

OPPAM

ONLY POSITIVE

A woman with long brown hair, wearing a grey jacket and a dark scarf, is holding a baby. The baby is wearing a red hoodie and a blue beanie. They are standing in a park with many yellow autumn leaves on the ground and trees. The woman is looking at the baby and has a joyful expression, with her hand near her face. The background is a soft-focus park scene with green grass and trees.

**How They
Think of It!**



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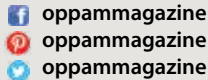
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Editorial

PROF ANTONY P JOSEPH
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God's Will

When the friend came to see his him, he was reading a law book. 'By reading this law book are you going to become the president of America?' The guest asked. It was a scornful and sarcastic remark. 'That I don't know. But one thing is sure. I am ready to accept whatever is given to me by God.' Replied the host. The name of that host who was reading the law book was Abraham Lincoln. We know what happened later. That is part of the history of the world.

There are always certain people who look at our small efforts with utmost contempt. They focus not on our merits but on our circumstances- our financial position, education, job, our physical environment etc. We know that Abraham Lincoln was brought up in a poor family. Nobody would be ready to think that a person from such a poor background can easily achieve high prospects in life. People who are cynical and jealousy will always under estimate those who aspire for achievements in life. 'You can never get this'. Making such remarks they always dispirit others. Sometimes some of those do so will be very close to our life. However discard the opinions of such people and go ahead with your undying spirit and enthusiasm. That is the only way to succeed in life. The negative comments of others won't do any good to our life. Therefore do not heed to the negative comments. We can succeed in our life many ways. But it is ideal to thankfully acknowledge the God's blessings behind our every achievement. Do believe that our path is already set by the God. Then we won't get frustrated at any stage in our life. Therefore continue with your hard work and efforts and believe that God's will is the ultimate one.

Regards
Prof Antony P Joseph



Why Do We Love?

Why do you love others? Have you ever thought of it? When we love others we ourselves will enjoy the ultimate satisfaction and happiness resulting out of it. When we thought of others if our mind is filled with hatred and disgust these feelings will never affect them. This is also happens in the case of love. That is why even if you love

others deeply they discard your love. Because when they think of you they don't feel such a deep love for you. They don't even think of you! We can't love a person who doesn't think of us. Similarly we will remember a person whom, we are sure that have true love for us. If my mind is filled with happiness and peace when I think of you that thought,

Your ability to love is assessed by the number of persons you love with the same intensity. When I realize that I love you only for me, my frustrations that you don't love me or you don't behave as I expected get alleviated.

no doubt is beneficial to me. I love you for my happiness, for my peace of mind and satisfaction. There the love become selfish. Every love is a quest to find a way

to satisfy ourselves. It is like finding a treasure in ourselves. Your ability to love is assessed by the number of persons you love with the same intensity. When I realize that I love you only for me, my frustrations that you don't love me or you don't behave as I expected get alleviated. Never will I complain that you don't love me. I won't be obstinate as before that you should love me. But even then I will love and continue with my love. Because when I love you it gives me so much happiness.



Wounds

How many people are living around us with so many wounds. The wounds can't be seen from outside because we cover most of them. I remember a wound on my thigh when I was so young that I wore trousers at that time. It was a wound formed from an abscess. Nobody noticed it when I walked or stood still. But when I was sitting it was clearly visible. Certain wounds are like that. Such wounds won't be easily noticed by others. But those who are close to us will find it out. Even then we pretend that we don't have any wounds. We cover most of our wounds. It has two reasons- we want to hide it from others and we don't want to make others uncomfortable by seeing it. It is a fact that most of us turn our face from the

wounds on others' body. We don't like to see it. Some pitfalls in the personality of an individual is like these wounds. If we analyze that why some people are not good to others we may find out that it is because of their wounds. Some people pass on their wounds to others because it is an easier way than get the wound healed naturally.

Wounds on the body can be treated with medicines. But what about the wounds on the mind? Whatever efforts we take to treat it sometimes such wounds will give us pain quite unexpectedly.

Do not pass the wounds on others. Do not inflict the wounds on others. It is a great boon to have a mind without any wound on it.





If It is So Everything will be Fine

Often we say ourselves that if it goes this way it won't be right. Sometimes we also advise others that it won't be fine if it goes this way. If life does not come the way you expect of it, it is not because life itself is faulty but we don't know how to shape it in such a way.

