

OPPAM

ONLY POSITIVE



**CHILDREN DO NOT
LIKE TO HEAR
THESE WORDS**

The joy of loving

OPPAM

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Editorial

DR ANTONY P JOSEPH
Managing Editor

HAPPY DAYS OF NAPOLEON AND OUR HAPPINESS

Napoleon Bonaparte was one of the greatest conquerors the world has ever seen. He stunned the world with his power and enormous wealth. Surprisingly, during the end of his life, the champion ruler disclosed one thing that took the world by surprise. He said: "Even though I have conquered and amassed so much, there were hardly seven happy days in my entire life."

We are, in fact, astonished to hear these words. We could overlook these words if it was said by a common man. But, these are the words of a global conqueror!

Napoleon's words call us for a deeper reflection on life. Most of us think that we will be happy if we have all the riches, beauty, fan following, luxury and so on. Those who think so will be people who are not fortunate enough to experience them. The sad truth is that those who have experienced the aforesaid things in their life need not be happy people. Perhaps, they might be successful in life; but, they need not be happy people.

Although success gives us

momentary happiness, when the success fails to repeat, we will lose our happiness.

Happiness is an attitude of the mind. True happiness does not depend on circumstances or persons, but on how we look at other persons and circumstances. Our mind and our thoughts have vital roles to play in deciding our happiness. It is our mind that builds heaven and hell. That means, we can be happy if we decide to be happy.

We may not be able to be happy if we keep looking at people around us and our circumstances. Happiness is a decision. It is a determination that I will not destroy my inner happiness.

When we have reached such a state of mind, no one will be able to steal our happiness. Do not think that we will be able to experience happiness only in great things. Start rejoicing in the little things of life and see the difference!

Hence, keep your mind pleasant and happy. Fill your mind with pleasant and positive thoughts. Let us rejoice from the heart!

HOW CAN I HAVE A RADIANT PERSONALITY?

How much do you know about your own personality? One of the fundamental factors to make your life successful and happy is to understand your own personality. You should maintain a good self-esteem. Other people may say various things about you, which might be negative at times. If you give your ear to such comments and keep brooding over them, you might lose your happiness and will become inert.

The solution is to live a life of high

self-esteem. It is not easy to come out of the thought that you are good-for-nothing, once it has found its place in your mind. So, you need to discern your talents and capabilities. How many of you can enumerate ten good things about you? At the same time, you will be able to tell twenty negative things about you. This happens because of your low self-esteem. Psychologists unanimously opine that low self-esteem prevents us from attaining the success of life that is



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There is a famous book named 'Six Pillars of Self Esteem' authored by Nathaniel Branden. In this book, Branden enumerates two things that are essential for gaining self-esteem. Firstly, he should have the capability to carry out his own things properly. Secondly, he must have self-respect.

We should respect ourselves. If you are going to brand yourself as good-for-nothing, you will always be so. Nathaniel further divides the aforesaid two factors into six sub-factors. They are the real pillars of self-esteem.

Living consciously

This is to live with profound awareness of the things that affect us. We should be conscious of our actions, aims, values and intentions. We should also be conscious of our external and internal realities.

Accepting oneself

It is very important that we accept ourselves as we are. We have to accept

our external appearance, actions, thoughts and emotions. We may not be able to change certain things. There are also things that we can change if we put in a little effort. If you can change, well, do it. If not, accept it. A person who is incapable of accepting one's own limitations, will not have self-esteem.

Taking responsibility for your actions

Many people are not ready to take responsibility. Be it in family or office, every day we get a lot of opportunities to take responsibilities. Some people shun away from it. Taking responsibility, be it beneficial or disadvantageous to us, will enhance your self-esteem.

Being vigilant

You should be vigilant about your life. You should be aware of the aim of your life; you should also know how to live. Never lose your life or abandon your dreams to gain the favour of other people. In other words, you should be self-assertive and grab your rights.

Living with a purpose

It is very important to have goals in your life. Work hard to achieve your goals and use your talents. Those who have goals in life will also have a high self-esteem.

