

JANUARY 2025 | Vol:3 | Issue:8

# OPPPAM

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



**Love  
becomes  
love**



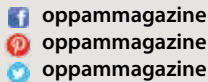
**OPPAM**  
ONLY POSITIVE

Vol: 3 | Issue: 8 | Page: 19  
JANUARY 2025

(Private circulation Only)

Website: [www.oppammagazine.com](http://www.oppammagazine.com)

E mail: [oppammagazine@gmail.com](mailto:oppammagazine@gmail.com)



#### OPPAM

Managing Director: Prof Antony P Joseph  
Botswana

(Gaborone University College of Law &  
Professional Studies)

Managing Editors: Benny Abraham  
Mariamma 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

#### For Donation

OPPAM MAGAZINE  
A/C No: 12790200319046  
FEDERAL BANK  
BRANCH: IRINJALAKKUDA  
IFSC: FDRL0001279



# Editorial

**PROF ANTONEY P JOSEPH**  
Managing Director

## Should The Problem Be Solved?

He worked hard to build a house. It was his long cherished dream. At first glance, it was very beautiful. He along with the members of the family started living there happily. However, as days passed, unease crept into the household. Arguments arose between him and his wife, which soon spread to the children. Disputes flared up over the smallest matters. One of the friends suggested that the house's location might be the issue and advised him to consult an astrologer. Following his advice, he invited an astrologer. The consultant advised adding an extra room to the house to solve the issue. He complied although it was an additional expense to the already existing debt, only to get peace of mind.

However, the unrest persisted. A second astrologer blamed the position of the kitchen. To fix this, the beautifully designed kitchen had to be demolished and rebuilt. The man spent heavily again, convinced that peace was worth any cost. Yet, the problems at home continued.

At last, desperate and dejected, he sought the guidance of a guru. The man explained everything in detail. The guru asked him a single question: 'Why are you seeking external solutions for internal issues?' Confused, the man asked for clarification. The guru explained: 'The problem is not with the house but with the people living in it. Reflect on when these issues began.' The man thought deeply and realized it all started with a minor quarrel with his wife. Unresolved anger, ego, and negative emotions had compounded, creating the big problems.

Often, we look for external causes for our problems and blame others. But in many cases the root cause lies within us-our attitudes and thought patterns. Without changing these thoughts and attitudes external adjustments rarely bring lasting solutions.

Most of the conflicts in relationships stem from mismatched perspectives and rigid attitudes. Once these are addressed, many issues resolve themselves.

As we step into the new year, let us introspect on our attitudes and embrace necessary changes. May this year help us overcome conflicts, nurture stronger bonds, and cultivate harmony within ourselves and our relationships. Wishing everyone a peaceful and joyous New Year!

Regards

**Prof Antony P Joseph**



# A Limit for Complaints Too!

Complaints are to be said. Also we have the right to say complaints. However a limit is needed for the complaints too. Some people always complain of one thing or other. Following are some of the common traits of complaining people. 'Everything has become worse than that of the by-gone days.' 'In the past it wasn't like this one.' 'When I was young things were different.' Often we see people with such opinions. This is a form of saying complaints. Certain things of the past

may have the so called virtue in them. But it doesn't mean that everything of the present time has lost its value.

## **An indifferent attitude to suggestions and solutions**

An indifferent attitude to suggestions and solutions indicates that the person wish to remain within the shackles of complaints. Accepting the suggestions may solve the problems. But you don't take that step, because you find happiness and satisfaction in complaints.

## Before Saying Complaints

Assess the various perspectives before saying complaints about a subject or a person. Then a new possibility will be opened before you. Instead of saying complaints try to be thankful to others. Sure, the life will seem more beautiful.

### Completely avoiding the happy moments

It may be difficult to find the positive side of every sorrowful situations in our life. However if you are avoiding completely the good and happy moments in your life that means your mind will become happy only while saying complaints. Although it is rather easy to find the negative than the positive side of everything, finding the negative alone is bad.

### Complaints alone will be effective

Some are of the view that they would get even their rightful things only after

saying complaints. Raising your sound may become necessary in certain circumstances. But this is a different thing. Suppose everyone are on a queue. Without any provocation somebody from behind may become restless and shouts that it is the fault of those standing in front of him that the queue is not moving. Such shouts are unnecessary and inappropriate.

