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Family and The Great Indian Hornbill



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Website: www.oppammagazine.com

E mail: oppammagazine@gmail.com

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Managing Director: Prof Antony P Joseph
Botswana

(Gaborone University College of Law &
Professional Studies)

Managing Editors: Benny Abraham

Mariyamma George, Alleppey

Chief Editor: Latnus K.D

Production Team

Editor in charge : Vinayak Nirmal

Sub Editor: Lincy Jijo

Printed & Published by : Shoby G.V.

Circulation Manager: Antony E.C. Kottamuri

Design : Abraham Thomas

IT Support: Job Joseph

Office

Oppam Magazine

Jominas Building

Nr. SNBS L.P School

Pullur P.O, Thrissur Dt.

Kerala, India, Pin: 680683

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Editorial

PROF ANTONY P JOSEPH

Managing Director

Can you die with a smile on your face?

We all know about Greek Philosopher Socrates. The government and official couldn't accept his policies. When they realized that he is going to be a threat for them, they sentenced him capital punishment. However even then he was not ready to lose his grit and composure- A man who smiled even at the thought of his death. Not only for the officials but also for the followers his demeanor was a surprise. The officials reminded him again and again that he will be prosecuted within two days so asked him to be ready for that. They wanted him to be defeated mentally. 'Why should I be ready for this particular moment?' Without losing his smile he asked. 'Throughout my life I was getting ready for my death. I didn't do any to harm to anybody. I didn't wish for the fall of any person. Therefore I am not afraid of my death. That is why I can smile even at the last moments.' These words of Socrates will definitely open our eyes. Death is a tunnel through which every person has to pass on. But how many of us would think of it? How far have we been readied for our peaceful death? Most of us are still entangled in certain affairs-in the ill feeling for others, jealousy, hatred. We live and behave as if we will never die. One day we have to part with the earnings and everything we have raised in our life. Therefore don't keep anything that is surplus in the mind- Wishes, dreams, sorrows, frustrations, anxieties. Approach the life with the thought that it may end at any time. Ultimately the life is simple. But our attitude and behavior makes it complex. Don't forget that life is a preparation for the ultimate death. Rebuild your life so that you can put a smile on your face even at the time of death.

Regards

Prof. Antony. P Joseph



Peace of mind. Do you want it?

Do you spend too much time in social media? Experts are of the view that then you will be under mental stress. Unnecessary friendship with digital devices will lead to the accumulation of negative thoughts in the mind which will finally cause depression and anxiety. Those who live without any relaxation method like yoga, meditation, exercise etc. will not have peace of mind. Yoga and meditation ensures relaxation and maintain the peace of

mind. Suppression of the emotions also is a cause of depression of the mind. Let your emotions come out naturally. Don't hold them for long. If you are always on the pursuit of pleasing others that also may take away your happiness. Instead of living in the present if you live in the past or in the future, you can't enjoy the present life. Therefore if you wish to lead a happy and peaceful life do everything necessary for that and sail towards the shore of joy.



Now open up your mind

A method of torture against convicts in Middle East especially in Iran was in the news recently. It is known as white room torture. The convict will be made to wear only white dress and he will be locked in a white room. Everything in the room ie, the walls and floor of the bed room and bathroom, bed, dress, food, the plates etc. will be completely in white color. More than that a white light will glow round the

clock in the room. The person in the room will not see even his own shadow and undergoing through such a harrowing experience will lead to his loneliness and depression. Sometimes such convicts will commit suicide. These methods of torture which hinders the speech, thought and mobility prospects of a person is more severe than physical tortures. In fact these torturing method cannot be limited only to the Middle

We live in a society where unity is misinterpreted as uniformity. In a sense, freedom is nothing but acknowledging and approving the diverse culture. The diverse color, ideas, interests, food habits, journeys etc. will make the relationships more warm.

East. It is doubtful whether sometimes our own house become just like a white room. The communication among the members in the family is less nowadays. So we are converting our own houses into the so called white rooms. Yes ..more and more houses are literally becoming white rooms. Studies reveal that the freedom to communicate freely is no more seen as before. We don't have healthy relationships and contacts with others and each individual is leading a secluded life. Wherever we can open up our mind, freedom can be seen in its entirety there. How many relationships are broken only out of the reason that there were no proper communication!

It is not a small thing to have a person whom we can share even our secrets. Even when the pointed fingers of accusations arise from every corner if people rush to the confession room in the church, the reason for that is the 'freedom to say anything open' offers by that 'wooden box.' When everything is opened up the spiritual-inner solace we feel is unparalleled.

