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OPPAM

ONLY POSITIVE



**Make the
Whole Day
Joyful**



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Editorial

PROF ANTONEY P JOSEPH
Managing Director

A Reason to Reject; A Reason to Succeed

For sports lovers especially basketball fans, the name Michael Jordan is a familiar one. From a very young age he had only one dream-to become a basketball player. But because of his height, he faced constant rejection and humiliation on the court. Still, he kept trying. Finally, when he got a chance, he entered the court and proved himself. Through hard work he went on to become one of the greatest players of all time. Michael Jordan is regarded as the best basketball player ever.

Some people may not know the name J.K. Rowling, but everyone knows 'Harry Potter'. J.K. Rowling is the author of 'Harry Potter'. Today she is one of the world's most widely read and admired writers. But her beginning was not so bright-twelve publishers had mercifully rejected her manuscript of 'Harry Potter'. Yet she did not lose hope and continued her efforts. The rest is history.

There are many talented people who are rejected in the beginning. But they achieve success later in life through hard work and relentless effort. The very reasons others find to reject or dismiss us can, in fact, become the reasons for our success. That is why we must place our trust not in others' words, but in our own ability. That trust is self-confidence-the determination never to give up.

So never stop trying. Success will surely come your way.

Regards

Prof Antony P Joseph

Busyness

A man with a beard and glasses, wearing a white lab coat, is looking directly at the camera with a stressed expression. He is holding a massive, overflowing stack of papers that obscures the left side of his face and extends down to the bottom of the frame. The papers are white and appear to be various documents or forms.

Busyness itself is not wrong - but acting busy is not right. Once, while working in an office, one coworker's father in law called me and asked whether his son in law was busy now, whether calling would be inconvenient.



In life, everyone has their own busyness. Because every person lives in their own world, full of responsibilities. But some people have more busyness. Look at those in authority or celebrities. In a single day, they have many tasks to do, many places to reach. So they are understandably busier than ordinary people.

But there are other people - the truth is, they act busier than they really are. During my time working in some offices, I encountered such coworkers. When the group went out to eat or for relaxation, these people never participated, always claiming "my work isn't finished yet." Are they truly busy? Or are they only pretending to be busy? The truth is they are pretending to be busy. Behind this act lies a psychology: it's part of an attempt to make others think "I am a very important person."

Busyness itself is not wrong - but acting busy is not right. Once, while working in an office, one coworker's father in law called me and asked whether his son in law was busy now, whether calling would be inconvenient. What the coworker had said to his father in law was: "I'm the busiest person in this organization, and I cannot afford to stray during office time." With these words, he meant to assert that he is a person of importance in the organization, even to his family and relatives. Such acts of busyness are laughable. If one wishes, one can always make time to speak with needed people, travel, or visit - leaving behind all such pretenses of busyness. But we must remember: everyone has the same allotment of time. What matters is for whom we dedicate or waste that time. Never forget that those who merely act busy are laughable.

Make the Whole Day Joyful

By waking up early and adopting a few good morning habits, the whole day can be filled with enthusiasm and confidence. To make life joyful, big things aren't necessary. Even a small change in the morning routine can fill life with great happiness.



These days especially among young people, the habit of staying up very late at night and waking up very late in the morning has become common. Because of waking up late, many of the important tasks of the day cannot be done properly. To make the most of a day or to use it to its fullest, the day must begin early. After all, isn't it said that a good start is half the job done?

When we wake up at 8 or 9 o'clock, we waste the most important hours of the day. This doesn't mean that sleep is unimportant - rather, we must understand that there is a proper time to sleep and to wake. Rising early improves both mind and body, filling life with joy. What are the benefits of this?

Those who wake up early and use the morning well can accomplish more. This brings greater enthusiasm and a positive outlook. Their self-confidence increases and they enjoy a happier state of mind. Moreover, starting the day early becomes a habit that can transform one's lifestyle. When one rises with the sunrise, the body's biological clock naturally aligns. The quality of sleep improves and natural energy in the body increases. With more time at hand, a person can plan the day better and manage time efficiently. It also helps reduce stress and anxiety. In fact, one major cause of stress and strain in life is waking up late. Consider some accidents: many occur when someone wakes up late and then rushes to reach the office, college or some important place on time. They speed recklessly, create chaos and accidents happen. Behind many such careless accidents lies

poor time management and at the root of that, waking up late.

