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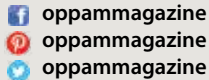
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Website: www.oppammagazine.com

E mail: oppammagazine@gmail.com



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Managing Director: Prof Antony P Joseph
Botswana

(Gaborone University College of Law &
Professional Studies)

Managing Editors: Benny Abraham

Mariyamma George, Alleppey

Chief Editor: Latnus K.D

Production Team

Editor in charge: Vinayak Nirmal

Sub Editor: Lincy Jijo

Printed & Published by: Shoby G.V.

Circulation Manager: Antony E.C. Kottamuri

Design: Abraham Thomas

IT Support: Job Joseph

Office

Oppam Magazine
Jominas Building
Nr. SNBS L.P School
Pullur P.O, Thrissur Dt.
Kerala, India, Pin: 680683

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Editorial

PROF ANTONEY P JOSEPH
Managing Director

There Is a Time for Everything

Bonnie Aarons, who was born and raised in California, had only one dream from her childhood - to become a film actress. But Bonnie was very different from the unwritten rules of how a film actress was expected to look. Her long face and prominent curved nose made more of an unusual impression than one of conventional beauty.

Because of this, everyone told her the same thing whenever she expressed her desire to become an actress: "That's not something you can do. Give up that dream and look for another path."

Even after hearing such discouraging words, Bonnie was not ready to give up her dream. She joined film school to learn acting and continued to visit film studios in search of opportunities. Eventually after persistent efforts, she got small roles in movies - often as a background artist in a crowd. Bonnie made peace with the idea that she might only ever be a junior artist.

It was during this time that director James Wan was preparing for a sequel to the movie *The Conjuring* after its great success. Though he had found suitable actors for many roles, he was deeply disappointed at not finding the right actress for one particular character he had envisioned.

One day while watching a movie his eyes fell on Bonnie, standing in the background. In that moment he decided - this is the face of my character. And the rest is history.

In *The Conjuring 2*, Bonnie played the role of the nun and captivated audiences with just that one film. Soon after *The Nun* was released and with it Bonnie rose to become one of the highest-paid actresses in Hollywood.

For those who feel insecure about their body shape or uniqueness, for those who give up due to negative experiences and for those who abandon their dreams halfway - Bonnie Aarons is a lesson. A lesson in holding on till the end and believing in oneself.

So, keep trying. Believe in your abilities. Don't let others' discouraging words break your spirit. Success will find its way to you. Success is something we all deserve. But don't forget one thing - there is a time for everything.

Regards
Prof Antony P Joseph



Ways to Raise Capable Children

“He is so timid.” - a father's comment about his son, laced with embarrassment.


“She is afraid of everything.” - another mother's remark.

Do parents who describe their

children in such ways realize that they themselves are often the cause of their children's confusion, lack of confidence, and shame?

When children don't rise to great positions or achieve the kind of success





Raise children to be compassionate and loving toward others. Treat them gently, without outbursts or harsh anger. When children make mistakes or errors, resist the urge to explode in anger. While it is natural to feel frustrated, consciously practice self-control.

parents wish for them, it is important to understand this: the way parents continuously criticize and put their children down plays a major role in shaping those outcomes.

Every parent wants their child to grow into the best, most capable and successful version of themselves. But many lack the awareness of how to actually nurture that growth. So here are a few essential things parents should understand in raising capable children:

1. Trust Your Children

The foundation of any successful relationship is mutual trust. Studies show that trusting children helps develop their self-confidence. Never underestimate their abilities.

When children, even at a young age express a desire to try something new, avoid discouraging them with statements like “you will get hurt” or “you will mess it up.” Instead, let them try. Trusting your child lays the groundwork for their confidence.

2. Respect Your Children

It is commonly said that children should respect their parents - but par-

ents should also respect their children. Respecting children means listening to what they say. Pay attention to their ideas. Treat them with the seriousness they deserve. Even if what they say seems immature or unrealistic, don't dismiss it outright. When children realize their thoughts are heard and respected their self-worth and confidence increase.

3. Teach Them Self-Reliance

Don't make your children incapable by doing everything for them. Whether the task is big or small, if your child is willing to take initiative, let them try.

