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ONLY POSITIVE





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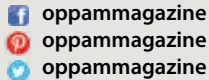
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Editorial

PROF ANTONY P JOSEPH
Managing Director

Ups And Downs

‘Here Ends Nepolean Bonaparte’. Almost all the newspapers reported in a similar fashion when Nepolean was banished from his place. Instead of explaining or interpreting the reasons or circumstances under which he was banished, news papers were keen only in celebrating the downfall of that ruler. When Nepolean came to know about how the papers reported his downfall he responded thus: Ups and downs are common in life. If somebody can’t face them with an equal state of mind he cannot be called a brave. Fortunes and misfortunes may come to our life. To face them without losing the composure of the mind in fact is called bravery. These words are applicable to us too. We become happy at the time of prosperity and also become enthusiastic when it is made public. But we become disheartened at the time of fall. Belittling all the gains and achievements so far received we would ruminate over it and curse our misfortunes. Around us there were people who ended there life out of the frustration resulting from a small failure.

We, who become cheerful at the time of flourishment ought to have the courage to face the failures. It is quite natural that a life which met with the success will encounter the failures too. Success and failure, ups and downs etc. are like the two sides of a coin. Few people could remain always successful in this world. Those who passed through the happy days had also gone through worries. Just like the day and night constitutes a day, life is composed of happiness and unhappiness. Everybody can face the success. But only a few can cope with their downfall. We should introspect whether we celebrate the fortune or the misfortune of others. We might have faced many ups and downs in our bygone years. Analyze the reason for our falls and find a solution to avert them in future. To quote the words of Nepolean once again ‘take the success and failure as parts of life and be perseverant to face them equally. Then only we can come out of our downfalls.

Wish you all success
Prof Antony P Joseph



Recognition

The basis of somebody getting recognition is his abilities. To congratulate a person in public is nothing but acknowledging his abilities. Awards, statuettes, memento etc. are the token of such acknowledgement. All these things proclaim that the person being felicitated excel others on certain things by virtue of some factors. It is very difficult to get the recognition of others. For some people it may take years of hard work, efforts and proving the talent to get the due recognition.

Some others are lucky to get fame even without much effort from their part. If a person is shot to limelight people will naturally congratulate him. Getting acknowledgement is a great thing. It is a dream of almost every person. However it is advisable to abstain from indulging in unnecessary attempts to get fame. If the universe has decided that you ought to be felicitated, one day or other the fame will embrace you. What you need is the patience to wait until then.

Acknowledgement is not always a

Acknowledging oneself is to be practised. No recognition is greater than the recognition given to somebody by himself irrespective of the strength and weakness he may have.

public affair. A lot of people are not getting the due acknowledgement even in their house- husband not considering his wife, wife not acknowledging her husband, children not obeying their parents, parents who are not ready to understand their children. Even when others don't acknowledge you, you must

have full confidence in your abilities.

Some people are like beggars. Instead of money they beg love from others. Their intention is to get all others' love and thereby their support. Raising your voice or talking too much won't bring you recognition from others. Two persons having almost similar abilities and who are in the same field may not congratulate each other. It happens so because there is the undying ego that who between the two is better. Acknowledging oneself is to be practised. No recognition is greater than the recognition given to somebody by himself irrespective of the strength and weakness he may have.



The Relations That You Carry Unnecessarily

Relationships are valuable. There is no doubt in it. But are you sure that all the relationships that you call so are really valuable as you think? We attach too much importance to certain relationships. However are you getting it back with the same intensity? If the answer is no it is high time you broke that relationship.