Having personal integrity

People living in hypocrisy will not have a high self-esteem. Your words and deeds must mutually agree. You will lose your self-esteem when your words and deeds are incompatible.

Never forget that life becomes happy only if we lead a life of high self-esteem!

A FEW ESSENTIALS FOR A HAPPY FAMILY LIFE

Is it the exclusive responsibility of one of the spouses to maintain happiness in the family? Never. A family will be a happy family only when both the couple go in the same direction, hand in hand. Family life will be successful only when two persons with different natures and desires start to live with a single desire and mutually agreeing thoughts. Effort, dedication and vigilance are essential for the fulfillment of married life.

Love is the most essential factor in a married life. It is love that grows and nurtures family life. At the same time, there are certain other factors that complement love.

The couple should be mutually compassionate. Love alone will not suffice, loving compassion is what is needed. For instance, welcome your spouse who comes home tired after the hectic work of the day with a smile on your face and



Ego is the main villain that thwarts marital life. We will be able to forgive each other, bear with each other and regain our love only if we are humble.

compassion. This will help your spouse feel wanted and loved. Similarly, you should also be compassionate to your spouse, who is tired of doing the chores in the home. It should not be a one-sided affair. Both the husband and wife need and deserve compassion.

Humility is a fundamental virtue. Where humility is absent, no other virtue will grow. Ego and self-centeredness are the cancers that destroy marital life. Ego kills love in married life. An egoistic partner always thinks about oneself. For him/her, only his/her emotions are important. He/she will not be able to bear when his/her partner's attention slightly drifts from him/her or criticizes him/her. Ego is the main villain that thwarts marital life. We will be able to

forgive each other, bear with each other and regain our love only if we are humble. If you are unable to love each other as you did earlier after a quarrel, then be sure that your ego has escalated.

There are certain partners who measure what they get from the other partner in married life. I will give back only what I have got. If you give me, I will give you. This is their attitude. For a happy married life, such an attitude must be strictly avoided. Selfishness has no place in married life. The crux of family life is in serving the other, forgetting oneself. Give unconditionally. Give love and share joy without measure. Your partner might want certain things from us every day. We will often be unaware of them. So, every day ask your partner what he/she needs from you. Such gestures will increase love, serving attitude and cordiality among life partners.

Love for honesty also has a major role to play in marital life. Remember that you will not be able to lead a successful married life unless you are honest.



HOW TO FIND JOY IN YOUR JOB?

The first thing you need to do in order to find joy in your job is to love your job. If you do not love your job, you will find your job burdensome. Keep in mind that here we are not discussing the temporary boredom in the job due to mood swings and physical discomfort.

Establishing good relationships at your workplace will definitely help you to love your job. Your colleagues will be able to extend great help to you in this regard. If you feel isolated in your workplace, you will not feel an urge to go to work. If you are doing your work half-heartedly, you will not be able to

find joy in your work. Likewise, it is also important to engage in some sort of entertainment along with your colleagues, at your workplace. It could be a memory test game, quiz or even singing a couplet of a song. Such harmless entertainments will help you to relax and relieve your stress. Meditation also will help you to relieve stress. It will help you to apply creative changes and have control over your emotions. Deep breathing can bring an ample amount of oxygen into your brain. This is an easy relaxation technique that can be practiced at any time.



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Proper choice of food also can give you happiness. So, include quality food that is rich in nutrients in your diet. Vegetables and cereals are essentials. Remember to eat moderately and properly. Also take care not to get dehydrated. Dehydration can drain out your vitality while doing your work. So, you should drink enough water or juice during work. Do not add sugar in the juice.

Proper sleep is also necessary for maintaining vitality in work. A person needs seven to eight hours of sleep at night. A good sleep at night will aug-

ment your vivacity in work. Never bring home the problems at your office. Leave those problems there itself. Then you will be able to concentrate more and perform your work more efficiently.