Avoid the habit of taking care of everything on their behalf. Instead, encourage them to take responsibility for their own tasks.

4. Involve Them

Involve children in family activities. Let them participate in setting household rules, making plans, and solving problems. Let parents and children function as a team. This teaches responsibility, cooperation, and a sense of belonging.

5. Raise Them with Compassion

Raise children to be compassionate and loving toward others. Treat them gently, without outbursts or harsh anger. When children make mistakes or errors, resist the urge to explode in anger. While it is natural to feel frustrated, consciously practice self-control. This will teach children to treat others with kindness and patience even when they make mistakes.

6. Instill Moral Awareness

Teach children the difference between right and wrong from a young age. Only by instilling moral values and ethical thinking early on can we raise a generation grounded in integrity and responsibility.

A close-up photograph of two hands clasped together in a supportive grip. The hands are light-skinned and appear to be of different ages or sizes. The background is blurred, showing parts of people's bodies and clothing. The word "HELP" is overlaid in large, white, outlined letters.

HELP

Is there anyone who has never received help in their life? Is there anyone who has never asked for help, even once, at some point in life? We ask for help because human beings are social creatures and to a certain extent we are also helpless beings.

We constantly face needs and problems that are too great to solve alone. That is why humans ask for help. Even a physically strong and healthy person may ask someone else for assistance when needing to lift or move something heavy. In that sense all of us live by receiving help from others. No one has ever lived or can live entirely without anyone's help.

Haven't you heard people say things like, "I don't need anyone's help; I can take care of myself"?

Such statements often stem from misplaced pride in one's own ability, wealth, health, or influence and from a tendency to misjudge others.

Yet, even when we seemingly have everything, there come moments when none of it seems enough and we are forced to accept help from others.

It is not only important to understand that accepting help is not wrong. We must also realize that offering help is a duty and whether we are giving or receiving help, we must always remember this: It is not right to ask for help constantly. Help should be sought only when truly necessary.

Continuously relying on others for everything leads to a loss of self-worth. Moreover, it can become a

Helping someone is a mark of generosity. Don't we have systems like "Help Desks" in place? Only someone with a large heart can reach out to help another.

form of exploitation - using others for one's own benefit.

Helping someone is a mark of generosity. Don't we have systems like "Help Desks" in place?

Only someone with a large heart can reach out to help another.

What a beautiful moment it is when someone voluntarily extends a hand to guide another through a difficult time.

How many people's help have we relied on to get to where we are now?

How many people we expected to help us, ended up turning their backs?

How many doors closed in our faces when we knocked for help?

It doesn't matter. Someone somewhere will always be there to help you.

Cherish every bit of help you receive with gratitude, as you would a treasure.

And use every opportunity you get to be that help for someone else.

Hasn't Everyone Asked This Question?

'Why is it always me?' In certain moments of life especially during crises hasn't almost everyone asked this question at least once? If you find yourself asking this, understand one important thing: You are neither the first nor the last person to face problems or go through difficult times.

Every person has problems in one form or another. It is just that only some problems are visible to the outside world. Still the truth is, most people carry their struggles silently as they go through life.

To each individual their own problem feels like the biggest. But if we take a step back and look from a wider perspective someone else's struggles might appear larger, and ours may seem smaller by comparison.

Only those who are no longer alive are free of problems. We face problems simply because we are alive. In the same way we recognize problems because our brains are functioning - because we have intelligence, awareness, and the ability to discern right from wrong.


It is this functioning mind that allows us to anticipate danger, take precautions and make thoughtful decisions. And so - problems arise. But every problem has a solution.

Some may take more time to resolve than others - that's all.

There is something else hidden in problems: They teach us how to solve them. They challenge us to use our abilities and resources more effectively. They reveal who truly stands by us in tough times. A problem is a lesson and also an opportunity.







'Don't hide anything. Be completely open.' This is one of the most common pieces of advice newlyweds receive. Transparency is indeed a key ingredient in making a marriage both beautiful and trustworthy.

But it is also important to know what to be transparent about and to what extent.

Transparency can only exist when there's a basic level of mutual understanding between partners. This includes the ability to convey things clearly and to understand each other's tone and intent - in modern terms, they need to 'vibe' with each other.