This topic is relevant because you don't need to get worried only out of the fact that you love somebody. When you love somebody you will trust him and expect that he will be with you in all your

joys and sorrows. You wish that when you are in trouble the person you trust deeply will solace you. Also you share your joys at first with him. However all these remain only as your expectations. He may not with you in your sorrows. Even though you thought him as your best friend he never give back his love. For him you were only a stranger-somebody who is not related to him in anyway. For him you are not special to him, instead a person who is needed for him only in certain circumstances. He considered you only because you



Even after realizing it if you continue with that relationship you are a stupid. It is advisable to keep away from such relationships. It is a sign of self respect. It is the surety and protection given to your own self respect.

approached him. He remembered you only because you remembered him. He talked to you only because you gave him a call. He came with you only because you asked him. Without demanding he didn't give you anything in his life. He does not need your presence, love or friendship. Even after realizing it if you continue with that relationship you

are a stupid. It is advisable to keep away from such relationships. It is a sign of self respect. It is the surety and protection given to your own self respect. It is a must to avert self humiliation and self harassment.

I am late to realize that you were not with me in my joys and sorrows. Sometimes for that you may have your own justifications. But looking from my part all those justifications do not have merit in them. You never came to me. Never in my life you were with me in my needs. Since I can't love everybody deeply I gave my extra love for you. But you didn't need that love. Why should I follow with my love which you do not need? Here I end my run after a bus which did not stop to get me in.





Do You Feel Stress?

Every person one day or other feel stress in his life. People pass through various types of stress in different occasions. But one may not realize those difficulties as stress. There are some common symptoms of stress. Check whether you feel these symptoms continuously.

Headache

Do you feel headache every day? It is

a sign of severe stress.

Anger

Getting angry is quite natural. But if the anger is not under control and if you become angry for every silly thing it may be a symptom of stress.

Continuous Ill health

Some people fall sick in short intervals. Stress is the cause of all these small diseases.

Life won't be smooth for those with uncontrolled stress. So if you think your stress is something more don't hesitate to seek ways of alleviating it.

Pimple

Oily skin and hormone variations are the cause of pimple. But at the same time don't forget that stress also is a cause of pimple.

Change in Appetite, Digestion and Sex

These are the problems faced by people who are going through severe stress. They may feel a loss of interest in their appetite or sex or may feel fluctuations of interest in them. The digestive system of people who are in stress won't function properly. Heartburn and acidity are related to stress.

Life won't be smooth for those with uncontrolled stress. So if you think your stress is out of control don't hesitate to seek ways of alleviating it.





Attributes

Some attributes conferred on us by others are shocking. Thereafter we will be forced to live in accordance with those attributes, especially the attributes given to us in public. Pointing to you a person speaks another one that you are a good fellow, a man with probity and uprightness in character, a caring and endearing one, you lead an ideal family life, you don't have any bad habits etc. Even while you know well that you

have all the flaws that a human being can have such attributes are really a blow on you—especially if you are a person who likes to live in your own way discarding the so-called adjectives conferred on you. It will be a blow if you don't want to lead a double life. The one—a virtuous person without any flaws. The other—with all the weaknesses that are common to a human being.

When you are being honored you

may feel the same problem. Awards and felicitation are different. Awards are given to persons considering their abilities only. His character doesn't matter there. But if a person is being honored it means the people value his abilities, his character, his personality etc. Mementoes and statuettes are part of it. It shows that you are a special person and you deserve it. You are forced to live without compromising the attributes showered on you.

Once upon a time there lived a person whom everybody looked upon as a saint. It is not sure whether that attribute made him happy. One day he was walking along a road. Seeing him a farmer stopped his work in the paddy field and rushed to him and said: 'Everybody opines that you are a saint. You ought to be so.' That saint later described this incident as God Himself appeared from the paddy fields and admonished him

to become a saint. Life is rather simple for a person who has never received any award or recognition in his life. He doesn't need any commitment to the society. He is not indebted anybody. But if he is honored for some reason thereafter there will be some restrictions in his life. He becomes a famous person. His behavior, activities, opinions, words, his style of speaking etc. will be noticed by others. There ends his privacy.

