to gain his/her love. Don't pester him/her repeating our pledges of love. It is called stalking. We should realize that love



**Maintaining healthy boundaries and mutual respect are the key reasons to ensure enduring love. No matter how dear someone is to you, there should be mutual respect. There should also be a healthy distance.**

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cannot be snatched from anyone and that love cannot be acquired by threats or tears.

**No one can love us the way we want**

One of the main accusations we make against another is that they do not reciprocate our love. We say that they do not know how to love, or they do not know how to express love, etc. Here we need to understand one thing: no one can love us the way we desire.

Everyone has a distinct and unique way of expressing love. Even the love that we profess may not be the kind of love that the other person wants.

**Unhealthy boundaries can lead to love losses**

Maintaining healthy boundaries and mutual respect are the key reasons to ensure enduring love. No matter how dear someone is to you, there should be mutual respect. There should also be a healthy distance. Love losses occur when these key factors are absent.

**You must value your own love**

While you are in a relationship, you need to realize your worth and should have self-esteem. Relationships are about building each other up. It requires personal growth and the realization of being loved. A person who does not appreciate his own capacity to love will not be able to love the other with all his heart.



# BE CONFIDENT BE ATTRACTIVE

Some people attract us by their mere sight. “What a personality!” we comment at them. How can we become the owners of attractive personalities?

## Body language

Our body language plays an important role in attracting others. Body language plays a prominent role in making you feel attracted to another person at first glance. Such people generally have a confident look on their faces. Making

eye contact and smiling warmly are part of confidence. Standing with folded hands and drooping legs indicates a lack of confidence.

## Recognize uniqueness

Those who recognize their own uniqueness will be confident. “I am a unique person... I have my own ability.” The confidence we get from such convictions is not a small thing. Confidence is formed when you accept and respect yourself.





**Understanding one's weaknesses and shortcomings is as important as understanding one's potential. Recognizing shortcomings is not about curling up in pessimism, but about overcoming shortcomings and moving forward.**

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### **Make achievements**

Achievements may be big or small. But making achievements can boost our confidence.

### **Leave your safe haven**

Those who welcome new experi-

ences and leave their comfort zones are more confident. Challenge yourself in every moment and every situation. Leave behind your fears and anxieties in the past and move forward with courage. Taking up solo trips and engaging in public speeches will help you step out of your comfort zone.

### **Identify your weaknesses and strengths**

Understanding one's weaknesses and shortcomings is as important as understanding one's potential. Recognizing shortcomings is not about curling up in pessimism, but about overcoming shortcomings and moving forward. Talk to them. Stimulate yourself.



# TAKE CARE OF YOUR EYES

Nowadays many people spend a lot of time on computers and mobile phones. This is the reason why vision loss and other eye-related diseases are more common nowadays than in the past. Therefore, eye health needs more attention and care. We can maintain the health of our eyes to some extent through a proper diet.

## Orange

Include fruits like oranges which are rich in vitamin C in your daily diet. These are very beneficial for the health of blood vessels in the eyes. Eating oranges every day can reduce cataracts and age-related eye diseases to some extent.

## Carrot

Carrots contain high levels of beta-carotene and can improve eyesight. It is effective in many eye diseases like blindness.

## Broccoli and Spinach

Broccoli and spinach are good for the eyes. Spinach is a remedy for age-related eye diseases.

## Potatoes

People who spend a lot of time using computers and mobile phones experience dry eyes. Potatoes, which contain antioxidants, are the solution to this problem. Walnuts, blueberries, almonds, and omega-3-rich fish are also good for eye health.





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