More than complaints creative suggestions will definitely work wonders. Complaints emerge from intolerance whereas the creative suggestions and criticisms come from the intention of getting things properly. So stop complaining and give suggestions if you can.

Reduce your complaints to the least so that your life will become more peaceful. Those who see the negative side of things often complain without any basis. There are also positive sides in our life and in our surroundings. Realizing this fact will help you to abstain from saying complaints. The efforts from your part alone is what you need for that.



# Telling The Lies?

**S**ay frankly-Did you tell lies? Have you listen to lies? When someone lies, he presents it as if it were the truth, compelling the listener to fully believe it. However, in some cases, it becomes evident that someone is lying, and we might even declare it openly. Identifying a lie doesn't always require sophisticated tests; clues in speech patterns, behavior, and physical expressions often reveal the truth.

When a liar has to recount the same incident later, his story is often inconsistent with what he said earlier. Details

and explanations tend to change- he might leave out certain parts or add new ones. Such inconsistencies arise because the person struggles to remember exactly what he fabricated initially.

Even while lying verbally, the body often resists the falsehood. Mismatches between verbal statements and body language frequently occur when someone lies. For instance, while verbally affirming 'yes,' he might unconsciously shake his head in disagreement.

Small, subconscious reactions during speech or actions can also expose



lies. These responses are not always deliberate but might stem from the person's genuine emotions surfacing without their awareness.

Have you noticed how some people hesitate to answer questions immediately or ask you to repeat the question? Such behaviors often indicate they are taking time to think of a lie or plan their response.

Avoiding direct eye contact isn't always a sign of low confidence. Sometimes, it is because the person is lying and cannot maintain genuine self-expression. Unusual body language different from their normal behavior can be a clear indicator of deceit.

Excessive explanations or unnecessary details can also signal a lie. In

an effort to be convincing and make their story seem credible, liars might embellish or elaborate unnecessarily. Discrepancies in conversation and explanation are strong indicators of dishonesty.

When questioned, liars might exhibit defensive behavior or irritation, revealing their fear of being exposed. Attacking the questioner or responding with counter-questions instead of providing direct answers are common tactics of a liar.

Claims like 'I am telling the truth,' 'Believe me,' or 'I am honest' are often the weapons of liars trying to validate their statements. These proclamations are usually attempts to ensure the listener believes them without question.





# Breaking Relationships is Easy!

**M**aintaining and nurturing a relationship is challenging, but breaking one is very easy-be it a friendship or a marital bond. Let's explore the ways relationships breaks.

Relationships are not as strong as we might think or idealize. Every rela-

tionship inherently has its weaknesses. Behavioral issues, lack of emotional closeness, and unkind words often weaken bonds.

Dismissing your partner's feelings as trivial equates to belittling them. Always respect and understand others'

**Partners or friends are meant to support each other. However, in tough situations, some abandon the other person. Such a lack of empathy and refusal to provide help erodes emotional closeness and damages the bond.**

---

emotions; failure to do so creates cracks in the relationship.

Constantly noticing only the negatives in your partner fosters negativity, reducing emotional intimacy and ultimately leading to a complete breakdown of the relationship.

Deliberately avoiding discussions about critical matters and choosing silence worsen problems. Misunderstandings and distance are inevitable outcomes.

Laughter and jokes are good, but making fun of your partner's emotions through jokes can harm relationships. During vulnerable moments, what your partner might need is empathy, but instead, they receive ridicule. This inevitably pushes them further away.

Another major cause of relationship breakdowns is incessant blaming and arguing. Differences in opinions and occasional mistakes are natural, but persistent accusations and arguments without resolutions create emotional distance and weaken bonds.

Healthy relationships require conscious boundaries. Respecting these boundaries fosters mutual respect and prevents emotional wounds.

Partners or friends are meant to support each other. However, in tough situations, some abandon the other person. Such a lack of empathy and refusal to provide help erodes emotional closeness and damages the bond.







# Can You Tolerate Them?

As social beings, people inevitably interact with a wide variety of people. Some individuals we like, while others we don't. With certain people, we try to adjust, and some we choose to ignore completely. Deciding whom to accept and whom to avoid is a personal choice.

