

# OPPAM

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

If your  
purpose is  
success..



**OPPAM**  
ONLY POSITIVE

Vol: 3 | Issue: 3 | Page: 19  
August 2024

(Private circulation Only)

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#### For Donation

OPPAM MAGAZINE

A/C No: 12790200319046

FEDERAL BANK

BRANCH: IRINJALAKKUDA

IFSC: FDRL0001279



# Editorial

**PROF ANTONY P JOSEPH**  
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## How many failures are there before we win?

That young man's ambition was to become a writer. But all his circumstances were unfavorable for him. His lack of education was the most important among them. Another thing was the poverty. However the undying urge within him to become a writer prompted him to write continuously. He didn't heed to those obstacles and challenges before him. But unfortunately for him he couldn't publish anything written by him. Whatever posted by him would return in no time. He didn't become desperate and would again send a novel or story to the newspaper office. Days passed. One day a miracle happened. He received a letter from the newspaper office. It was from the editor regarding one of his writings sent to them. Praise in profuse was the content of the letter. That was the birth of a writer. The letter and the encouragement changed the life of that young man. Now the world knows that writer. His name is Charles Dickens.

We often remember only the name and the face of winners. We may overlook the hardships and disregard endured by him to reach there. Underneath every victory there are lots of disregards and struggles, markings of hardships.

Majority of the people would give up their effort halfway when they met with a backlash. Dejection would bow them down. Negative thoughts would haunt them. In such a situation people would shrink to themselves. The result-they would never win. Their efforts would go unnoticed.

Let us come back to Charles Dickens. He had several limitations and also disregards. However nothing pulled him back from his strong ambition. He never gave up his efforts. At the early stage of the learning to walk children fall down several times. Learn to pedal a bicycle also is beset with falls and injuries. But nobody stop to learn walking or pedaling. If we have an irresistible urge and the will to do hard work victory will definitely embrace us. Do until you win. We can't win if we look only at the obstacles before us. Be optimistic. Never give up even at the time of continuous failures and retaliations. One day you will win.

Wish you all success

**Prof Antony P Joseph**



# Happy? Want to be happy?

Are you happy? When such a question is asked people begin to think whether they are happy. Even when we are happy outwardly we may not be so happy within ourselves. Most of the people forget to become happy or think that they don't have valid reasons to be happy.

To what extent can we become happy? We seek happiness in outward things and persons. Here our happiness is solely depended on such things or persons. But we can definitely find joy in the small things of our life and thereby fill our life completely with happiness.

To achieve this what you needed is a thankful mind. Psychologist are of the opinion that a thankful mind will possess happiness. How many blessings have you received in the past, however small they may be? Did you feel gratitude for them? Say thanks and you will find happiness.

The second method is to love oneself unconditionally. Most often people underestimate themselves. Those who have inferiority complex can never find happiness in life. Burry your complex, recognize yourselves and go ahead. You will find happiness.

**We get what we seek. Therefore seek happiness. You will find it. Realize that our happiness is our right. Remember that our happiness is something that we ourselves create. What is life if there is no happiness?**

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Just like a thankful mind a kind heart also matters. Be compassionate to ourselves and others. Don't regret over the past mistakes and be kind to yourselves. Then you can embrace happiness. For most of the people despair and the feeling of guilt are the reasons for being unhappy.

Adequate sleep also is necessary for

happiness. If you don't get enough sleep it may tend to continuous tediousness which may lead to sadness.

Get engaged in any hobby is another way of finding happiness. Spending too much time in social media is not good because one may miss the abundant joy offered by things from the surroundings.

Another way to find happiness- be with such people who always think positively, encourage others and find the good of everything.

We get what we seek. Therefore seek happiness. You will find it. Realize that our happiness is our right. Remember that our happiness is something that we ourselves create. What is life if there is no happiness?





# Do you love or...

**I**s there any similarity or difference between the love and the attraction we feel for others? These two words are used to refer the different planes of relationships. First of all remember that these two words are not the same. Once explained you will find the difference in meaning of these words.

Love is eternal one. It is a decision and surety. But attraction is transient. It may not be deep. We will have care,

compassion and dedication to the person we love. We may feel emotional as well as sexual attachment to that person. However we may not feel lasting bond for the person we are attracted to. What happens there is a temporary relationship. Therefore there won't be the lasting love.

There are many factors that determine the bond between two persons-proper communication, simi-

**The readiness to accept as such is called love. The positive and negative traits are taken alike there. Unlike love attraction is rooted in peripheral things. Attraction may lose its intensity or lose completely at any time.**

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larity of thought etc. But attraction is centered around only external factors.