Just like adding the ingredients in the apt quantity to make a food item tasty we have to add the apt quantity of the ingredients of life. Salt, sugar and other ingredients as well as heat also matter here. Let us see how the life can be transformed well.

Mind and body are interconnected. Remember the saying a sound mind in a sound body. The food we eat also have a pivotal role in making us happy. The food we eat is one of the deciding factors of our character.

Accept The Life In Its True Sense

If we accept the life partially or if we don't take it in its entirety we may always feel sorrow and frustration. Frustration resulting out of the thought of ill health, job loss, financial problems etc...all these are the realities of life. No doubt, those who were not destined to go through such harrowing experiences may not be able to realize the pain of it. But if we complain about the things we don't have, we are not going to get it. If complaining is the method for get-

ting something everybody would have adopted that. The saying that the crying child alone gets the milk is applicable only in the case of children. Therefore stop complaining and be ready to accept your life as it is. It may have drawbacks, falls, deficiencies etc. But accept it with its own meaning and depth. Try to conceive the life of reality as your life of expectation. Realize that those who are happy and those who succeeded in life too couldn't get everything in their life. They also have incompleteness. Accept the life as it is. Then your life will be fine.

Eat The Good

Mind and body are interconnected. Remember the saying a sound mind in a sound body. The food we eat also have a pivotal role in making us happy. The food we eat is one of the deciding factors of our character. Those who eat nutritious food will have a happy mind and a sound body. Choose the food in such a way that it sustain our mood and fill us with happiness.



Sleep Matters

If we don't get enough sleep we don't be energetic in the following day. Enough sleep is also a must for the happiness of mind. Good sleep will sustain the mood, will give concentration of the mind and enhances the memory power, peace of mind and thus ultimately increases the quality of life. Don't abstain from sleep because of the hectic job schedule and don't sleep while in duty. Try to ensure a sound sleep every day. It is essential for the quality of life.

Exercise Is Not for Muscle Strength Alone

We know the notion that visiting the gym is for strengthening the muscles is wrong. Exercise is a means to energize the body as well as the mind alike. Through exercise stress will be reduced and endorphins will be formed. Through continuous exercise the strength of muscles will be strengthened. It will

enhance the immunity power. Regular exercise will definitely improve the quality of life.

Write Everyday

Writing is helpful for personal growth, sense of the self and correction. It does not mean that everybody should write literary work. Instead write down your day to day experiences, attitudes, observations etc. Find out whether you can improve or correct them and is there anything you can imbibe in your life. Arrange your life accordingly. Try to assess the day to day experiences and improve them. Find out time for reading. Reading of books should be made your daily routine. It will not only boost our knowledge but also give you so many experiences.

It will provoke our thoughts, will give insight to life. It will help us to approach the life positively. Reading will make our life enlightened.





How They Think of It!

Some parents are ready to agree with certain likes of their children. For example they won't see any problem in their children wearing fashionable dress or having any healthy relationship with his/her friend from opposite sex or travelling with such a friend. Because they know their children well. Even then they may hesitate to give so much freedom to their children in public. How others will think of it? This is their concern.

Parents want their children live in tune with the norms of the society. Through such talks they negatively instill certain social awareness into their

mind. Here the children are forced to suppress their wishes and live only within the limit set by the society. No doubt, we should honor the society and obey its rules. But at the same time parents should ensure that even while their children obey the rules they are living with confidence and not sacrificing their likes. Some parents are the ultimate decision makers in the affairs of their children. From selecting the dress to the married life, they enforce their likes in all the affairs of their children. They don't give an opportunity to correct the mistakes or take a more alert step in the future. Only a few parents

will allow their children to take their own decisions. The strict parents justify their stand by saying that all these are for the bright future of their children and make their life happy. Whatever be the risk and the result of it, parents should encourage their children from their early age to take their own decision. Most of the parents believe that materializing the wishes and buying things for the children alone is the method of expressing their love for them. Such parents try to show their love through the things purchased. Spend time with the children and try to listen to them. It will help to deepen the bond between the parents and children. Psychologists opine that such deep bonds formed thus would help the children to sustain their love for their parents in their old age.