Among the diverse personalities we encounter, there is one group that is notoriously difficult to deal with: narcissists, particularly those with Narcissistic Personality Disorder (NPD). If a colleague, classmate, or friend falls into this category, you can distance yourself

from them if necessary. However, life becomes especially challenging if your life partner exhibits these traits.

## **Traits of Narcissistic Personality Disorder**

NPD is a psychological condition characterized by excessive self-importance: They are obsessed with their status and recognition, often irrationally so. Narcissists constantly seek praise but rarely offer kind words in return. They struggle to accept others and often criticize their partner or colleagues, even in trivial matters. Genuine relationships are rare for narcissists, and

## Word That Can't be Found in Dictionary

Narcissists rarely apologize. If they do, it is often insincere. Their talk will be filled with self-justifications.

they fail to recognize or appreciate the goodness in others. Despite appearing confident, they cannot handle even the slightest criticism. They often envy others while imagining that others are envious of them. Narcissists may also humiliate their partners in public, use offensive language, and manipulate people for personal gain.

### How to Deal with Narcissists?

First, it is important to understand that NPD cannot be completely cured

## Six Percent of The Population

Studies suggest that one to six percent of the population may exhibit NPD. If you or someone close to you fits this description, understanding the condition is the first step toward managing the challenges it brings.

with medication or therapy because narcissists do not perceive their behavior as problematic. Certain things are like bad breath. Those who have it won't realize it but others are prone to tolerate it. Narcissists believe they are perfect, which prevents them from seeking help on their own.

Here's how to manage interactions with narcissists-Realize that you have to interact with narcissists-persons with specific psychological condition. Don't over trust or over love them- Narcissists may exploit your affection for their benefit. In some cases, therapy can help if the narcissist recognizes their behavior and actively seeks improvement. Set boundaries while you interact with narcissists. Prioritize your mental health- Protect yourself from their negative influence. Don't expect quick changes- Since narcissism is a personality trait, change is slow and unlikely without self-awareness.

### Identifying a Narcissist

You can recognize narcissistic behavior through excessive self-importance, lack of empathy, envy and belief that others are envious of them, exploiting others for personal gain.





# Love becomes love

**I**t's easy to say that love exists, but proving it is the real challenge. Love often falters when tested in the name of love itself. True love is realized in the moments when it is neither spoken nor explicitly revealed. However, many people lack the ability to recognize the love others have for them. They neither understand that they are loved nor feel the awareness of being loved.

Consider the relationship between a mother and her child. The child doesn't

comprehend the mother's love through elaborate words or expressions. Yet, somehow, the child instinctively recognizes that every interaction, word, and action of the mother embodies love.

When a baby cries at the sight of a stranger but calms down upon seeing its mother, it's because the baby feels an unparalleled sense of security in the mother's love. Moreover, the mother's love is filled with sacrifice, dedication, and sincerity. Have you ever thought

**Love is not a cheap transaction; it is a covenant that demands a price. The more you love, the more you grow. When you are unable to love, you begin to wither.**

---

about why a mother's love is so often celebrated? It's because her love is selfless and sacrificial. For a mother, her priority is not her comfort or well-being—it is her child. The sleepless nights and tireless efforts without distinction between day and night elevate the greatness of a mother's love.

This principle applies to all forms of love in relationships. Love that lacks sacrifice is not true love, whether it is in marriage, friendship, or any other bond. The scars you bear for loving others are what prove that your love was genuine. If love is expressed without sacrifice, compassion, or sincerity, and merely for personal convenience or pleasure, then such emotion should be called something other than love.

Love is not a cheap transaction; it is a covenant that demands a price. The more you love, the more you grow. When you are unable to love, you begin to wither.



# Peace

A statement made by a person who owned an immense amount of unaccounted wealth deeply touched my heart.

‘What’s the use of having everything if there’s no peace? Isn’t it all meaningless then?’

A life filled with peace and happiness is a universal dream and desire. Many strive to create such a life for themselves, taking various paths and adopting different approaches. However, not all these methods guarantee peace. Peace is a state—a condition of the mind. It cannot be fabricated through external factors alone. Similarly, true peace cannot be shattered by external circumstances. Only when peace remains unaffected by the outside world can it be considered eternal and authentic.