Love wish for the growth and prosperity of the other person. Selfless are the ways of love. But in attraction the prosperity and well being of the other

person won't be a matter of concern. The selfishness and motif of an individual will be the only basis of attraction.

The readiness to accept as such is called love. The positive and negative traits are taken alike there. Unlike love attraction is rooted in peripheral things.

Attraction may lose its intensity or lose completely at any time. But the real love will remain the same even in adverse circumstances.

There is love and attraction in romance, friendships and in marital relationships. You should differentiate between the two.

Now..what you think you feel for others? Is it love or attraction?





# Find out whether you feel loneliness

Except in certain circumstances and while engaging in creative works people do not like loneliness. The reason- man is a social being. Everybody likes to share, establish friendships and mingle with others. Even then sometimes people will become lonely and the loneliness suffocate them.

Some indications will help you to find out whether you feel loneliness. Some people purchase so many unwanted things. It is their hobby to buy a lot of things from malls and supermarkets. It is an indication that they

feel loneliness. It is a futile attempt to compensate the sorrow of a lonely mind. People who spend hours in social media may feel loneliness. All these are the ways to cope with the loneliness they feel. It is a part of their self convincing that they are not lonely. Certain studies reveal that those who are glued to the television are also the lonely ones. Continuous fatigue, lack of enthusiasm etc. are symptoms of loneliness. Nobody realize me, no one love me... if a person always thinks so, that also is an indication of his/her loneliness.



# The right called life

Most of the people think that they can be happy only when all the circumstances become conducive for them. Got a commendable achievement, received a recognition, passed the exam with flying colors, got a visa as wished for..no doubt these circumstances will make us happy. But are we to become happy only out of these circumstances? Should we become happy only when everything become favourable?

‘Always be happy’ says The Holy Bible. This is not only a spiritual sermon but also a practical attitude to be followed in life. A little failure or a small disease sometimes takes away

our happiness. Why it happens to me? We begin to think and blame our fate. I was to win, I was to remain healthy but what happened to me is its opposite. It annuls my happiness.....If we feel so and become sad that means we don’t realize the meaning of life.

If a person becomes happy that doesn’t mean that he/she got everything wished for, and everything became favourable. For the happy ones life is right. Despite the unfavourable happenings in our life, life is right. The smile on the face of those who believe in the righteousness of the virtues and values of life will never fade away. They will be always happy.



# Life is Good

I am thinking of committing suicide. What is your opinion? I got frightened at the question of my friend.

Starting a new business, seeking a new job, learning a new course..we can say our own opinion for a lot of things like this. But how can you give your opinion on the plan of committing suicide? Can I trivialize the question or avoid him by saying that what nonsense are you talking? Can we find a person who never in his life thought of committing suicide? Can I encourage him

to end his life? I was in a perplexed situation. The reasons which prompted him to think of suicide were many. From the death of dear ones to debt...from the disease he contracted recently to the fissures in his relationships.

Life partner, children, friends, siblings, work place ..pressure comes from several sources. There are so many reasons to commit suicide. All these reasons are justifiable for those who have taken a firm decision. But one thing is clear. Suicide is not a path taken by

**We are not alone until these things are not lost fully. We may not have a magic wand to solve all our problems. But we should have a third eye with which we can see the life lovingly and with surprise or else how can we live this short life without burdens?**