Without that vibe, communication can easily be misunderstood leading to unnecessary conflict. A strong vibe usually forms when both partners share similar intellectual and cultural levels. When there is a significant difference in these, even well-intended honesty can be misinterpreted or met with harsh judgment and control.

So before you choose to "share everything" in the name of openness, make sure you are not setting yourself up for emotional backlash. Use discretion in communication: Whether you're talking about the past or the present, speak with awareness. After some years of mar-

Ways to Make Married Life Beautiful

riage, physical changes in appearance are natural. Don't point these out in a way that hurts your partner.

Be careful when commenting on your partner's looks, skin tone, or sense of style. If they wear new clothes or jewelry, don't make jokes that sound mocking.

Never Compare: Avoid comparisons at all costs - whether with another man or woman.

No husband or wife likes to be compared to someone else. Comparisons only lead to jealousy and insecurity.

When arguments happen, never say things like, 'Marrying you was the

biggest mistake of my life.' Though such words are often said in a moment of anger, the emotional damage they cause is deep and lasting.

It is also common to hear comparisons like: 'My father wasn't like you', 'My mother wasn't like you.' Avoid placing your partner in the role of your parent.

Share Responsibility in Mistakes: Disagreements and differences of opinion are normal in marriage. Even decisions made together can sometimes go wrong. In such moments don't pin the blame entirely on one person.

True strength in a relationship comes when both partners see a mistake as a shared burden and face it together.

Be Respectful Even When Talking About In-Laws: You may have disagreements with your partner's family or find it hard to get along with them. But it is wise to avoid expressing hatred or contempt toward them in front of your spouse.

Some spouses harshly criticize their in-laws but this doesn't just harm the relationship with those family members - it damages the bond between husband and wife more deeply.


Phrases like 'What's the use of having you?', 'What are you doing here, just sitting around?' are highly disrespectful. Spoken by some wives to their husbands or by some husbands to their wives these kinds of statements gradually destroy the foundation of a marriage.

When spouses speak to each other with mutual respect, the marriage flourishes.

It is not grand romantic gestures but small daily words of kindness, understanding and mutual regard that make married life beautiful.



To Those Experiencing Loneliness



Even when surrounded by people every human being feels alone at some point.

Though we may claim certain people as our own, there are moments in life when it seems like no one is truly there for us and we feel utterly isolated.

There is no one who hasn't experienced loneliness. But what matters more is how we perceive loneliness.

For writers and artists, loneliness often becomes a source of creative power.

Great works are rarely born in noisy crowds - they take shape in

The Wounds of Loneliness

Loneliness is said to cause mental and physical health problems comparable to smoking 15 cigarettes a day. This is how serious the health risks are.

The World Health Organization has declared loneliness a global health concern.

Research shows that memory loss, heart disease, and dementia are more common among lonely people. Loneliness negatively impacts both mental and physical health.

the silence of solitude.

Take Valmiki, the ancient poet. It was from his silence, his introspection, that Ramayana emerged.

Consider Anton Chekhov's short story 'The Bet'. It tells of a banker and a young lawyer who enter into a wager: If the lawyer could spend fifteen years in complete isolation, he would receive a large sum of money. Whether it was greed or youthful foolishness, the lawyer accepts.

At first the solitude was unbearable. He even experienced deep depression.

But over time he became immersed in reading, and that reading transformed him.

By the end of the fifteen years, he renounced the prize money and walked away - a changed man.

During the communist regime in Vietnam, Cardinal Thuan was sentenced to solitary confinement. But he faced that loneliness through writing. It was during his imprisonment that he penned the well-known spiritual work *The Road of Hope*.

Beloved Malayalam writer Vaikom Muhammad Basheer also reflected on his own solitary prison days in his book *Mathilukal*.

Like all these individuals, they either

chose or were forced to embrace loneliness. But this strength is not found in everyone. For most people, loneliness



How to Overcome Loneliness

Don't keep your home shut all the time - stay connected to the outside world. Engage in social spaces wherever possible. Join clubs or charitable activities. Don't overindulge in social media - use time online wisely. Turn toward spiritual practices for inner peace.

is unbearable. They cannot love it. They cannot cope with it. It begins to eat away at them. They slowly melt in the heat of that emptiness, drowning in depression. The sick, the elderly, and the retired are especially vulnerable. Yesterday they led normal social lives. Suddenly, everything is lost. For the sick, the world shrinks to a hospital bed.