The last but not the least thing is to think positively. Start your work every day by saying: "Today, I am happy. I will perform all my duties at the office in the best possible way." Then you will be able to enjoy your work better. Some days may not be as happy as you expect. Leave those days to their own. On some days, you will find your work harder; at other times it will be easier as well. Remember that we are not capable of changing the nature of our work. We can only change our attitude. Hence, do your duties with enthusiasm irrespective of your salary. Remember that your job, whatever it may be, is your bread and butter.

If you are not able to find joy in your job, it will adversely affect the health of your mind and body, and eventually you might fall prey to depression. So, take care not to lose your joy in your job!



CHILDREN DO NOT LIKE TO HEAR THESE WORDS

Everyone cries at some point. Yet when boys cry, we tell them, "Oh, why are you crying? Don't you have any shame? Aren't you a boy?" Are boys not supposed to cry? Never.

Developmental psychologist Professor Christia Spears Brown says that these words should never be told to boys. Christia says there are two reasons for that. The first reason is that everyone cries at some point. The second reason is that crying is a healthy way to release negative emotions.

When boys are not allowed to cry, they are deprived of the opportunity to

express their feelings. Consequently, it will give rise to anger and violence in them. Gradually, neither they nor others will be able to control such emotions. So let the boys cry. Don't tell them not to cry. They don't like to hear such words. This applies not only to boys but also to girls. We don't say to girls that they shouldn't cry. Child psychologists say that not crying is the problem. Not crying over a problem or event will only create negative results. So, let the children cry.

There are certain topics that children should not hear about. Sex, death,



Don't forget that when parents share their anxieties and worries with their children, that tension and fear are passed on to the children as well.

disease, and divorce to name a few. "You are not supposed to hear this, so stay aside." This is what parents immediately say to their children who come in while the parents are talking. Some parenting experts in Australia say that children do not like to hear this.

Children should be told about these topics in an age-appropriate manner, in a positive manner, and in gentle language.

Children do not like their parents talking to them in a dismissive way. Haven't I told you this a hundred times? Don't do this. This is a constant source of anger for many parents when their

children's misbehavior goes too far. Child psychologist Alan Kasdin says that children don't like such words.

When children start writing or drawing for the first time, parents say, "You're not doing it right. Give me here and I'll show you." Here, parents control the activities of their children. A Purdue University researcher says that kids get annoyed while hearing such words. Such words from parents lower the self-esteem of children. Many parents tell their children that they should learn from their brothers or sisters. Children do not like to hear this comparison, says parenting expert Rachel Raybin. Similarly, there is one more thing that parents should never say to their children: Am I not your friend? Don't forget that this can cause a variety of errors. Don't forget that when parents share their anxieties and worries with their children, that tension and fear are passed on to the children as well.



A TESTIMONY AS PRECIOUS AS LIFE

“Pappa, why did God take our Mamma away from us?” When his little son asked this heart-wrenching question, Dr. Tomas Ginter could only sob in silence. The name of the little boy’s mother was Dr. Agnieszka Pisula. Agnieszka, who was a Psychotherapist and Psychiatrist, died from cancer on March 27, 2018. She, who was a mother of four children, was only 45 years old when she succumbed to death.

Agnieszka was diagnosed with cancer while she was carrying her fourth child. Initially they thought that it was a benign tumour; but when it was diagnosed as sarcoma, the family was literally shattered. Tomas felt devastated and helpless with their three children who

were still minors.

Their life was a happy one. All of a sudden, it all crumbled. Doctors advised her to abort the baby in her womb and start treatment for cancer. All her three children were so dear to her. She loved the baby in her womb even more. She did not wish to make her life safe by killing the unborn child. Hence, she discarded the possibility of an abortion.

She knew the value of life. That was how her husband remembers her. She stood bold in a situation, which could dishearten most people. The smile on her face never vanished. She turned away from all treatments that were detrimental to her unborn child.

