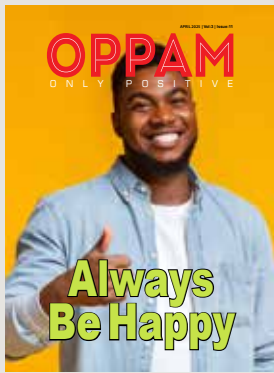


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**Always
Be Happy**



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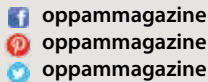
ONLY POSITIVE

Vol: 3 | Issue: 11 | Page: 21
APRIL 2025

(Private circulation Only)

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For Donation

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



Editorial

PROF ANTONY P JOSEPH
Managing Director

Misty Dew

He was sitting under a tree, his mind weighed down with weariness. Just then, a crow perched on a branch above him spread its wings. As it did, a tiny dewdrop fell from its feathers and landed on his body. In that instant his mind awakened. The despair melted away. With newfound energy he leaped to his feet and resumed his journey.

This is a passage inspired by Robert Frost's poetry. To lead someone from despair to hope grand gestures are not always necessary. Even the smallest, seemingly insignificant things can fill a disheartened heart with renewed optimism.

Yet, many of us believe that only great acts can bring hope and encouragement to someone's life. A gentle touch, a reassuring pat, or even a simple smile can ease the weight of sorrow and inspire someone to move forward. Haven't we all encountered moments in life when a mere smile directed at a weary soul became something priceless?

Another thing to remember-nature itself is a great source of comfort for those weighed down by despair. When feeling burdened, just take a walk. Observe the sights. Watch the wonders of nature. It can fill our hearts with fresh enthusiasm and joy. There's a well-known story of an emperor who, after losing his kingdom and being forced to live as a refugee in a cave, found inspiration by watching a spider weave its web. That sight reignited his courage and hope, helping him rise again.

Yes, nothing is truly over. There are still small victories to be won. Paths yet to be discovered. And somewhere, someone is waiting for us. So, rise from despair and begin walking forward once more.

Wish you all success
Prof Antony P Joseph



Acting

Drama, or acting, exists only between action and curtain fall. Or rather, until a curtain falls. After that, the actors return to real life. Acting becomes an art only when one can transition back into real life. But if one is forced to live as a character for a lifetime, it ceases to be mere acting and becomes drama.

Just as in front of a camera, some

people act throughout their lives. But no one can live as if they are acting. Nor can anyone act as if they are living. Acting is always about becoming someone else, transforming into another person. That is precisely why it lacks reality.

In everyday life, acting means concealing one's true self. I act because I fear that my real self may not be liked by you. I already know that the real me will not



be acceptable to you. So I act in a way that pleases you. To hold on to your love, to fit into a role that suits you, I wear disguises that don't truly belong to me. And in doing so, I deceive myself. I must bear the shame and self-contempt of having borrowed another's role. Yet, instead of breaking free, I continue to act.

To live without acting requires extraordinary courage. 'This is me. This is how I am.' Those who stand firm in such declarations may find that many people walk away. But if even one per-

son chooses to stay, that person truly loves you.

Only their love is real. That person loves you for who you truly are. And for that very reason, such love is priceless.

The relationships and achievements that come from living without pretense are the greatest treasures you can earn in life. Live without acting. You may not be able to please everyone, but that's fine—you will at least live without self-loathing. And isn't that the key to inner peace?

For Inner Peace

Most people struggle to experience inner peace. From the outside, their lives may appear fulfilling—full of things that seem to bring happiness and pride. But if you ask them, you'll often find that they lack true peace and joy. To some extent, we ourselves are responsible for this. Our wrong decisions, unnecessary interventions, and unhealthy lifestyles all contribute significantly. However, there are ways to prevent the loss of inner peace and to regain it when lost.