The extra time gained by waking early should be used for constructive activities. The first among them is exercise. Doing exercise right after waking up is essential to maintain strength and health. A morning walk, yoga or breathing exercises improve blood circulation. The release of endorphins brings happiness and alertness to the mind. Exercise removes fatigue and drowsiness, boosting confidence to begin the day.

Meditation and breathing practices also help cultivate peace in life. The greatest challenge people face today is mental stress. Spending a few minutes in the morning, eyes closed, focusing on the breath calms the mind. Meditation increases clarity and concentration, helping in both study and work.

Many late risers skip breakfast in the morning rush. But breakfast is the fuel for the entire day. Skipping it reduces efficiency. A healthy breakfast makes the day joyful. Those who don't eat properly feel tired and sluggish as the day progresses. A diet including fruits, vegetables, oats and milk provides energy and strength throughout the day and a nutritious breakfast also boosts immunity.

The day should begin with good thoughts. Expressing gratitude, reading positive words or remembering one's goals brings a positive direction to the mind. Many people start their day by diving into news or social media, which often contain disturbing information. Instead, beginning the day with uplift-

ing thoughts keeps the mind balanced and cheerful.

Sunlight is vital for human life. Morning sunlight provides vitamin D, supporting health and immunity. Sunlight also regulates the body's biological clock, improving natural rhythms, sleep and mental well-being.

Thus, by waking up early and adopting a few good morning habits, the whole day can be filled with enthusiasm and confidence. To make life joyful, big things aren't necessary. Even a small change in the morning routine can fill life with great happiness.



Are You Just a Friend, or a Good Friend?





Friendship is one of the most beautiful experiences of human life. From the age of awareness and throughout life's journey, we all nurture friendships. Friendships remain with us till the end of life. But not all friendships that begin in childhood last a lifetime. Some continue lifelong, while others end midway. At times, new people enter our lives and become friends.

When talking about friendship, one thing everyone often says is: be a good friend. Out of many friends, sometimes one person becomes our closest - whom we call a best friend. Nowadays, the term has even turned into 'bestie'. Many people speak as though life feels incomplete without a best friend.

But modern thinking suggests there is no rule that one must have only a single best friend. Not having a best friend is never a defect or shortcoming. Friendship can be compared to a shady tree. Some may sit under it, others may climb its branches. The tree never rejects anyone. And when the time comes, each one leaves. But the tree never forces anyone to stay nor does it threaten that without permission no one may sit in its shade again. Whoever wishes may come; if they don't, it doesn't matter. In the same way friendship is not something to be confined to just one person.

Being social beings, humans naturally interact closely with many. Some friends come during school or college, some at the workplace, and some arrive suddenly during crucial moments of life, like running for shelter in a downpour. Each person who comes into our lives leaves something behind. With their colors, they either beautify

or distort the picture of friendship we carry. That is why friendship should not be restricted to a single person. When more people are included, life becomes richer in experience and the exchanges of giving and receiving grow.

Restricting friendship to just one person also has risks. If, for any reason, distance grows between you and that person, the separation or loss may feel unbearable. Such losses in friendship have even led some into deep depression or tragically, suicide. That is why maintaining balanced friendships with several people is healthier. Friendship is meant to be shared, not locked into one relationship.

A sweet can be given to just one person, but it can also be shared with many. Friendship is just the same.

Friendship is not a one-time deal. It is like an investment campaign - the more people you bring into it, the more fruitful it becomes. So, stop worrying if you don't have a so-called 'best friend.' What matters is not the number of friends, but the quality of those friendships. After all, what good is a 'best friend' who is absent in your sorrows, joys or victories?