After 31 weeks of pregnancy, Ag-



When deadly diseases befall on them out of the blue, most people lose their faith in God. Many people question the justice of God and renounce God.

nieszka gave birth to a baby girl through C-section. She was christened as Bogna Joanna. Agnieszka expressed her willingness to undergo treatment only when she was convinced that her baby was capable of facing the world. But, it was too late. She could not be saved by any treatment. Eventually, she succumbed to death on March 27, 2018, offering herself as a sacrifice.

Agnieszka never gave in to despair. Even after she knew she had cancer, she led a normal life. She rejoiced in life. She could even laugh in front of her near and dear, who came to visit her with melancholic faces. The only change that happened to her face after chemotherapy was loss of hair. She was not physically tired, recalls Dr. Tomas.

When deadly diseases befall on them out of the blue, most people lose their faith in God. Many people question the justice of God and renounce God. But, Dr. Pisula was an exception. She surrendered her whole life into the hands of God. During his sermon on her funeral, Archbishop Hoser recalled this.

“For me, it was very tough to accept her disease and demise. It was hard to believe. I had no answer to the questions of my youngest son. But, she stunned me with her faith and courage” says Dr. Tomas. Until her final moment, Dr. Pisula did not give the slightest hint that she would die. Tomas also believed that she would come back. But...

Today, Tomas wears two wedding rings on his fingers. The first ring is the one his wife put on his finger during their wedding. And the second one is the one he put on the finger of Pisula. Raising these wedding rings, Tomas declares that his wife is still with him. “I spent my life with a saint. She died in the hands of God, immersed in His love” he adds.



Many stubborn children gradually break out of their behavior once school life begins. Children are able to come out of their emotional outbursts and cry over trivial things, gradually. But this is not the case with some children; they will still have outbursts and be stubborn. This situation can be very distressing for parents. Their distress comes out through certain expressions. For example expressions like this: “mis-

chievous child, a creature that spoils all the peacefulness of this house, you better don't be this adamant”. When the children hear this, they will have a negative impact on their minds. They think of themselves as angry, stubborn, and animal-like. But parents should take care not to label their children so. These labels in no way will help children break out of their patterns of behavior and will be harmful to them.

THE PARENTS OF STUBBORN CHILDREN SHOULD READ THIS



Teaching children empathy and essential consideration for others will help them to overcome themselves. Therefore, parents must teach their children virtues like empathy and consideration for others.

The second thing to note is to try to love your children unconditionally. It is true that children's stubbornness is not always easy to tolerate. Children's stubbornness, outbursts, and disobedience are also opportunities to test parents' patience. They should be convinced that we are ready to love our children in any condition.

Seeing that they are loved unconditionally can help them break out of bad habits and develop good habits. Often, the reason behind children's tantrums is taunts, neglect and unbecoming behavior from others. Children should

also be taught some easy ways to deal effectively with this situation and control their emotions. This will help the child avoid quick reactions and stay away from explosive situations.

For example, teach them to count from one to ten or more to overcome a potentially explosive situation, or ask them to go to their room and take deep breaths. Otherwise, ask them to repeat the self-calming words several times. Words such as: "I'm not angry, I'm okay, I'm perfectly okay, etc."

It is the responsibility of parents to help their children recognize their emotions and teach them to control them. Teaching children empathy and essential consideration for others will help them to overcome themselves. Therefore, parents must teach their children virtues like empathy and consideration for others. Similarly, parents should not interfere in their children's space. Respect their space and be careful not to control or reprimand them at any chance.



GRATITUDE = GOOD LIFE

What is the emotion you feel in your heart when you wake up in the mornings? When you answer this question, make sure to exempt the mood changes that occur seldom and your physical ailments.

You should encounter each morning with gratitude in your heart. Because, you have got another day as a gift to live. You have woken up to another morning... to sip a cup of coffee, to send a WhatsApp message to a friend, to hug your life partner and to receive kisses from your kids. Isn't it an important thing that you have woken up healthy to see another day?