Communicate Clearly

Most often, our inner peace is disturbed due to interactions with others—by the words they say or the words we say to them. That's why clear communication is essential. If someone speaks ambiguously, do not jump to assumptions or conclusions; instead, ask and clarify. Misinterpretations can create cracks in relationships, ultimately destroying peace of mind. Likewise, express your thoughts clearly to others



Sometimes, a single word spoken in anger or without thought can disrupt our peace. So, be mindful of what you say. Learn to use words in a way that does not harm others-or yourself.

to avoid misunderstandings about yourself. If you feel a mental distance from someone, have an open conversation. Many problems can be resolved through dialogue, which is why com-

munication is more important than ever in today's world.

Respect Boundaries

There are limits to how much we can interfere in someone else's life or affairs. Many people have faced humiliation simply because they overstepped these boundaries. Such situations could have been avoided with discretion. So respect others' personal space and avoid unnecessary interference. Set clear boundaries for how far others can enter your life as well. Even if people are close or dear to you, do not allow them to cross into your personal space without permission. When both aspects are carefully balanced, peace of mind



remains intact.

Offer Help When Possible

We live in a world where empathy is diminishing. Many situations where we could have shown compassion have been ignored, and such missed opportunities often haunt us later, disturbing our peace. Lost chances do not return, and those who once sought our help may never come back. Therefore, offer empathy when it is needed, so you can live without the burden of guilt.

Do Not Hesitate to Say 'No'

There are moments in life when we must say 'no.' Often, due to our closeness or love for someone, we say 'yes' to things we dislike, leading to long-term regret and inner turmoil. When

pressured into actions you dislike, forced into unnecessary obligations, or burdened with responsibilities that will later become a heavy load, have the courage to say 'no.' While saying 'no' may feel difficult in the moment, it can save you from a lifetime of stress and dissatisfaction.

Control Your Words

Sometimes, a single word spoken in anger or without thought can disrupt our peace. So, be mindful of what you say. Learn to use words in a way that does not harm others-or yourself.

Prioritize Your Inner Peace

Your mental well-being and peace of mind are the most important things. Protect them at all costs.





Do Not Chase After Friendships and Love

Love is a beautiful thing; so are friendships.

Love is necessary; so are friends.

These are two things that people desire at all times. A good friendship and a friend who knows how to love are among the greatest achievements a person can have in life. But ironically these are also among the reasons people lose

their inner peace. Many spend a significant part of their lives in distress over love and friendships-feeling that the love they gave was not returned in the same way, that they are not truly loved, or that their friends do not give them enough importance. It is rare to find someone who has never complained or felt hurt about these things.



If you have never complained about not receiving enough love or attention from a friend, it could mean something else-it may mean that you never truly valued that friend deeply. They were just one among many. However, if you genuinely valued and cared for a friend, yet they did not return the same level of love or consideration, then the truth is simple: they do not take you as seriously as you take them.

So, do not waste your love on someone who does not need it. Why should you hold on to those who do not hold on to you? If you have lost love or friendship, and it is disturbing your peace, make a firm decision to let go. Comfort your heart. Yes, it is a difficult decision, but what other choice do you have? Suicide? Violence? These are nothing but

self-destruction.

That is why you must take this necessary decision, one that harms no one. You called them many times, you went to meet them, and yes, they spoke to you and shared affection when you were around. But how many times did they call you first? How often did they come to see you? If the answer is rarely or never, it simply means you are not that important to them.

So, stop crying over lost love and friendships. Take a deep breath, wipe away the sorrow, and look at life with a smile. Those who truly value your love and friendship will enter your life-no matter what, even if they have to struggle to get there. Be patient, and wait with hope.



Those Who Lose Their Peace by Worrying About Others

One of the major reasons for our loss of inner peace is the constant worry about what others think of us. It's not just about them understanding us for who we truly are; rather, we want them to see us the way we wish to be seen. Along with this comes the selfish desire to be in everyone's good books.

Thoughts like 'They might not like me,' or 'They might criticize me,' often trouble many. Sometimes, others' opin-

ions may be completely contrary to our own beliefs. Even when we do and say things that align with our values, we still worry that others might not approve.