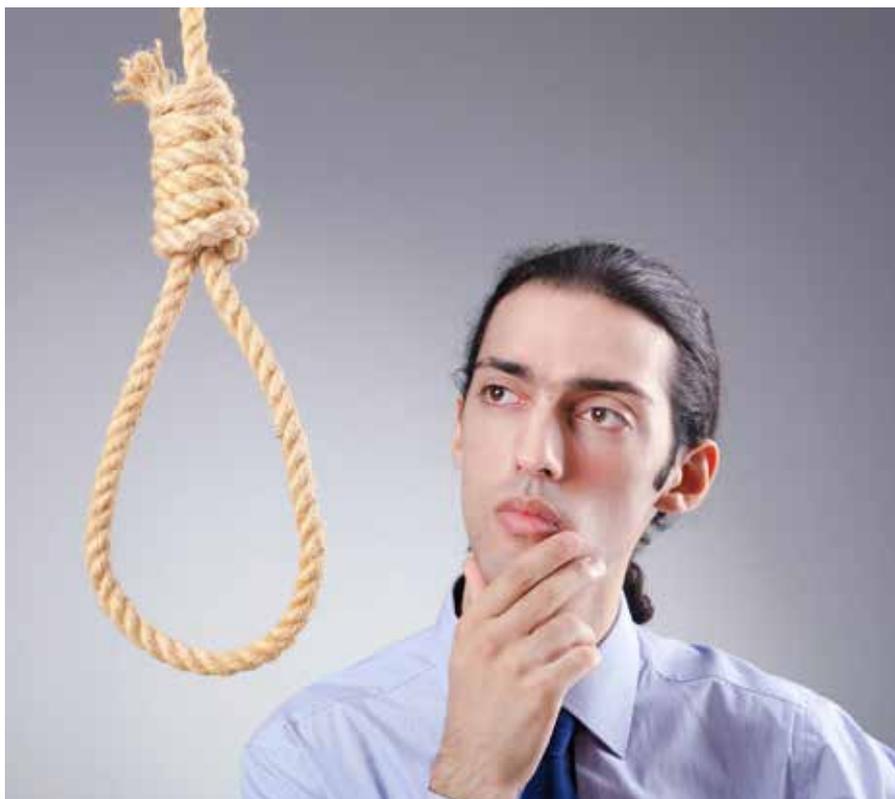
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somebody out of the sheer love for it. It is a tunnel one reaches out of the despair that he couldn't live a life he wished for. Nobody likes to die. If somebody finds solution to all his problems will he again opt for suicide? Suicide is a way to escape from problems. If everything comes on his way he will never think of the suicide. Because the thought of death itself

is frightening.

We know something about life. But we don't know anything about death. Where does one go through death? What happens after death? Nobody knows. You may ask persons of any age. If he gets a bit care and consideration surely he will say that he is not fed up with his life.

If somebody commits suicide the only reason is that life does not go as he desires. Suppose everything happens as somebody desires..money, fame, health, people who are in queue to love him. In such a situation will anybody say that he would rather die because he likes death? Will he say that death is beautiful? Will he say that he doesn't want to live anymore? No. Because our love for the life and the earth is so deep.



We cannot say that life is always beautiful. Sometimes it may become ugly too. Just like the blotch on the beautiful face. However life is good. nobody can deny it. If somebody begins to hate the life then it is ideal to think of the virtues of life more often. Ultimately what life offers is virtue and goodness. When the mind is turbulent, when there is no hope, when it is realized that no miracle is awaiting thoughts about the virtues of life is highly recommended.

A small green leaf of hope is oscillating somewhere beyond all these troubles and despair. Beyond this encircling darkness there is an earthen lamp awaiting us. Beyond all these

loneliness there is the sweet music of friendships to reach your heart. A smile, a word, a touch.. why do you allow the hopelessness to linger your mind while these things are still there? We are not alone until these things are not lost fully. We may not have a magic wand to solve all our problems. But we should have a third eye with which we can see the life lovingly and with surprise or else how can we live this short life without burdens?

Sometimes we may realize that life is beautiful only after meeting such people who passed through continuous adversities in life and who found the nadir of hope.





## Do you have attraction?

The presence of some people are just like these things..the pleasure we get when we lie on the bed under the woolen carpet while it is raining outside, when it is biting cold outside the relief you get near the hearth, the happiness we derive while we light a candle in the darkness. When we are near to such people we feel that we are the strongest persons on earth. Do others also feel similarly about you?

When it is time to say good bye if somebody asks you to stay a bit more time because they like your talk and presence you have an attractive personality. If somebody speaks out his mind to you whether it is his secrets or his sorrows, it is your achievement as an individual. His trust in you is a recogni-

tion for your attraction.

Does anybody touch on your body? Put the hands on your shoulders, lock the palms etc. are the signs of their love for you. A mere touch is more eloquent than words. Through the touch they express their love. It shows that they feel attraction for you.

The sheen on their eyes when they see you, their happiness to listen to you ,their readiness to sit near to you all these are the signs of your attractive personality.

We know that smile is a global language. It is a bridge of happiness and relationships. If you are able to put a smile on the face of others that comes from their heart, it is sure that they are entangled by your attractive nature.

# Train the mind to remain young

What is undergoing aging-mind or body? Aging of the body is quite natural. Every year age will increase and accordingly changes will happen to the body. Age related diseases, changes on the skin, changes in the functioning of organs etc. are common.

But we can retard the aging process of the mind if we have a will for it. Even if the age makes certain markings on the body you can keep the youthfulness of the mind. Here are some tips.