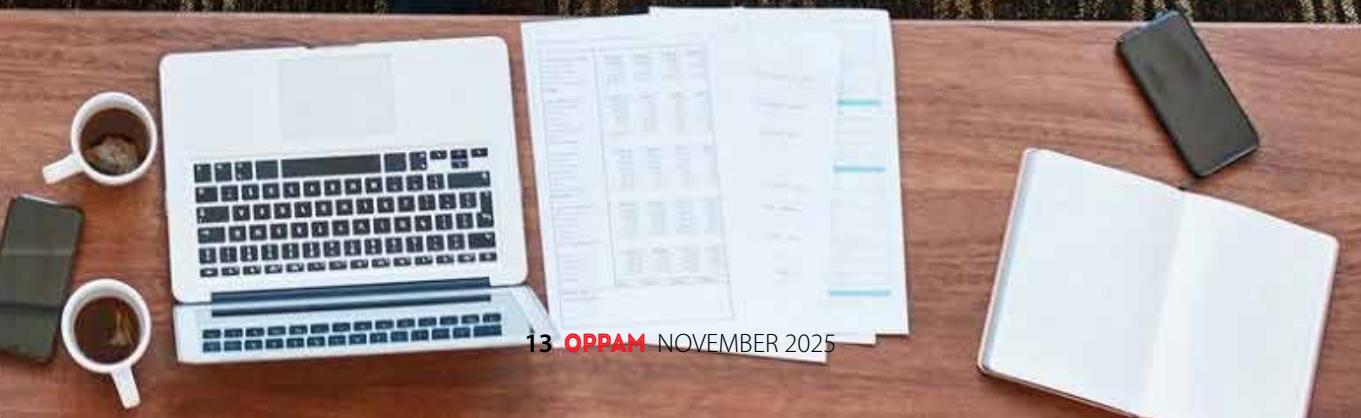
Having even one person who truly understands you, stands by you in every situation is a blessing. Sometimes that person may not even be the one you love most, but the one who quietly loves you. That is why the concept of 'best friend' deserves deeper thought and redefinition.

Whatever the case, nurture friendships. Build new ones. Be a good friend yourself. Keep friendship pure, free of deceit.

A woman with long dark braids is sitting on a yellow sofa with white pillows. She is wearing a white long-sleeved shirt and blue jeans. The background is a blurred indoor setting.

Excess and Unnecessary Expenses Can Break a Marriage

When looking at the reasons for marital discord, one factor that often goes unnoticed is financial problems. It is not just the lack of money, but also the improper use of money and overspending that play a major role in damaging relationships. When one partner continually spends money unnecessarily, it can cause anxiety and sometimes disappointment in the other. Many families end up blaming each other—husbands complaining about household or shopping expenses, and wives pointing out money wasted on alcohol, cigarettes, and hanging out with friends. These mutual accusations create tension in the household and weaken the bond between partners. So, how can such issues be handled?





Talk Without Blaming

Many people respond with anger when their partner spends excessively. But this only worsens the situation. Instead of accusing them of wasting money, it is better to start a conversation like: “Don’t we need financial security? The children are growing up-how can we reduce expenses?” Instead of saying “You will destroy this family,” one could say “Your unnecessary spending makes me anxious.”

Share the Same Goals and Dreams

Another way is to have common goals. If only one partner has dreams and plans for the future, there may not be serious issues immediately, but over time, challenges arise. When both partners dream and plan together, success

becomes achievable. Planning ahead for a house, vehicle, children’s future, retirement or even travel helps create financial discipline. It is unfair if all the financial burden is on one person while the other spends freely. Couples should note down their goals in a notebook, review them regularly and correct mistakes as they go forward.

The Importance of a Budget

The main reason for financial instability in families is the lack of a proper budget. Often, neither partner knows exactly how much the other earns or spends. A clear budget should be set for household needs, emergencies, investments and recreation. And this budget must be created with mutual understanding and agreement. This helps keep expenses under control.



SYSTEMATIC INVESTMENT PLAN

A Systematic Investment Plan is a method that anyone can try. It is a way to ensure financial security for the future. This involves investing a fixed sum regularly every month. Even small amounts, when invested consistently, can grow into a large sum in the future. Such savings will also be helpful during retirement. Couples starting such a plan together can achieve many of their shared dreams.

Keep Aside Money for Yourself

Sometimes, when the entire income goes to family needs, individuals may be left with nothing for their personal use. For instance, a wife might hand over her whole salary to her husband, only to find herself without money for even small personal needs-like buying a gift for a friend's wedding or traveling to her parents' home. Having to ask a spouse for every small expense can create discomfort. To avoid this, each partner should keep aside a portion of their income for personal use-like a pocket money allowance.

Learn to Manage Finances

Many couples despite being educated and holding degrees lack proper knowledge about financial manage-

ment. To overcome this, they should read books or articles on financial planning or attend classes on the subject. This helps them understand how credit card interest works, how small expenses add up to large amounts and why savings before retirement are crucial.

More Valuable Than Money

Money is important, but relationships are more important. Apart from unnecessary spending habits, many partners have numerous good qualities. So, instead of focusing on weaknesses, it is better to show love, make compromises and support each other. A relationship should not end just because of wasteful spending. Move forward with love and cooperation, without constant blame or arguments.