Thousands of people died yesterday around the world. These deaths have

occurred by different reasons like road accidents, assaults, sickness and natural calamities. Today also many people will die. It will continue tomorrow and the day after tomorrow. A study states that, when the last page of a year's calendar is turned, 55.3 million people would have breathed their last in this world.

By the time this article is finished, more than ten people would have died in various parts of the world. It is a blessing that you are alive to read this article. You need to be grateful for being alive. You need to thank this day and your life. Researchers opine that having a thankful disposition and a mind filled with gratitude will add to the goodness of life.

Robert Emmons, a researcher, says



Be grateful for every little experience of life you had from the moment you woke up in the morning till you go to sleep at night. Only then you will be able to perceive the beauty of life.

that gratitude is a decision we take towards goodness. Being grateful will result in our own goodness. He conducted a study, dividing a group into three. The finding of the study was this: To the first group, he asked to thank for five good experiences they had in the last week. To the second group, he asked to write down five disappointing things that happened last week. He asked the third group to write down about the mixed experiences, both positive and negative, that occurred during the previous week.

He continued this training for ten weeks. Incredible change occurred in the members of the first group who kept thanking for their experiences. They looked forward to the future with

hope. They became persons of positive attitude. They had less physical illness, comparatively. Depression left them. They had high self-esteem and they began to grow in love and compassion. But, the experience of the members of the second group was pathetic. Because they had no chance to express gratitude.

Most people wait to thank for good things to happen in life. But, we cannot say that those who were in the first group had only good experiences. Actually, they were thankful to every experience they had in their lives. They thanked the rain, the hot sun and chill of the night. Open your eyes to see the beauty of every event of life. As I wrote in the beginning, be grateful for every little experience of life you had from the moment you woke up in the morning till you go to sleep at night. Only then you will be able to perceive the beauty of life. It is not enough to express gratitude when great things happen in life.

For instance, you get caught up in a traffic jam on your way to the office for an urgent meeting. Naturally, you will get annoyed and desperate. You might feel hatred towards the people in the vehi-



cles in front of you. Nevertheless, we can be grateful in such situations also, says a researcher named Harris. When you are in the midst of such a situation, think about those hapless people running for their life through deserts to escape the atrocities of the war - about the fleeing refugees who have lost their homes and homeland. If we are able to reflect on them, we will impulsively thank the Lord for being fortunate enough to sit in the air-conditioned vehicle and listen to music.

Those mothers, who get irritated when their babies wake up and cry in the dead of the night should think about the women in the world who do not have a baby at all. Likewise, those fathers, who get annoyed with their kid's pranks and laughter while they work, should think about those men who are unable to procreate a child of his own. Then, we will become thankful persons. When you get up from the dining table finding fault with the dish your wife has prepared, think about those who have nothing to eat. Wives, who complain about the tasks in the kitchen should think about those kitchens, where there is nothing to cook. Then, they will be able to say thanks.

In the book 'Thanks a Thousand,' A J Jacobs says that we must wonder at and

thank for even the smallest things of life. When you drink coffee in the morning, think about the coffee garden where it grew, about the person who plucked it and ground it to coffee dust. Indeed a thing to marvel at! How can we not be thankful for it!

Similarly, there are many wonders in this world like electric transmission, speaking over the phone, the waves that create moving pictures on the television and so on... although there are scientific reasons behind them, when we meditate over them, we can't help wondering at them!

Is it not a wonder that I can see and talk on my smartphone with my friend who is in the United States or Japan from the confines of my room? Shouldn't we be thankful for these wonderful things? So, Harris urges us again: Give thanks for all experiences of life. Once we begin to be grateful, we will begin to lead a good life.

Give thanks for being fortunate to read this article, for being able to read it and understand it. I too thank the Lord for being able to complete writing this article. Never forget: A grateful life is a life of goodness. It opens the door to a good life.

So, be thankful to everyone and everybody. Thank you!



THE JOY OF LOVING



Each day we come across many people. From among them, we invite one person exclusively to share our love. In other words, the love of that person sets us apart from all others. We fall in love with that person.