We may not always be able to provide peace to someone else, but disrupting another’s peace is often quite easy. This is the unfortunate reality of the religious, social, and cultural context we see around us. A person who has not experienced peace within himself cannot provide peace to others. If someone comes to borrow money, you need two things to lend it to him—a willingness to help and money in your pocket. The same principle applies to giving peace. Only a person who has peace within himself can offer peace to others.

In a family or workplace, if someone lacks inner peace, the ripple effect is evident. It won’t take long for those connected to that person to lose their own peace. We all must think about sustaining and fostering peace. However, it takes only one person to disturb it.



# Cool ? Then You Are Strong..

Physical fitness or muscular growth is not the hallmark of a strong person. True strength lies in how mentally prepared one is to face adverse situations and respond to them, as well as the self-confidence they possess. Many people crumble under minor failures, disagreements, or criticisms. They may appear healthy outwardly, but their minds are fragile. Psychology teaches

us that mentally strong individuals are recognized not by their appearance but by their words and attitudes.

Have you ever heard someone say, 'I can handle this'? It may seem like arrogance or overconfidence, but beyond that, it is a sign of his belief in the abilities. These individuals have the courage to face whatever comes their way. Instead of running away from chal-



**Anyone with a positive outlook on life is mentally strong. We might lose a job, face growing financial responsibilities, or experience the loss of loved ones. The key is to approach these situations with a sense of reality, face them courageously, and strive to recover or resolve what is within our control.**

---

allenges, they trust themselves and have the conviction that they can overcome them. They face adversities boldly and without hesitation.

There are people who remain cool in the face of any problem, standing firm as if saying, 'What's the big deal?' They stand tall like mountains amidst

challenges, while others might collapse even before small issues. The ability to stay calm and focused during difficult situations reflects their inner strength.

Mentally strong people understand that the tough experiences and problems in life are not permanent. They realize that just as floods come, they also recede. Similarly, problems are neither everlasting nor unsolvable. This awareness enables them to adopt a 'this too shall pass' attitude.

On the other hand, those who lack mental strength cannot handle such challenges. They panic at the sound of thunder, thinking it is the end of the world. Mentally strong individuals possess a proactive mindset. They aren't people who have never made mistakes or faced failure. Instead, they learn from their mistakes without dwelling on them and move forward with resilience. They don't engage in unne-



essary blame games or focus solely on the negative aspects of situations. They take responsibility for their actions and reactions, demonstrating their mental fortitude.

Such individuals are not hesitant to seek help from others when needed. They understand that asking for assistance is a sign of emotional maturity and strength. Similarly, they have no qualms about apologizing. Their acknowledgment of their mistakes and acceptance of being fallible drives them

to seek forgiveness when necessary.

Anyone with a positive outlook on life is mentally strong. We might lose a job, face growing financial responsibilities, or experience the loss of loved ones. The key is to approach these situations with a sense of reality, face them courageously, and strive to recover or resolve what is within our control. Succumbing to despair and living with a broken spirit only erases the colors and dreams of the future. Strengthen your mind, and life will become cool.





# Can't You Sleep After 3 AM?

Some people find themselves consistently waking up or unable to sleep after three AM. Despite their best efforts, sleep seems to evade them. What could be causing this persistent issue?

Experts suggest that several factors, including hormonal imbalances and fluctuations in blood sugar levels, might be at play. A decrease in blood sugar levels can trigger the release of stress hormones like cortisol and adrenaline. These hormones help regulate blood sugar by prompting the liver and muscles to release stored glucose. However, their activation may disrupt sleep patterns. Chronic stress can lead to elevated cortisol, also known as the

'stress hormone.' High cortisol levels during the early hours of the day can make it difficult to stay asleep. Changes in hormones, especially as we age, can also disturb sleep.

The production of melatonin, the hormone responsible for regulating sleep, decreases with age in some individuals, leading to difficulties in maintaining sleep. Hormonal changes associated with menopause can also disrupt sleep patterns and cause frequent awakenings.

To address these issues, making lifestyle adjustments and creating a conducive sleep environment can help improve sleep quality to some extent.