Why do some celebrities speak loudly of their privacy? Because they can't live in the society as they wish. If the limit exceeds popularity becomes a burden. Some attributes like stupid, not capable of anything etc. are disheartening. It is very difficult to come out of those attributes. It is easy to give attributes but difficult to live accordingly. It is more difficult to come out of the undeserving attributes.





Is There A Solution For Job Pressure?

Recently we read the reports of suicide due to job pressure. Such suicides take place because they can't meet the targets set by the management and also they can't find peace of mind and happiness in their job. We can't deny the fact that the number of suicides out of job pressure is more than the number of suicides due to joblessness. How can we overcome the job pressure? Is there a solution for it?

Love your job-it is one of the means

to lessen the job pressure. If you do a job without loving it you can't find happiness in it. Instead of completing the job as a matter of duty some employees are focused only in appeasing the management and thereby getting a promotion and other benefits. Do your duty with hundred percent commitment and do not try to please the management unnecessarily. Love should be more for your job than for your management. Higher officials may change from time

We spend most of our day time at the workplace. If you can't find happiness there it is a personal failure. If you find the job pressure unbearable even after adopting several methods it is better to quit that job and find a new one.

to time. But your job is the same. If you do your duty well and nobody can replace your position then the man-

agement will definitely honour and recognize you.

A good working environment is a must to do the job well. Establish healthy relationships with co workers. Give due respect to the deserving ones. Avoid nepotism and groupism. Behave politely with everyone in the workplace. Do not misuse the relationships in the work place for personal gains. Ensure that you have bosom friends among the colleagues.

Some people are workaholics. More than the job they won't have any other thought. Some others are perfectionists. They can't ever find satisfaction in



their job. Since they think that their job has not been done well they look upon the work of others similarly. These two approaches will increase the job pressure.

Give importance to your happiness too. Spend time for entertainment. Make short trips occasionally. Weekly Off and tour programs lasting for several days are there for certain employees.

Giving relaxation from the job is the purpose of such things. Even if you don't have such tour programs find some time for trips or other modes of entertainment once in a week. The weekly off itself is meant to take rest.

Do regular exercise. It is beneficial not only for your body but also for the

health of your mind. It will help to lessen your job pressure.

Check yourself whether you do your job with difficulty or love. Is the job which I am doing now suitable to my aptitude and abilities? Sometimes people get chained to some jobs. When somebody doesn't get the desired job he will be forced to do any job. He can't find happiness in it and it may lead to the job pressure. Either you do your dream job or love your job whatever it may be. It is the easiest way to avoid the job pressure.

We spend most of our daytime at the workplace. If you can't find happiness there it is a personal failure. If you find the job pressure unbearable even after adopting several methods it is better to quit that job and find a new one.



When The Thoughts Cross The Limits

The one who doesn't think is not a man. We realize that we live because we think. When the mind drifts away from the right path and unwanted thoughts come to it we say that the thoughts cross the limit. We know that we can't live without thinking.

But when the thoughts become out of our control it may adversely affect our life. Negative thoughts will affect our mental health. They may lead to stress and anxiety. Doctors are of the opinion that a person drifts into excess thoughts because of his harrowing experiences



in the past. Some others think too much to ensure that errors and their adverse impacts won't happen in the future. But it is proven that if the thoughts become too much and become a part of the personality it may lead to the inability to take decisions. Psychologists say that a person may have excess thoughts due to mental and external pressures. Some experts are of the view that thinking too much is not a sin or fault. Whatever be the diverse opinions, one thing is clear-if the thoughts go uncontrolled it may lead to depression. In addition to it thoughts may lead to certain mental problems like anxiety and obsessive compulsive disorder.

Headache, back pain, sweating profusely, breathlessness, fatigue, loss of appetite, loss of confidence etc. are some of the symptoms of overthinking. Let us go through the ways of checking the habit of thinking too much.