Parents want to change their children's attitude and behavior. They always try to do that. It does not mean that parents are not expected to correct their

children. But branding the children as bad ones and correcting them cannot be recommended. Children have their own identity. Honour their self respect. Correct their mistakes with tolerance. Sometimes parents assess their children on the basis of the marks they receive in exams. High marks in the exam may help the children in higher studies and getting a job. But the marks alone won't help anybody to succeed in life. Low marks in the exam should not be considered as the reason for underestimating the children. Give the children proper guidance. Do not compare them with other children. If the parents compare them with other children publicly its negative impact on them would be very deep. Parents are not often aware of it. Talents of children may differ. Sometimes they may not come to your expectations. However do not hurt their sentiments by unnecessarily comparing them with other children.





Should We Respect?

Everybody wants to receive the attention and recognition of others. But sometimes we may not get the due recognition we aspire for. We may not have the required talents or ability for it. If you want to get the recognition of others you should strive for it intentionally.

The Body Language That Radiates Confidence

How we appear before others does matter. It includes the dress we wear, our walking and sitting style etc. All these things together constitutes the

confidence. The confidence of somebody reveals that he/she has got complete trust in himself/herself. Society will not honor a person who has inferiority complex. So let the confidence be your hall mark of personality. Always behave with confidence.

Speak Clearly And Precisely

The style of speaking, modulation and clarity are the factors that impress others. Some people always speak arrogantly. Some others speak with superiority complex. Practise a style of speaking that impress others and attract

others to you. Observe the great orators and their style. In the beginning you can imitate their style but later on adopt a style of your own. Your speech should have the clarity of thought and accuracy of words.

Practise Self Control

Everybody should have control on his/her emotions and thought. Those who are irresponsible will be rejected by the society. Speak with utmost control on your emotions. Do not speak ill of others. Some people always find fault with others and belittle them. Those who speak the faults of others to you will definitely say the same about you to others. So such people won't get support and recognition from the society.

Be A Knowledgeable Person

A knowledgeable person will be respected by others. Knowledge cannot be replaced by anything. Amass as much knowledge you can. Learn new and new things. Ensure that you have

ample awareness about current affairs.

Keep The Boundaries

Fix your own boundaries with the affairs of others. Do not unnecessarily interfere with the life of others. Persons who always opine on unwanted things will be disliked by others.

Be Honest

Be honest to yourself. Your words and deeds should go hand in hand. Do not break the promise except in unavoidable circumstances. Be consistent in your behavior. Be respectful to others irrespective of their educational background, position or financial status. Do not hesitate to use such polite words like thanks, please etc. in appropriate circumstances.

Acknowledge Your Mistakes

To err is human. But some people always blame others for his/her own mistakes. Always acknowledge your own mistakes. Then others will respect you.



Are You Married? Be Ready for a Fight

The observations on marital life made by Sudha Murthy at India Today Conclave of 2024 is viral in social media today. Sudha Murthy opined that if you are married then you should be ready for a fight. Some couples claim that they don't have any issues and their marital life go smoothly without any hurdles. That indicates that they are not

real husband and wife. Difference of opinion is common between husband and wife. But how we approach those differences decides the success of marital life. It is a give and take relationship. Hundred percent perfection is not possible in marital relationship. There is no perfect life or perfect couples. These incompleteness itself can be said as the



beauty of life. Every married person has his/her own plus and minus. Wife may be minus in certain things whereas her husband will be plus in it. In certain other things husband will be a minus and his wife will be a plus. A husband may have so many talents that his wife doesn't have and vice versa. The plus of somebody along with the minus of the other together constitutes the success of a married life. When disputes arise

between couples do not get frustrated out of it. Couples should help each other. Responsibilities should be shared by them. A husband should never think that all the household chores must be done by the wife. Especially it is relevant in the case of working women. Similarly a wife should never think that the husband alone is responsible for running the affairs of home. There should be mutual respect, help and love.



Anger: Self Prosecution For Others' Faults

What is anger? Anger is the self prosecution for others' fault. We become angry for the sake of others. Anger is our response when we do not like others' deeds and talk or when their behavior does not come to our expectation. When we become angry it may hurt and sadden others. But because of our anger we ourselves will have more loss and sadness. Anger will adversely

affect our body and mind. Therefore controlling the anger is necessary for none other than us.