## **Not for the taste of the tongue; give priority to the youthfulness of the brain**

Most of the people take food for the taste of tongue. To satisfy the tongue if you eat anything without any control you are inflicting harm to the body and the mind at the same time. Give nutri-

tion not to the tongue but to the brain. The food we eat should keep the proper functioning and health of the brain. When the functioning of the brain improves it will give a boost to the body as well as mind. Eat fruits, vegetables and protein rich foods. Fish, olive oil and cereals are to be included in the food. By ensuring the health of the brain you can avert alzheimer's disease.

## **Fitness of the body; that of brain too**

We do exercise with the sole aim of physical health. But through this we do good to our mind also. While we do exercise the blood circulation to the brain also will increase. New neurons will grow. When the brain functions well our intellect will not be damaged. As said earlier it will avert a possible



alzheimer's disease. Those who cannot do rigorous exercise can engage in simple ones like walking or cycling for thirty minutes. It will ensure the health of the mind.

### **Give rest to the brain**

The rest we give to the brain is sleep. If we don't get enough sleep it will affect the body and mind alike. It will adversely affect our intelligence. Only if we get enough sleep we will be able to take the right decisions, new ideas will emerge in our mind and creative interventions will become possible. Sleep reduces stress and anxiety. The grown ups need seven to nine hours' sleep. For the rejuvenation of the brain and to keep the vigor of the mind adequate sleep is to be ensured.

### **Learn new things**

Even in advanced stage of life try to learn new things. By learning new things you are sharpening your brain. Doing puzzles, playing musical instruments, reading, learning a new language etc. will help to keep the health of

the brain. As a result you can ensure that you won't be contracted with alzheimer's disease. Challenge the brain and mind by undertaking difficult tasks and jobs.

### **Widen the friendship**

Lack of social life will push many a people to premature old age. They are leading a lonely life without any social contacts or friendships. Keeping good friendships and leading a social life will help to sustain the youthfulness of mind.

### **Meditate**

Worries and anxieties are prime factors that damage our body and mind. Unnecessary stress will expedite the aging process and whiten your hair very quickly. Meditation is a solution to this problem. Spend some time for meditation regularly. It will enhance your memory power, sharpen your brain. Don't forget- aging of the body is out of our control. But we can check the aging of our mind. What will we do if our mind becomes very old?



# When selfishness destroy the families

Alex left the office a bit late. Then he was in a hurry to catch the bus to home. It was only when he got into the bus he remembered about his wife's birthday. He had forgotten to purchase gift. If he steps down from the bus and purchase gift he will miss the last bus and will be very late. At last he decided to buy a cake from the shop nearby to his house and purchase a valuable gift the next day. Thus he reached the house with a small cake. His wife Susan was waiting for him. She was sure that his husband would reach home with gifts and birthday cake for her as it was the practice for the last fifteen years. But

what happened? She became sad when she noticed her husband coming with a small plum cake and birthday wishes. At first she cried and later quarreled with him. For Alex this response was a shock. He couldn't understand why she has become so upset just for forgetting a birthday cake or gift. The thoughts came to his mind were thus: What is important for her? The love for me or the gifts I purchase? Why she is so provoked? She was not ready to serve food to him or talk to him. She was angry in the next morning and it continued for several days.

This incident distanced Alex from



Susan. Though there was no apparent problem in their relationship, Alex could not love Susan as before any more.

When we analyze this incident we can understand that the selfishness of Susan is cause of all problems. She considered her husband only as a person who gratify her well being and happiness. My own satisfaction..my own happiness..When we give importance to our own interests sometimes we fail to look into the feeling of others.

We can't blame Susan for having become saddened because she was expecting the gifts. This frustration is quite natural as she has been receiving it for the last fifteen years. But at the same time she was to take into account the circumstance of Alex.

1. He came out of the office late.
2. It was the last bus.
3. In the busy schedule he forgot to buy the gift.

4. He could buy only a plum cake because there were no other big shops.

Instead of realizing Alex's situation, she showered all the accusations against him. Those who give importance only to their own interests are selfish. Such small yet big problems may spoil the married life. One may think that the partner will do everything for him/her. Realize that what I expect from the partner is expected from me also.

Susan was not ready to apologize. We say sorry when we realize that the mistake is in our part. Susan was not ready to accept her mistake. Saying sorry is removing the ego. Susan was not ready to compromise her ego. In addition to selfishness ego can also spoil the marital life. It may not lead to divorce. Just like in the case of Alex and Susan the relationship may go ahead. However the partners will be mentally in opposite poles. They can't lead a happy married life.