For the elderly, affection and attention decline. For the retired, respect and purpose vanish.

All of this intensifies their loneliness.

There are even stories of people with wealth, fame and fans who have succumbed to deep loneliness, sometimes leading to suicide.

The COVID-19 pandemic was a global period of loneliness. The world felt like a locked room.

What was familiar became alien. Many are still healing from those emotional wounds.

The grief of losing loved ones pushed many into overwhelming loneliness.

That is why it is important to consider: What kind of loneliness are you experiencing? And equally important: Are we aware of the loneliness experienced by those around us?

It is our responsibility to recognize it - to reach out, to extend friendship and to help rebuild their social connection.





Do You Want to Succeed in Life?

Who doesn't want to succeed in life? Who doesn't want to be noticed or appreciated?

Yet only a rare few truly achieve it.

Having a desire for success is not enough - one must also understand the path to success and make a sincere effort to walk it. Only then will success become a reality.

So what changes in attitude are necessary to succeed in life?

Stop Complaining: Some people always have something to complain about. And every complaint is, in a way, an accusation against someone or something: 'My parents didn't guide me,' 'Teachers didn't encourage me,' 'Friends betrayed me'.

Yes, these may be true. You may have faced genuine disadvantages. But constantly complaining won't change your past or your future. Instead stop complaining and start looking for solutions and opportunities.

Remember: it is not external circumstances but our own lack of initiative that most often holds us back.

Don't Be Afraid of Failure: Fear of failure pulls many people backward. You can't learn to swim without stepping into water. You can't learn to ride a bicycle without falling a few times.

Yes, you may swallow some water or get bruised - but without taking that first step, you will never learn. It is the same in life. Sometimes you may fail - that is okay. But don't let the fear of failure stop you from even trying. Every person who has succeeded did so only through repeated effort and resilience.

Don't Be Obsessed with Perfection: Some people are perfectionists.

Perfection is good but an obsession with perfection can become a psycho-

If you have faith in your ability, if you have the courage to take initiative, if you hold on to unshakable dreams, move forward. Success is waiting for you.

logical burden. No one and nothing is ever truly 100% perfect. Flaws are natural, just like in people.

If you wait to be perfect before you begin, you may never start at all.

So don't aim for flawlessness - just begin, improve, and move forward.

Know Your Priorities: There's a time and place for everything. Morning tasks can't be postponed until evening. Likewise in life, every action has its own time and every person must recognize and prioritize their tasks wisely. If your priorities are constantly misaligned, you won't reach the destination you hope for.

Don't Try to Please Everyone: Trying to be a "good person" in front of everyone, listening to every opinion, and seeking validation from all sides will only weaken your confidence.

There are 100 people with 101 opinions. You simply can't satisfy everyone. Instead, be firm in your goals, grounded in your values, and committed to your path.

If you have faith in your ability, if you have the courage to take initiative, if you hold on to unshakable dreams, move forward. Success is waiting for you.

LOVE



This note is based on a conversation with my second son. When he was very upset over a trivial issue, I said to him, "Son, why are you so upset? Daddy is here with you.. Daddy loves you, son.." I expected that he would feel happy or reassured by these words, but I saw no particular change in his expression. So I asked again, "Does daddy not love you? Is that what you think?"

Then he said to me in English, "I think daddy loves me. But only daddy knows whether you love me or not."

That reply from my ten-year-old was a great realization for me. I saw that answer in two ways: One, he is not aware that I love him. Or else my love has not been experienced by him in a way that he understands that I love him. In that as a father I have failed greatly.

Two- even though we say we have love, we love, or we are loving others, whether the other person truly feels that love or not is something only we ourselves can know. Because love resides inside us. Our love is sometimes just an expression. It may not have the depth or foundation. Sometimes we imagine love even when there is none. Sometimes we give something like love without having real love inside. Even when I behave gently, interact warmly, and speak with a smile to a person, I cannot say that I truly love that person from within. Behavior, interaction, and speech can be seen as expressions of love, but they can also be parts of our strategy. It can be an attempt to win the other person's affection, to impress them, to gain some advantage, or to play a good child's role. Think about how many times we have acted this way. Did we really have sincere love for them? We must ask and evaluate ourselves.