Here, we must understand one thing: there is no such thing as a universally accepted person. Even Mahatma Gandhi, who practiced non-violence, and Abraham Lincoln, who abolished slavery, faced criticism in their lifetimes. We know what happened to them. But did they dilute their beliefs

We cannot control what others think. If we decide to let them think whatever they want, half of our worries will disappear. Our happiness does not lie in their words, nor does our sense of fulfillment.

out of fear of what others would think? No. Did they abandon their dangerous honesty? No. We are not meant to live according to others' opinions, to earn their applause, or to constantly please them. We must live our own lives, and our lives have their own limitations and imperfections. If we lack the courage or willingness to accept these flaws, it can lead to inner turmoil.

We cannot control what others think. If we decide to let them think

whatever they want, half of our worries will disappear. Our happiness does not lie in their words, nor does our sense of fulfillment.

If we feel disturbed when others say something about us that we dislike or do not wish to hear, it is because we have placed our happiness and satisfaction in their hands. We are not responsible for living according to their preferences or expectations. Instead, we must live according to our conscience and what brings us true joy.

At the same time, we must never forget one crucial thing: we should not set a bad example for society or cause harm to anyone. Trying to win others' approval at the cost of our individuality is foolishness. It forces us to sacrifice our perspective, our values.

What peace there is in adopting the mindset: No matter what you think about me, I don't care!



Raising Confident Children

Children do not become confident overnight. It is a gradual process that unfolds through different stages of life. Early training plays a crucial role in this journey. The way children are nurtured by their caregivers, including parents and relatives, significantly influences the development or loss of their confidence. But what causes children to lose confidence?

Constant Criticism

Harsh and repeated criticism plays a major role in eroding a child's confi-

dence. It creates self-doubt about their abilities and drains their self-esteem. Instead of harshly pointing out mistakes, correct them with love and kindness. Encourage them with positive and motivational words.

Unnecessary and Irrelevant Comparisons

Comparing children with their siblings, neighbors, or classmates can damage their confidence. Such comparisons often lead to unnecessary competition, jealousy, and resentment. Every child is



unique. Recognizing and encouraging their individual talents will help build their self-confidence.

Ignoring Emotional Needs

Overlooking or completely disregarding a child's emotions can hinder their personal growth. Emotional well-being is just as important for children as it is for adults. Listen to them, observe their emotions, and help them navigate their feelings with care and support.

Overprotection

Some parents, out of excessive love, tend to be overly protective, preventing their children from doing things on their own. They even handle their children's responsibilities for them. This prevents kids from facing challenges, solving problems, and gaining real-life experience. Allow children to make mistakes and learn from them. This will help them climb the steps of confidence.

Hesitation to Praise

Many parents are quick to criticize but hesitant to appreciate their children. Whether big or small, every achievement should be acknowledged. Praise and encourage their efforts, and celebrate their successes with them. This fosters positive thinking and self-esteem in children.

Repeated Use of Negative Words

Some parents use negative phrases like, "You will never succeed" or "You are useless." They may not realize the emotional wounds these words inflict. Such remarks can deeply damage a child's confidence and self-worth.

By avoiding these parenting mistakes and nurturing children with love, encouragement, and support, we can help them grow into confident and self-assured individuals.



Equality

Have you ever wondered why you feel anxious or uncomfortable in the presence of certain people? When standing before them or speaking to them, why do you experience nervousness, hesitation, or even trembling? It's because you perceive them as superior—more talented, wealthier, more attractive, or more knowledgeable. You feel unworthy to stand in front of them and this leads to a sense of inferiority.

On the other hand, when interacting with certain others, you might display

arrogance or even mockery. Your body language may reflect a sense of superiority. Why does this happen? Because you consider them insignificant. This mindset stems from a sense of self-importance—a superiority complex.