This is one of the greatest wonders in this world – two persons falling in love, two persons deciding to love each other, two persons loving each other deeply and differently from others. This is what makes our life most beautiful.

If we choose, we can pass through this world without loving anyone. We

lose nothing when we go on without loving anyone. But, when we decide to love, our heart breaks and our minds sob. It might even cause us to lose many things.

Nonetheless, we cannot stop loving. Because, that pain is the capital of love. We will feel love burdensome when thorns prick us in the name of love. We might even vow that we will not love anyone hereafter!

But, those pain and decision are the symbols which indicate that our love had value. Perhaps, they might even

The safest place on earth is the presence of those who love us. Even when we are busy, we will cling to our beloved amidst all of it. All our sorrows will melt in that loving cuddle.

reassure us to love others in the future.

The safest place on earth is the presence of those who love us. Even when we are busy, we will cling to our beloved amidst all of it. All our sorrows will melt in that loving cuddle. It will warm us amidst every rain and give us shade in the midst of the scorching sun. It is important to be in love.

But, we need to beware that all that seems love is not real love. When you speak or act inappropriately and selfishly or when you self-boast and hate others or when you clamor for return love, yours is not true love. It is only a part of your effort to love or merely you are on the way to love.

I think desire to love is a part of seeking one's being. When you are on the

banks of love, you will feel that you are respected and loved. At the same time, you will feel worthless when you are rejected. My soul rejoiced when I loved you more than when you loved me.

The memories of our loved ones haunt us when we have lost them than when we are in love. We will remember the paths we have trodden together, the journeys we have travelled together, the songs we have listened to together and the films we have watched together... the relics of yesterdays that moisten our eyes.

I feel thankful towards everyone who has ever loved me. You were always my heart; you were my soul and my asset. You were my today and tomorrow. Still I am in love with you, even though you are not near me; though you have gone away from me.

But, I know that you will not be able to prevent the flow of your memories about me even amidst hatred and oblivion. Memories about you illuminate my nights and inspire my days. Thank you for making me know that I can love someone so deeply. Thank you for helping me to feel proud of my love!



DOES YOUR HUSBAND KISS ON YOUR FOREHEAD?

I don't think there are any wives who have not doubted the love of their husbands at least once in their lives. As married life progresses, many wives are tend to think that the love of their husbands is decreasing. Although the style of man's love is different, he is bound to make it convincing by certain external signs of love. With some subtle gestures and expressions, he will tell his wife that he loves her. Let us check what they are:

However busy he is, he will find

time to spend with his wife. He might be at his office or school. He may have parents, siblings and friends. Despite all these, he will find time to spend with his spouse. His wife will be his first priority.

He will find ways to touch his wife whenever possible. Even though they are standing in the midst of others, he will touch his wife's fingers. He will place his hands on her shoulder lovingly. He will hug her from behind when she is busy with doing chores in the kitchen. He will kiss her before leaving for office.



Kissing on the forehead is not the same as kissing on the cheek. It is more sincere and filled with love. He is expressing his love, closeness and respect through this.

He will look at her face as if he never gets tired of gazing at her. It will be he who sees her first when her face fades. He will try to do something afresh for her to consider her and make her happy. This consists of taking her to watch a new movie or for a day out, giving her a new song to listen to etc. He will convince her that he is doing all these things for her sake.

He will keep his word given to her. If he says that he will reach home on time, he will try his best to reach on time, unless in some unexpected situations. If

he promises that he will do something or buy something for her, he will definitely do it for her. He will be a person who remembers even the smallest of her desires and understands her habits. He will be interested to meet her friends and family members. He will not send her alone or with the kids to the wedding functions of her relatives, instead he will accompany her with gifts. He will do everything to make her happy. He will give priority to her happiness and contentment.

He will regularly kiss her on the forehead. Kissing on the forehead is not the same as kissing on the cheek. It is more sincere and filled with love. He is expressing his love, closeness and respect through this. It is not a sexual act. When he kisses her thus, she will feel more secure.

Now tell me, is your husband such a person?





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