We started with white room tortures. The problem with the white room is that the inmates are forced to see only the white color every day. Differences is nowhere to be seen. Check whether your houses also are like earthen pots with the same shape and size. Unity in diversity is the essence of our Constitution. That means we should accept and foster diversities. We live in a society where unity is misinterpreted as uniformity. In a sense, freedom is nothing but acknowledging and approving the diverse culture. The diverse color, ideas, interests, food habits, journeys etc. will make the relationships more warm. Therefore acknowledge the diversities. Keep the alertness to ensure that our houses are not becoming white rooms.





Seek and catch the opportunities

The sage and his disciple were in a journey. It was noon time. They were very much tired and at last reached an isolated house atop a hill. They were given a warm reception there. It was a small house without much facilities. The hosts treated them with butter milk and fruits. The sage thanked them and left the house. A cow was tied on a tree just a few meters away from the house. The sage asked his disciple to

untie the cow and push it down the hill. He was very much astonished. 'Will it die if I push it down? It is sure that the cow belongs to the man who treated us just now.' The sage became angry and insisted him to do what he had said. The disciple rather unwillingly pushed the cow down the hill. After a few years the sage and his disciple came there again. There was a big house in the place of a small one. The members of the family

Opportunity is not a person who comes near to you. It will go on its own way. What you have to do is to find out and join him. When you examine the history of successful persons you can realize one thing. They all were ready to chose the path of challenges.

were the same. They received them and treated well as before. The house owner said: 'Rearing of a cow was the only means of our livelihood. We would sell its milk and buttermilk.

Unfortunately for us one day it happened to fall down the hill and died. Our single source of income came to a sudden stop. Then we were forced to seek other means of livelihood. We found out some. When the better prospects came we accepted them. Gradually we

found ourselves in a better financial position. Sometimes we feel that the death of that cow was in fact a boon for us.'

Opportunity is not a person who comes near to you. It will go on its own way. What you have to do is to find out and join him. When you examine the history of successful persons you can realize one thing. They all were ready to chose the path of challenges. Those who seek only can find out. The doors will be opened only if you knock on them. Sometimes we may confine ourselves within a comfort zone.

No new skills are acquired there. The existing ones are not sharpened there. If we walk along the same path it may seem smooth for us. A new one may seem very difficult. But beyond the turnings sometimes there are certain better prospects and happiness awaiting us. The thought that 'it is enough for me' may prove unwise in the future.





Family and The Great Indian Hornbill

The national bird of Kerala as you know is the great Indian hornbill. Facts about hornbills are very strange. They will mate with only a single bird throughout their life. Therefore these birds open before us the beautiful picture of a family. The male as well as the female bird are equally careful in the maintenance of nest and rearing of the young ones. The female hornbill builds a nest in the hollow of a large tree trunk, sealing the opening with a plaster made up mainly of feces. She remains there relying on the male to bring food, until the chicks are half developed. At the time of coming out, the female bird makes a peculiar sound and the male

one breaks open the sealing. If something fatal happens to the male bird the female ones and the chicks may die in the hole because they have no other way to get food. No doubt this is the beautiful picture of a happy family.

Family plays a pivotal role in the raising of generations. That is why it is said that one should imbibe the good values from his/her family. Family is decisive in the formative years of a child. Parents who are cooperative and have strong bond between them will have its effects on the children. Let us look into ourselves. How is our family? Should we change our attitude and behavior for making it a better one?



When the food becomes the feast

The food served in functions are called lovely feast. When the food is served with love and is done to share the love it becomes a lovely feast. In movie scenes we see members of the family share the love sitting around a dining table. Sometimes we go to eateries to share our love. Though food is necessary for the body, only when it is served with love it will be beneficial for the mind. When the taste buds in the tongue are stimulated it satisfies the brain and thereby we feel happy and satisfied. This happiness prompts the man in the search of new tastes and definitely it is the philosophy of lovely feasts.

In celebrations and in important meetings food has become an unavoidable thing. What is happening there?

The joy of dining together. More than that, food has the capability of pacifying others. An idea which is not palatable for a person may become acceptable to him once it is given along with tasty food. Those who realize it often create an opportunity for such a gathering.