# If your purpose is success..

Success is a journey. It has no end. It is a never ending process. You don't need to ask a person about his current position because he is determined to succeed. If you want to succeed you need to keep your goal intact. Don't assess a person as a successful one only on the basis of his ultimate achievements. You should consider his efforts and possibilities too. There are some common traits for the successful ones and those who aspires for success.

A winner will ever be a learner. He will learn new and new lessons from everywhere he travels. He will try to acquire new skills also. It will help him

to look into things from a different perspective. His affinity to knowledge prompts him to learn new things.

He will be strong enough to accept failures. Suppose a person is starting a new business. In the beginning he may not get the expected profit. Moreover his business may incur huge loss. In such a situation some people may quit his business without studying the root cause of the failure. They are not ready to acknowledge the failures that come into the way of success. Some others may be willing to find out the real cause of failures and rectify the mistakes. When you are determined to win do the efforts by



anticipating the possibilities of failures and should be ready to accept them or else you may be forced to quit halfway through.

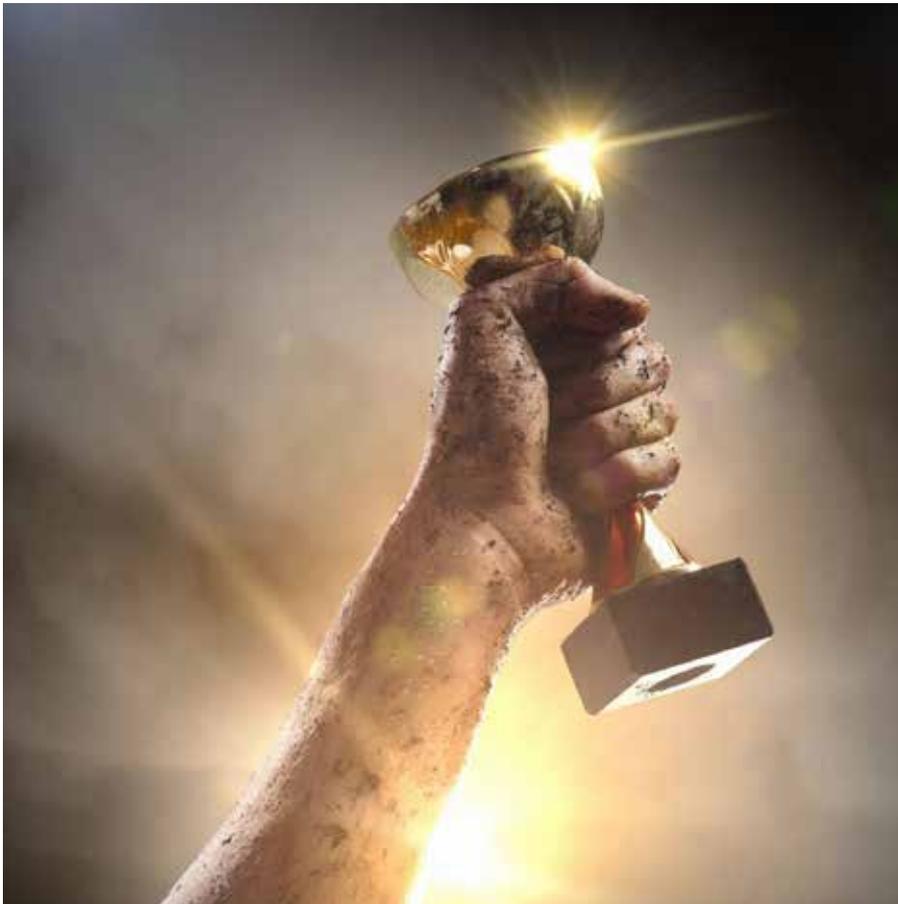
Nobody can win without meeting the challenges. When you encounter a challenge there are two possibilities-either you drop it or meet the challenge. Only a single person will be the winner of a race. All the participants know this fact and accept the challenge. Sometimes at the last moment a contestant who was far behind from others may gather momentum and become the winner of the race. This is the benefit of meeting the challenge. It opens the

doors of success and failures.

The winner will honour relationships. Nobody can lead an isolated life. We need the help of others. Even while in the run for success some people may spend time to nourish cordial relationships. They won't shy away from the helping hands.

Continuous effort, hard work and dedication are the other traits of winners. Day and night hard work alone may not ensure victory.

A wise utilization of time often lead you to success. In the pursuit of winning don't compromise your health and happiness.





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