First of all realize that excess

thoughts will adversely affect our physical as well as mental health. Analyze your thoughts. Do they have any basis? Are your thoughts reasonable? Question your negative thoughts and banish the unwanted ones. Don't be anxious about your future and don't regret about your past failures. Focus and live only in the present. Practise it.

Minimize your negative thoughts intentionally. There are some things in our life which are beyond our control. It is better to leave them as such than to think over them unnecessarily. When the negative thoughts come to your mind focus your thoughts on anything else which give you happiness and relief. Find a hobby and indulge in it. Spend time with your dear ones. Befriend with people whom you think you can get along.

The help of therapists, cognitive behavioral therapy etc. are ways of coping with excess thought.



Want to Get Financial Prosperity?

Getting financial security is one of the factors of happy life. Not only financial burdens but also the ignorance of handling money wisely disturb the happiness of family life. By observing financial discipline financial security can be achieved and also it will give you the peace of mind. Let us go through some tips.

Never Spend Money Before You Have It

This proverb has got relevance even today. If you don't want to spend more than your income first of all you should have a clear understanding about your income. It will help you to spend according to your income. Write down your income and expenditure regularly. For



Advertisements and offers are attractive. But there are traps underneath them. Don't purchase things that are not essential for you. Nobody will give you anything free. Remember that there is a selfish motif behind every attractive offer.

an employee who draws monthly salary his income will be somewhat steady. But expenditure may vary. Therefore writing down the expenditure every day will help to know about the purposes and ways of spending money. Study your expenditure at the end of every month. Check whether you spent money unnecessarily. If yes avoid it in the next

month. Most of the people are reluctant to keep the record of their income and expenditure. Once you overcome the laziness for it gradually you will do it regularly.

Minimize The Use of Credit Card And EMI

Nowadays almost every bank promotes sanctioning loans. Similarly we get credit cards, personal loans and EMI easily. Take a loan only after ensuring that you can repay it. Use credit card wisely. Remember that even though credit cards help to purchase things easily once we fail to repay it by the time limit set by the bank things will go out of our control. It is a fact that for an average Keralite, purchasing a vehicle and building a house won't be possible without EMI. However don't take EMI which you can't afford.



Lessen Borrowing And Lending Money

We borrow money from our friends in dire situations. But the enthusiasm for borrowing may not be there for repaying it. It may affect the cordial relationships and also the peace of mind. Try to repay the borrowed money in time. It is rather easy to borrow money. But when you fail to repay it fissures may occur in the friendships.

Keep Away From Luxuries

Most of the people wish to lead a luxurious life like that of his neighbour. For that they blindly imitate their affluent neighbour. As a result they may lose their financial security and ultimately

plunge into a debt trap. Plan your expenditure according to your sources of income.

Dress of the new fashion, vehicle, modern house, ornaments etc. are things that allure everybody. But before going after them make sure that you can afford them.

Purchase Only The Essential

Advertisements and offers are attractive. But there are traps underneath them. Don't purchase things that are not essential for you. Nobody will give you anything free. Remember that there is a selfish motif behind every attractive offer. Don't spoil your life by running after it.



Benefits of Eating Dates

Dates is to be included in your daily food. Dates have got a number of nutritional values. It contains carbohydrates, sugar, dietary fibre, protein, potassium, magnesium etc. It also contains anti oxidants. The rich fibre content in dates is helpful for the digestion of food and thereby prevents constipation. Dates give energy also. Therefore eating dates before doing exercise is highly recommended. Dates can help reduce the LDL cholesterol level in blood and so reduces the chance of heart diseases. The anti oxidants in dates

help in it. The potassium content in dates enhances brain health and increases memory power. Dates help to retard age related health issues. Calcium, magnesium and phosphorous content in dates boost the bone strength. It reduces the chance of osteoporosis. Eating three to six dates daily is recommended. Drinking moderately hot milk mixed with dates in cold climate is good for health. While preparing oats or juice as breakfast, instead of sugar dates can be mixed with them. Sweets like laddu can be made using dates without adding sugar.



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