Health is a must for any living being. Food at irregular times is harmful to our body. Taking food late at night has become a trend nowadays. The eateries which offer unlimited food after midnight reinforce this trend. Continuous intake of luxury food may make a person an invalid one. When we go after food only to satisfy our body it may lead to ill health. First of all we should control it. If somebody takes food at inappropriate times we should consider

the factors which prompted him to do so. Here the job of the person should be taken into account. Doing work at day time and taking rest at night has become a thing of the past.

Nowadays even if getting food is late, the chances are plenty to get it. Food delivery has become a vocation. Renowned companies like Swiggy and Zomato had already utilized its potentials. With the advent of delivery boys kitchen has become the least entered area in a house and the less dirty place.

What to eat, how to eat, when to eat etc. may be the freedom of an individual. However the time of reception in connection with functions and the food items served there may not be always conducive for our health. Food vloggers is another trend of the day. Their influ-

ence cannot be underestimated. People from all age groups are the followers of such vloggers.

Social media has been being utilized well to enhance the 'reach' of hotels. People travel several kilometers to reach their favorite hotel. There are queue even in small tea shops.

It is a generally accepted fact that dining table will foster the friendships. We live in a society where everybody are in a hurry burry. We don't get time to mingle with relatives and friends. Occasional get together is helpful in reviving the lost warmth among people. Remember one thing- Anything excess cannot be recommended. Even the food packed in plantain leaf will become a feast if there is the real love and warmth in the mind of the giver.



Memories and friendships

Life is the confluence of memories. Is it right? Philosophers are of the view that life is a leap into the darkroom. But this leap itself is the magic of the nature which helps the man to live as a man. Memories are different -sweet and bitter ones. All these are the part of life. A man will remember more about his sweet memories. 'Life is a paradise. But we don't see it, because we have tied them together' says Dostoevsky. There is some truth in the saying that 'no need

of a mirror if the friend is trustworthy.' It is a boon to have a friend whom we can speak out our mind. Good friendship is a solution to almost all problems faced by man in recent times. But this friendship itself is the cause of several problems. Choosing your friend should be done with utmost care. People may approach us with certain vested interests. Their intention may be selfishness, or time pass. Chose the friends whose attitudes and interests are almost same



A man's life can be compared with that of three animals and a plant. First of all we are like a cat. It will be cared and loved by everyone. This is the age of childhood. There is love, care, and consideration. Life will be like that of a king.

as that of yours, otherwise it may lead to disputes and differences.

A man's life can be compared with that of three animals and a plant. First of all we are like a cat. It will be cared

and loved by everyone. This is the age of childhood. There is love, care, and consideration. Life will be like that of a king. The second phase of life is like that of a horse. By overcoming all the hurdles it rushes to its destination. The third animal is donkey. It always carries the weight- the burden. It is the painful phase of life. It is also known as the middle age. Lastly our life can be compared to a parasite. It has no existence of its own. It is depended on others. This is old age.

Only the good memories and cordial friendships are the things which we can keep in this small life.



When laziness becomes a hill

Laziness is one of the barriers to your success. The lazy one won't succeed in their life. The unwillingness to do your duty even while you have the ability and strength is called the laziness. It is a disgrace. The lazy ones don't show interest in anything. Nothing will encourage them. Lack of motivation, disinterest, lack of confidence etc. are the cause that lead to laziness. Spending too much time in browsing internet and mobile, sleeping excessively, have no hope in life etc. are the reflections of that laziness of a person. There are persons who won't wake up even after sunrise, who won't carry out the responsibilities

given. Such persons are the victims of absolute laziness. They alone and nobody else can help them to come out of this laziness. But at the same time they cannot recover from it in a single day. It can be achieved through some simple steps one after another. For example if somebody is lazy to arise from sleep, quite intentionally set their wake up time ten minutes earlier. If the wake up time is seven o' clock, set the alarm at six fifty. Set it as six thirty the next day. Though sleep is necessary for the body and mind excess sleep deprives us the creative talent and reduces the energy level. Sleep, mobile and unnecessary



Life is not to be idled away. Time is not to be wasted. Future is uncertain. Therefore shake off your laziness in this moment. Carry out your responsibilities with vigor and enthusiasm.

talk are the contributing factors of laziness. Change these practices gradually. Similarly make changes in attitude and activities. Set reasonable goals that can be achieved. Don't think that you are perfect. At the same time don't underes-

time yourself. Make a list of things to be done. Utilize your abilities and don't deviate from the goals. Seek the help of others if necessary. Our lazy days will be more than the active ones. Just look back. How many days have passed that could have been utilized creatively...We could have spent those days not only for our benefit but also for others' good. They are lost forever. Past is a dead past. But remember one thing. Life is not to be idled away. Time is not to be wasted. Future is uncertain. Therefore shake off your laziness in this moment. Carry out your responsibilities with vigor and enthusiasm.