Children and Mobile Phones

The number of parents who feel helpless, watching their children become addicted to mobile phones is increasing. Many parents are worried, not knowing how to keep their kids away from phones. In this situation, Alex Stamos, former Security Officer at Facebook and Yahoo, shares some advice for parents: when to give a mobile phone to children and what precautions to take once it is given.

Don't Give a Phone Before Thirteen

Children should not be given a mobile phone before the age of thirteen. Parents should consider the child's maturity and sense of responsibility before handing over a phone. Thirteen is generally the age when children can begin to handle things with some maturity. That is why experts say children should get phones only from this age onward.

Decide on the Apps

There are many different apps—some meant for children, others for adults. Parents should be aware of the apps their kids use. Only apps that parents know about and approve should be allowed.

Parents Should Keep the Passwords

If a child is given their own phone,

the passwords should be set and known by the parents.

Regular Checking is Necessary

Parents should check their child's phone from time to time—what they are doing, what they are watching and with whom they are communicating.

No Phones at Night

Children should not be allowed to use mobile phones at night.

Social Media Only After Adulthood

Children should use social media only after they become adults. When kids create profiles before the right age—often by faking their age they put themselves at risk.

Encourage Open Communication

When children make mistakes online or through social media, don't scold or punish them harshly. Instead, give them the freedom to speak openly with parents when something goes wrong. Parents should act as protectors, not punishers.

Use Technical Controls

Make use of technical safety tools such as Communication Safety. This helps prevent the sending or receiving of inappropriate images like nude pictures.



Bring Gen Z Outdoors

The generation born between 1997 and 2012 is considered the most digital generation in the world. They are commonly referred to as 'Gen Z.' From early childhood, they were introduced to smart phones, the internet and social media. Unlike the previous generations they rarely experienced playground games or face-to-face interactions with friends. As a result, their connection with nature was gradually severed.

It is in this context that the phrase "Touch Grass" emerged.

It literally means "connect with nature, feel the green." In other words, it is a call to step out of the screen-centered lifestyle. It is an appeal directed especially at the younger generation, who spend most of their lives online.

Today, this generation lives in a screen world. Friendships, love, shopping, and sales-all happen in the digital space. Direct connections with nature and with other people are becoming nearly impossible. In fact, many Gen Z individuals feel they don't even need such a world, because clothes, food, and almost everything else are available online. Doors to the outside are shut and they confine themselves inside with mobile devices. The challenge of this era is to bring them back outside.

In a way, parents themselves are partly responsible. Many consider their

children safer indoors with a phone than outside exploring the world. The COVID pandemic and lockdowns also played a major role in deepening this dependence on the digital world.