Both inferiority and superiority complexes are unhealthy. No one is inherently better or worse than another. Every person has their own significance and place in the world and each individual deserves recognition and respect. Every person is unique. It is this uniqueness that makes each of



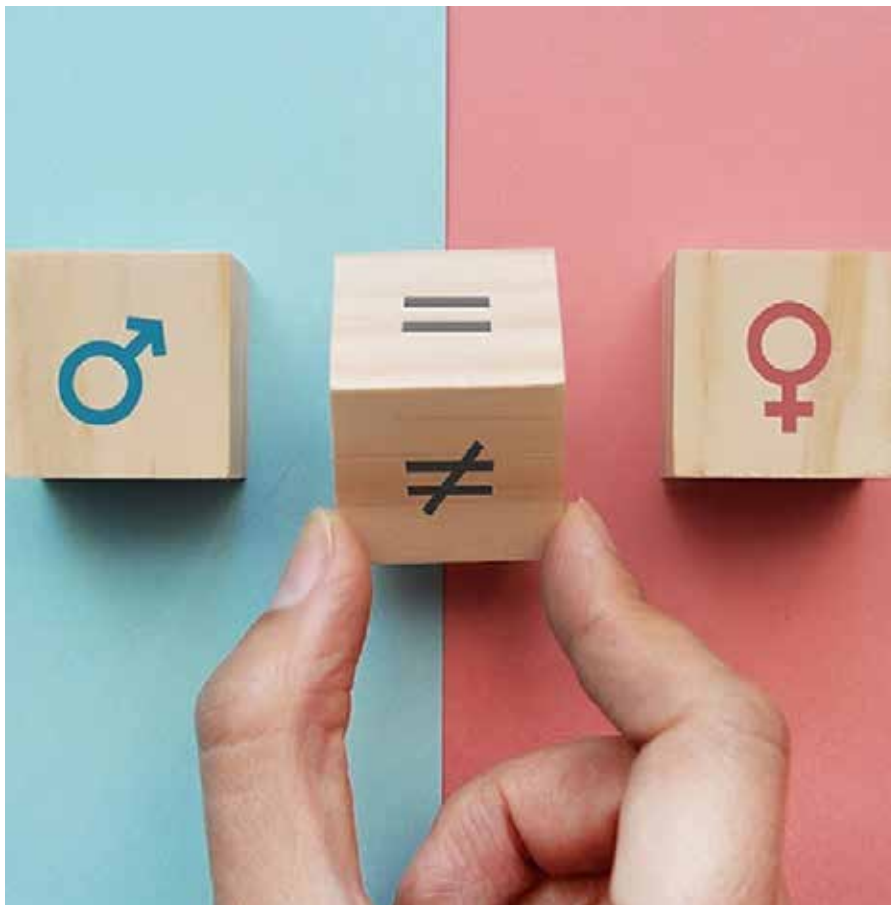
us valuable. We cannot do everything, nor can we know everything. There are many jobs we might dismiss as insignificant, yet we ourselves may not be able to perform them. But we still depend on those who can. Even the most dignified individuals must bow their heads before a barber. The same is true for most things in life-what we lack in knowledge or ability, someone else possesses and executes skillfully.

'I have a skill that you don't, and you have a skill that I don't.'

When we understand this, we neither belittle others nor place ourselves on a pedestal. The unwillingness to re-

spect others or the tendency to ignore them stems from a lack of this awareness. But once we recognize that everyone is fundamentally equal, we can live without unnecessary comparisons or ego-driven conflicts.

Many people lose their peace of mind because of this: 'Oh no, I'm not as successful as him.' 'I am not as beautiful as her.'" These thoughts are natural from time to time, but if we let them take over, they will destroy our inner peace. True harmony comes from understanding that we all have value in different ways. Only then can we live in this world without unnecessary pride or self-doubt.



What Gives Life Meaning?

Throughout history, those who have sought the meaning of life have often reached a state of enlightenment. They have been able to perceive and evaluate life from a different perspective—one that transcends mere material existence. Following their footsteps, we can attempt to uncover some of the deeper meanings of life.