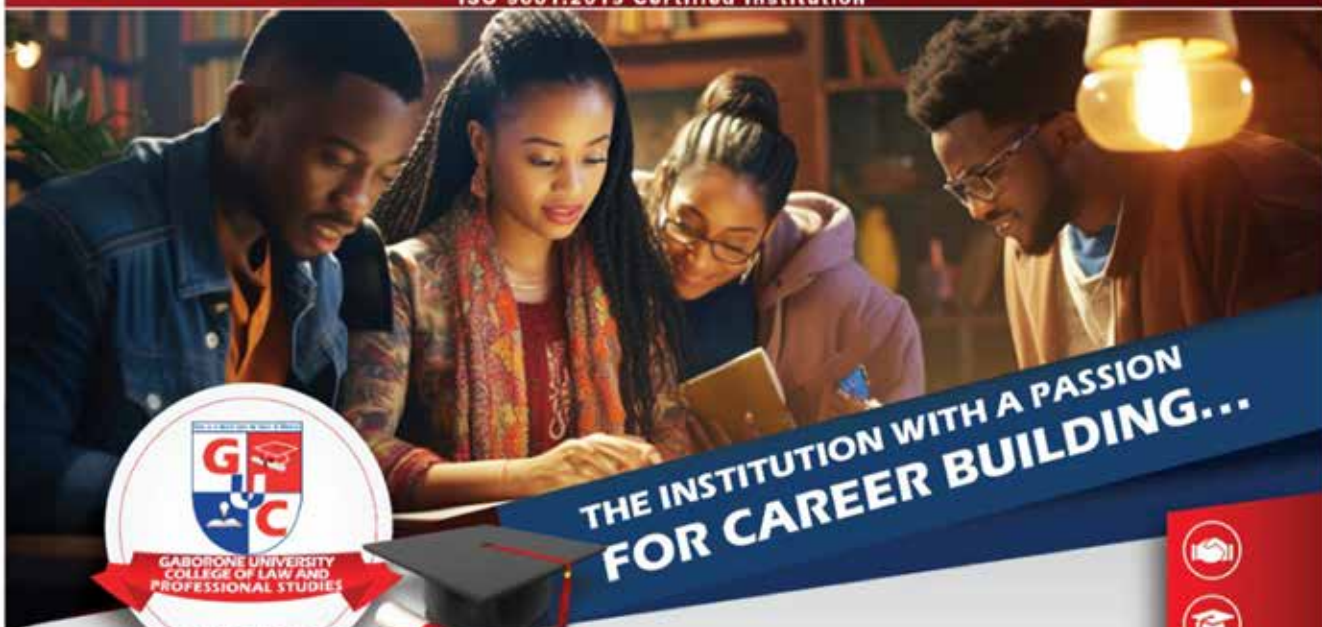
Love must be recognized without words. When we try to define love, it is not just the lover who speaks, but his love itself is also put to the test. The above incident made me weigh and analyze my own love for others.

Then there are some others who are devoid of love in their behavior. They will never appear as loving people from outside. They never spread the sweetness of love through words. Their outward appearance is such that one may even doubt whether they have ever heard the word 'love.' I have a friend like that. Sometimes, I try to find some signs of love in him towards others, but such an attempt has never come from him. He has never proven his love to me in words or behavior. Yet I know that he loves me deeply. He was always there in my needs, my sorrows, and helplessness. When my mother passed away in the evening, he came running after hearing the news but did not say anything. Rarely, he would just touch my shoulder and hold me silently. In that gesture, there was everything. Everything.

Love must be recognized without words. When we try to define love, it is not just the lover who speaks, but his love itself is also put to the test. The above incident made me weigh and analyze my own love for others. Do I truly have love inside me? Are my smiles and sweet talks actually reflections of my love? God who knows my heart, you alone know. Only you. Measure me in the balance of your love.

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Broadhurst Industrial

P. O. BOX 201095

Gaborone Botswana

enquiry@guc.ac.bw

www.guc.ac.bw

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