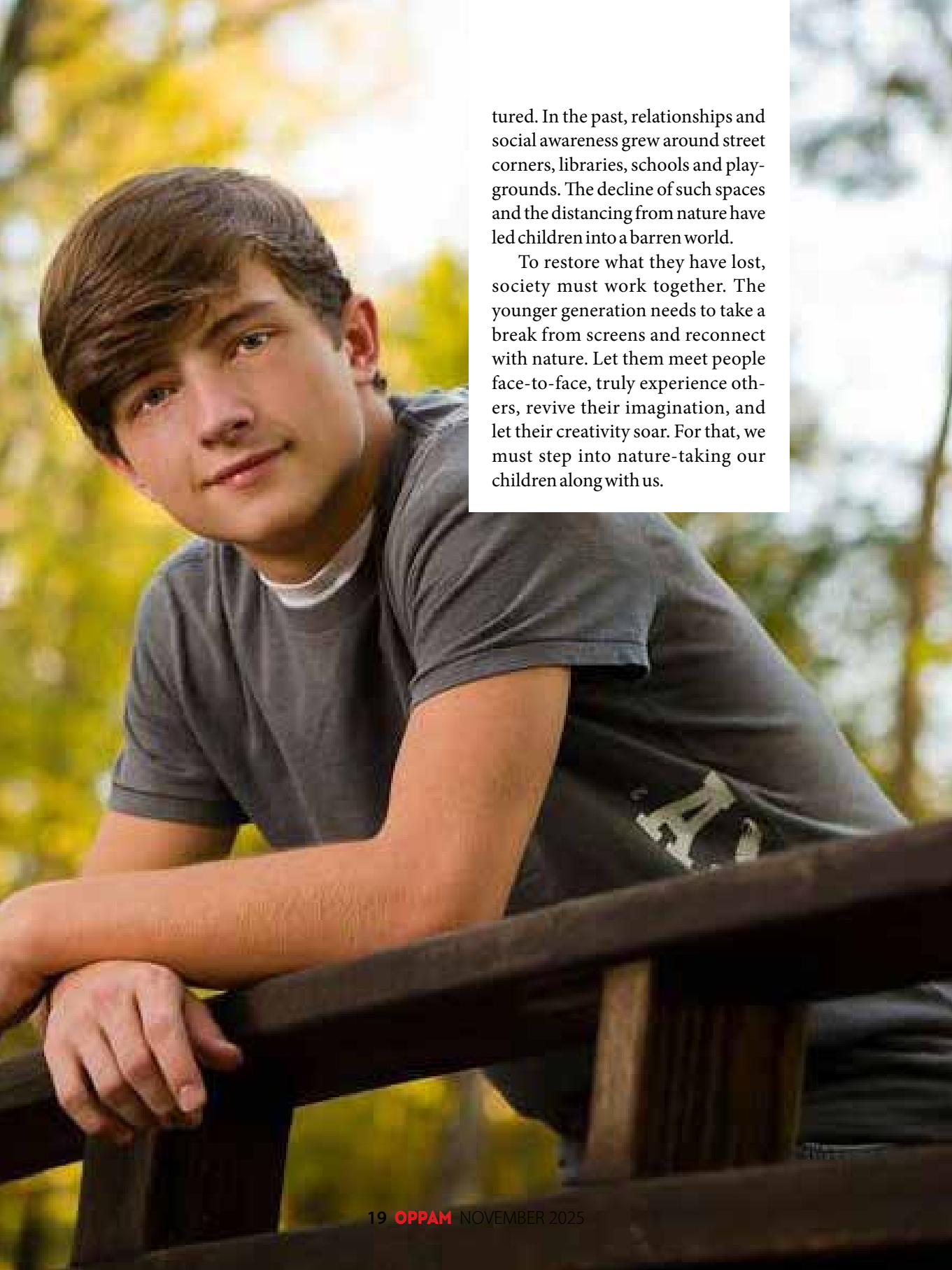
The Impacts of Digital Dependence

When children don't go outdoors, they face several physical health problems-mainly Vitamin D deficiency, obesity, fatigue caused by excessive screen use, lack of sleep, and eye strain. Mental health issues also arise, such as depression and stress. They lose confidence to interact with the outside world and develop tendencies of loneliness and isolation. In the long run, even their personal and professional relationships are affected.

The lack of contact with nature also stifles creativity. Studies show that imagination and creative power decline among those trapped in screens. This is why the call to "Touch Grass" has become so vital. It is essentially an invitation to change one's lifestyle: step into nature, feel the greenery, experience the silence of forests and the sound of the sea. These experiences reduce stress, boost confidence and awaken imagination.

Reclaiming Social Spaces

Parks and public spaces should become places where friendships are nur-



tured. In the past, relationships and social awareness grew around street corners, libraries, schools and playgrounds. The decline of such spaces and the distancing from nature have led children into a barren world.

To restore what they have lost, society must work together. The younger generation needs to take a break from screens and reconnect with nature. Let them meet people face-to-face, truly experience others, revive their imagination, and let their creativity soar. For that, we must step into nature-taking our children along with us.

How Much I Like You!

Do you know why I like you so much? That's why I keep trying to find reasons to come closer to you, to spend more time with you. I know there is no real need for me to always be near you. But whenever I am by your side, I feel a deep sense of safety and happiness.

Talking to you never feels enough. Everything you have ever said stays in my memory. If you doubt it, ask me anything- I still remember even the smallest things you once told me. That shows how much I love you, care for you and keep you in my thoughts.

I always love looking into your eyes when I speak. It is because I see myself

in them. I know your likes and dislikes very well. Of course, I have other friends besides you. I have other kinds of love too. But above all of them, I place you higher. And there's only one reason for that- you mean more to me than anyone else. I love you more than I love anyone else.

You may never realize how much I like you. And by the time you do, I don't even know if I'll still be by your side. Even when I am not near you, I love you as though I am close. I remember you as though I can never forget. Beyond all memories and all forgetfulness, you remain forever as my love.



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