# Benefits of Eating Papaya



Eating papaya, especially in the morning or on an empty stomach, is highly beneficial for health. Papaya is packed with enzymes, antioxidants, and various essential nutrients, making it a super food for overall wellness.

Papaya contains dietary fiber, calcium, magnesium, potassium, and vitamins A and C. For instance, 157 grams of papaya provides just 68 calories, making it a low-calorie yet nutrient-dense food. Papaya's low calorie and high fiber content make it ideal for those trying to lose weight. Eating papaya before breakfast can curb hunger and prevent overeating later in the day. Unlike skipping meals, consuming papaya ensures a balanced way to lose weight without starving. Papaya helps regulate cholesterol levels due to its fiber, potassium, and vitamin content. It improves the blood flow and thereby reduces the risk of heart attacks. Papaya has a low sugar content, making it suitable for people with diabetes. It helps regulate blood sugar levels and can reduce hypertension, ensuring better management of diabetes. Papaya contains anti-inflammatory enzymes that act as natural painkillers, offering relief from discomfort or inflammation.

Papaya's antioxidants and enzymes help enhance skin beauty. Regular consumption can diminish wrinkles and improve skin elasticity. Papaya naturally brightens and rejuvenates the skin, giving it a healthy glow.

# GABORONE UNIVERSITY COLLEGE OF LAW & PROFESSIONAL STUDIES

ISO 9001:2015 Certified Institution



THE INSTITUTION WITH A PASSION FOR CAREER BUILDING...



## BUSINESS DEPARTMENT

1. Bachelor of Commerce in Purchasing & Supply Chain Management
2. Bachelor of Commerce in Project Management
3. Bachelor of Business in Tourism Management
4. Bachelor of Business Administration Logistics & Transport Management
5. Bachelor of Commerce in Accounting
6. Bachelor of Commerce in Business Management
7. Bachelor of Commerce in Human Resources Management
8. Bachelor of Business Administration in Entrepreneurship
9. Bachelor of Commerce in Marketing Management
10. Bachelor of Business Administration in Security Management
11. Bachelor of Commerce in Digital Marketing
12. Bachelor of Commerce in Risk Management
13. Diploma in Strategic Management & Leadership
14. Diploma in Marketing Management
15. Diploma in Business Management

## EDUCATION DEPARTMENT

1. Bachelor of Education in Early Childhood Education
2. Bachelor of Education in Special & Inclusive Education
3. Diploma in Early Childhood Education
4. Certificate V in Early Childhood Education
5. Certificate V in Distance Education

## HEALTH DEPARTMENT

1. Bachelor of Science in Occupational Health & Safety
2. Bachelor in Public Health
5. Bachelor of Arts in Human Development & Family Studies
6. Diploma in Occupational Health & Safety
7. Diploma in Public Health
8. Diploma in Counselling (Trauma)
9. Certificate V in Health & Safety Management
10. Certificate V in Counselling

## DEPARTMENT OF ENGINEERING TECHNICAL & VOCATIONAL EDUCATION

1. Bachelor of Civil Engineering Technology in Construction
2. Diploma in Water Engineering
6. Diploma in Water & Environmental Engineering (Legacy Programme)
7. Certificate V in Poultry Production
8. Certificate V in Fashion Design

## LAW DEPARTMENT

1. Bachelor of Law LLB (Hons) – Leeds Beckett University
2. Bachelor of Law & Public Administration
3. Diploma in Law
4. Diploma in Court Administration
5. Diploma in Labour Law
6. Diploma in Criminology
7. Certificate V in Law

**WE OFFER:**  
Masters, Degree,  
Diploma &  
Certificate  
Programmes

**FLEXIBLE MODE OF STUDY:**  
Full Time, Part Time  
and Distance  
Learning Available



PROGRAMMES STRUCTURE



ADMISSION LINK

Broadhurst Campus  
(Head Quarters)

Tel: +267 318 5596

Fax: +267 318 6018

Cell: +267 72 469 089

WhatsApp: +267 77 008 948

Lot 6398, Lejara Road

Broadhurst Industrial

P. O. BOX 201095

Gaborone Botswana

enquiry@guc.ac.bw

www.guc.ac.bw

Admission Link: [admissions.guc.ac.bw](https://admissions.guc.ac.bw):8081