Criticism. Are you afraid of it?

Most of the people will bow down before criticism. Nobody likes the voice of resentment. But is it a thing to be afraid? No. We fear resentments because we take them personally and emotionally. We sometimes take it as the reflection of other's hatred for us. Therefore we can't accept any sort of criticism. The depth of warmth between the two persons also matters. What prompted him to say so? His jealousy or his interest in me? The uneasiness in my prospects or his wish for my better-

ment? Understanding the demarcation between these two possibilities is a must to face the criticism in a healthy way.

Is there any fact in the criticism? If you think that there is, try to rectify it. If you think the criticism holds no water just leave it. Appreciation is good. Similarly criticism also is good. Continuous praises may hinder our growth as we tend to think that we are perfect and won't be ready for any change or betterment. But if you are criticized you realize that there is something wrong



Don't take the criticism emotionally. If we do so it may defeat us. When you are being criticized don't be in a hurry to oppose or defend it. Surely those who are confident of their ability can welcome the criticism.

and it need to be corrected. It will help you to correct yourself wherever necessary and to improve yourselves. Those who criticize also should remember

one thing. Don't criticize in a cruel and harassing way. The way you wish to be criticized is applicable when you criticize others. The tone of criticism is very important. We can say the same thing in different ways. Don't take the criticism emotionally. If we do so it may defeat us. When you are being criticized don't be in a hurry to oppose or defend it. Surely those who are confident of their ability can welcome the criticism. If you think you can't tolerate any sort of criticism, there is only one reason-you find happiness only in the words of others and you are doubtful of your own abilities.



Let it be open

When it was raining all the windows were closed. Not only the windows but also the doors. They were not opened. It was the days spent just like inside the Ark of Noah in The Bible... One day a friend came and opened... I smell something..like that of humidity. That was right. Those who carry the foul smell won't be aware of it. Those who smell know about it. Familiarity makes us unaware of the foul and pungent smell. Those smells become quite natural for us. But a new comer can detect them very quickly.

Then the rain stopped. Windows were opened and the lingering foul smell got exhausted. When the windows were opened another thing was also noticed. Spider webs, dust, rusted locks...

Stagnant things are foul.

Mosquitoes lay eggs on stagnant water and causes epidemics.

It is right in the case of internal things. Uncirculated air is foul. Why is it said that vehicles are to be get serviced occasionally? To find the faults..to ensure an uninterrupted journey. Health check ups are also relevant today. Many



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diseases are diagnosed earlier and cured thanks to health check ups.

Service of the mind is unheard of. But mind also need service and health check ups. Now and then open the windows of the mind. Speak out your sorrows to a trustworthy person. Don't

allow anything to stagnate. Don't allow the cow webs, rust and foul smell there. There is a limit for what we can endure.

It is a fact that we collect the water in dams during rainy season. This water is used for several purposes. But the dams also have limit for capacity. Don't you remember that years back our dams were opened all of a sudden because the water level crossed the limit? Nobody can contain excess things. Therefore it is necessary to spill out.

It is a method to calm the mind, to regain the health of the mind. As we wash out our dirty legs in river washing the mind will purify it. Therefore open the windows of the mind to make it calm.



Characteristics of a good mother

It is not easy to become a good mother, especially in recent times. But intentionally certain efforts can be taken to become a good mother. These are the characteristics of a good mother as psychologists opine: A good mother will be compassionate to herself. Psychologist Melisa Weinbergh is of the opinion that most of the ladies who are kind to others are not compassionate to themselves. In the hectic schedule of caring the children and doing jobs they often forget to find time for rest or for their leisure. Most of the mothers suffer from frustration, feeling of guilt, self reproach etc.

- A good mother can communicate well. A good mother will communicate with their children. Unfortunately many mothers do not have proper communication with their children. It may lead to confrontation between them.
- A good mother can make a rapport with the children. They listen to their children and understand them. They look through the perspectives of their children to find solution to certain problems.
- A good mother can control the emotions. She may face pressure and confrontations. But a good mother can cope with all of them with a calm mind.
- A good mother offers security. It is said that nobody can offer such a security given by a mother. But a good mother will set a limit for the security because circumstances are to be created for the children to become self-reliant.





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