The Importance of Personal Values

The significance we give to our

personal values shapes the meaning of our lives. Those who refuse to conform to the majority, who do not follow the crowd blindly, and who shape their lives based on their principles—these individuals find a unique purpose in life. Even when faced with widespread corruption, addiction, or dishonesty, they stand firm in their moral beliefs. Such individuals may experience losses or isolation, but their commitment to values gives them the strength to en-



ture and move forward.

Purpose in Actions

Regardless of how big or small, when actions are driven by good intentions, they add meaning to life. Those who dedicate themselves to the well-being of others—caring for the elderly, tending to the sick, helping a neighbor—believe that their existence has value. The happiness and fulfillment they derive from such deeds become their greatest rewards.

Lessons from Experiences

Some people view life as a continuous learning process, where every experience and every individual they encounter becomes a valuable lesson. These lessons, unique and irreplaceable, shape their perspectives and add depth to their lives.

The Power of Relationships

There are those who cherish relationships with sincerity and selflessness. Such meaningful connections

introduce new perspectives and enrich their understanding of life. True relationships provide emotional support and a sense of belonging, making life more fulfilling.

Embracing Uniqueness

Each individual is unique. No one else in the world is exactly like you. Those who recognize and embrace their distinct abilities and characteristics find deeper meaning in life. They use their individuality to contribute to the world in their own way.

True Meaning vs. Superficial Pursuits

Wealth, status, beauty, and fame do not define the meaning of life. Instead, it is our sense of self-worth, our understanding of our strengths and weaknesses, and our ability to appreciate what makes us unique that truly give life meaning. Ultimately, the way we perceive life determines its meaning.



Always Be Happy

Do we limit happiness to specific moments or occasions? Do we believe we can only be happy when things go as we wish or when people behave the way we expect? In reality, happiness is rooted in our mindset, thoughts, and perspectives. By changing how we view life, happiness becomes an integral part of our existence. More importantly, we must recognize that happiness is a choice—something we can actively cultivate.

Ego: The Happiness Blocker

One of the biggest obstacles to happiness is our ego. It prevents us from enjoying simple joys and even from smiling freely. Some hesitate to smile, fearing they may lose their seriousness or authority. However, a simple smile can open doors to meaningful con-

nections. If you greet someone with a warm smile, they will likely smile back and engage in conversation. On the other hand, ignoring familiar faces and avoiding interactions only closes the doors to potential happiness.

Finding True Happiness

Many believe happiness comes from achieving personal desires. While material success can bring temporary joy, it fades once the novelty wears off. Real happiness lies in acts of kindness—helping others in need, extending support without expecting anything in return. Even if the recipient does not express gratitude, the joy of helping someone remains ours to cherish.

Sharing in Others' Happiness

People often show up during times of sorrow—visiting us when we are ill or



comforting us during hardships. But how many genuinely celebrate our successes, achievements, and moments of joy? True happiness comes from being able to celebrate others' happiness just as much as we empathize with their struggles. When we recognize that their success is not a threat but something to be cherished, we unlock a new level of fulfillment.

Contentment: The Key to Happiness

We may desire a mountain but receive only a small hill. Instead of feeling disappointed, we must learn to find contentment in what we have. A lack of satisfaction leads to a lack of happiness. Constantly focusing on what we lack, or comparing ourselves to others, drains our peace of mind. Instead, appreciating what we have and recognizing the good in others naturally cultivates hap-

piness within us.

Letting Go of Pain

If someone has wronged us, the best thing we can do is to move on. Holding onto past wounds only prolongs our suffering. Like a wound that won't heal because we keep scratching it, painful memories will continue to hurt if we keep dwelling on them. Releasing grudges and choosing to focus on the present can bring us closer to happiness.

Choose Kindness Over Revenge

Wishing harm upon others or seeking revenge only robs us of peace. Even if we cannot always help, we should at least refrain from harming others. Spread happiness whenever possible, and be a source of positivity in people's lives. Life is short, just like in the lyrics of a song. So, always be happy.



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