When we are not angry we make our mind peaceful. Suppose you have any grudge or hatred for somebody out of any reason. Keeping in our mind that bad feeling we do our day to day activities. But occasionally the thought of that ill feeling may emerge powerfully. It will



Sometimes the anger is like a tool. However we should have the required skill in using that tool. Otherwise the tool may prove harmful to the bearer himself. It is necessary to know how, where and to what extent the tool is to be used.

make us restless. To avoid such a situation what we can do is to apologize them unconditionally. The apology and toler-

ance are for the protection of our mind and it does not mean that what others have done is correct. Sometimes the anger is like a tool. However we should have the required skill in using that tool. Otherwise the tool may prove harmful to the bearer himself. It is necessary to know how, where and to what extent the tool is to be used. An angry person is like a cracker. We burst the crackers on certain occasions. We do not remain close to a cracker once it is ignited, instead keep a safe distance. Similarly do not be very close to an angry person. Just like crackers he/she may prove deadly to us.



How Much Is Your Savings?

Once we listen to that question our thought will go to any bank. It is a common belief that the word savings is to be equated with saving the money alone. There are a lot of other things in life that are to be handled carefully to save. All those things are more important than money. As you know time is to be used wisely. Time is equal for the rich, the poor, the educated ones and the illiterate people. For everybody a day is consisted of twenty four hours including the day and night. It is the

same everywhere in the world. A lot of people complain that they don't have enough time for doing anything. Some others will do everything within the given time. Those who are disciplined and upright in their lifestyle and duties need not complain of anything.

Some Tips For Saving The Time

Planning is the most effective method for utilizing and saving the time. Time becomes a constraint when we have to do a lot of things within a short time. Make planning about the things to



be done on the next day and do accordingly. Do the necessary home works. It will help you to approach the affairs with a prior awareness.

Assessment

Assess the day's activities before you go to sleep-a thought about the things done on that day and the strategy you adopted. It will help you to meet the next day more creatively.

Concentration

If you give full concentration on what you do you can save a lot of time. There are a number of people who are engaged in several things at a time especially in this era of social media. Nothing can be done perfectly here and more than that

one may feel guilty of spending the time waste. Therefore concentrate only on the thing you are doing. Focus on a new task only when one is over.

Compromise

You can't achieve anything without hard work. Remember the saying No pain-No gain. If you have more work to do, wake up from the sleep a bit early. Go to bed a bit late. Cut short your leisure time.

Adjust yourselves according to the circumstances and needs of each day. It is a method for saving the time. When you are to do an unfamiliar task seeking the advice of an expert will avert an embarrassing situation.



Humiliation

The incident took place forty years ago. A fifteen year old girl happened to reach at the function held at the house of a relative. In fact she was not invited there. The feast was being conducted. A lot of food items were placed on the dining table. Some were waiting for their turn to eat. At that time there were no spacious auditoriums. The feasts were conducted mostly in the limited space of houses. The girl remained there for a long time without being noticed by anybody. Later on someone's attention fell on her. "Are you standing here looking at others eating? You may sit on the floor to have

food." He said. He put a plantain leaf on the floor and served food on it. When others were comfortably sitting on the chair around the dining table that girl alone was forced to sit on the floor. A drop of tear which was of humiliation rolled down from her eyes and fell on the leaf.

Since that girl had the face of my sister even now when I remember that incident my heart would bleed. Sometimes they might not have the intention of humiliating her. They might have thought that it would take some more time for her to get the chair and they chose that place either to avoid her



soon or from the concern of giving her food without being late. Anyway she felt it as a humiliation.

We give importance to the humiliation being meted out to grown ups only. Children being avoided or discarded is not considered as a humiliation. They are little ones..they won't take it as a humiliation or they don't have the so called self respect- most of the people think so. When we turn down the peddlers who reach our doorsteps or beggars, in a sense quite intentionally or not we are humiliating them. Have you noticed the youngsters who come our home with a heavy bag for selling the products as part of their training program? They

are ready to sell the products at the same price we can get them from the open market. Even then we are reluctant to buy anything from them. Some people behave very rudely to them. This also is a humiliation. The humiliation being felt by the children also ought to be taken as that of the grown ups.

First of all you assume yourself in the place of the person being humiliated. By discarding the deserving ones, honoring the undeserved one also is a humiliation. Just like the importance we give to the humiliation meted out to an individual avoiding the children and humiliating them also is a matter of concern.



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