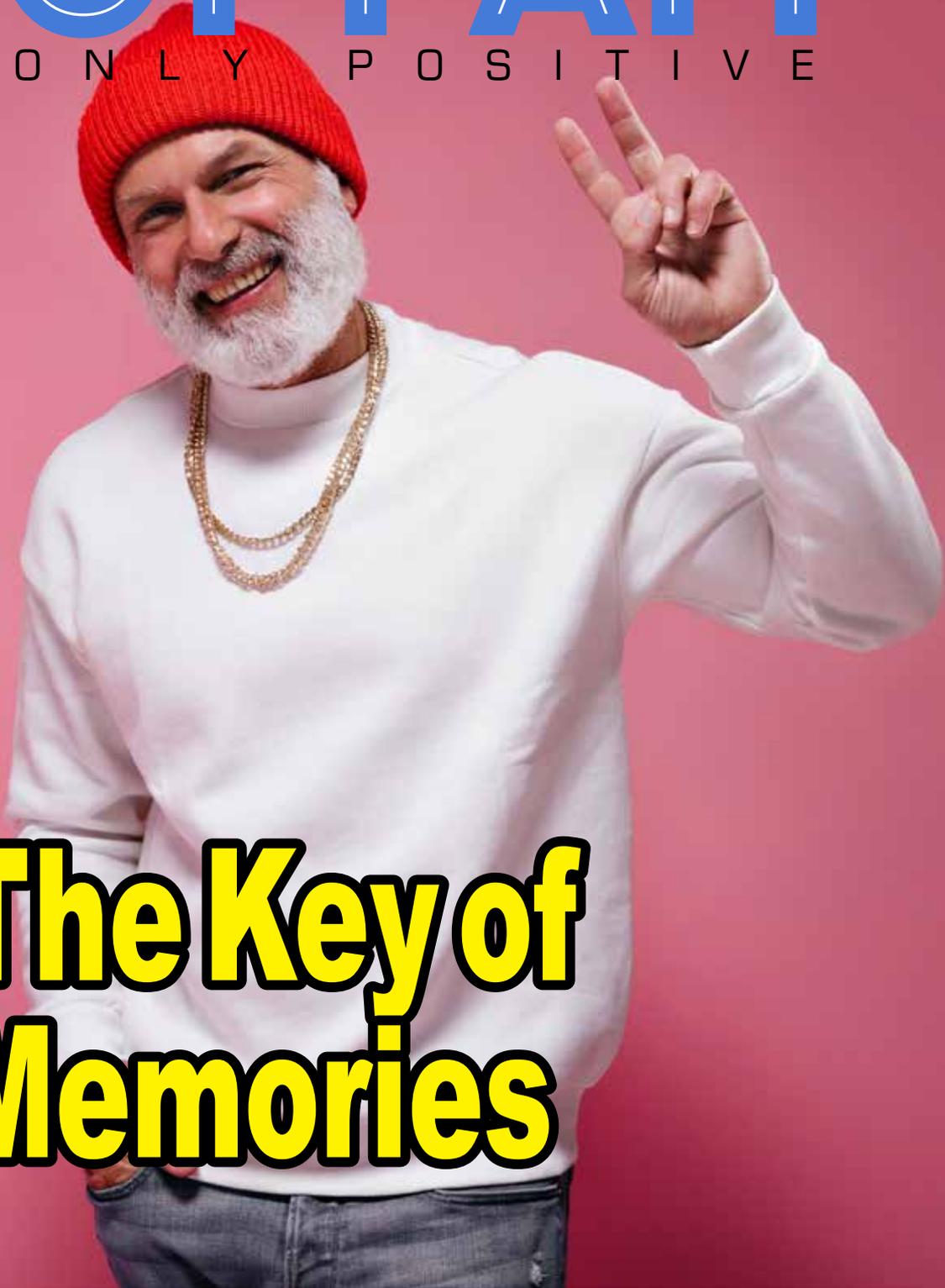
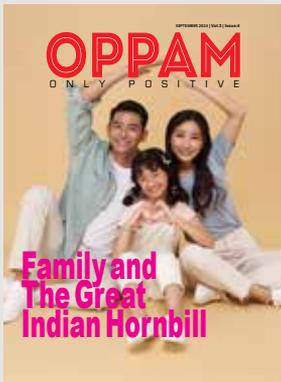


# OPPAM

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



# The Key of Memories



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# Editorial

**PROF ANTONEY P JOSEPH**  
Managing Director

## 'I had you yet but for five minutes beside me'

'Oh! that I had you yet but for five minutes beside me, to tell you all'. It is considered as one of the saddest line ever written in English Literature. It was penned by Thomas Carlyle. Only when we come to know about the circumstance under which he wrote this line would we comprehend its sheer power and the deep feeling it inflicts on us. He wrote it after the unexpected demise of his wife. It is said that while she was alive he could not care or love her aptly. He might not have done so quite intentionally. His hectic schedule might have been the only reason. Whatever it might be, his wife's death shook him thoroughly. The birth of this sentence is from that sorrow, that frustration and the feeling of guilt.

This sentence says a lot of things. Most often we don't realize the value of persons around us, especially when they are alive. He/she may be your father, mother, wife, husband, friend or anybody else. We think that time is aplenty before us to love and give them care. Sometimes differences of opinion may widen the gap between two persons. Poor educational background or lack of knowledge of certain other people may prompt us to keep away from them. Count on the number of people being get rid of by us unnecessarily. Introspect whether you have denied your love which others rightfully deserve. Once they are no more you would realize the value of them, the true love they had had for you and the vacuum created by their death. So it is not late. Whoever are with us let us love them a bit more and become compassionate to them. Even while you are too busy, find some time to spend with them. Don't forget that even five minutes is also very precious.

Regards

**Prof Antony P Joseph**



# Are You Toxic Parents?

**D**on't do it..How many times have I warned you no to do this?... You are responsible for all these problems... Do you have any idea about the pains I am taking to give you good education?... When I remind you to study you don't heed to my words, this is nothing but the result of your disobedience..You are good for nothing...stupid..

How many parents are there who in their life have never said these sentences or similar ones to their children? Most

of the parents at least for one time remind their wards in a similar fashion. However they don't realize that they are toxic parents. They love their children and wish to see their prosperity and well being. They claim that they scold and punish their wards out of their affection or love. But remember one thing-you are toxic parents.

Toxic is a word being discussed widely among relationships. There are toxic couples, toxic lovers, toxic friends

and toxic parents in our society. They are in a sense poisonous. The cruelties of parents are often quoted with Hitler's father. Some of the parents are toxic in nature even though they are not so cruel as that of the father of Hitler.

Sometimes we may not torture our children physically. But when we insult them emotionally, undermine them, openly insult them, belittle their achievements, behave with selfishness we unknowingly become toxic parents. Criticizing the children severely and branding them with certain words like stupid and idiot are part of toxic parenting.

The children who are destined to grow up under toxic parents may develop insecurity and inferiority complex in them. They may not be able to shake off these negative thoughts even after they become grown ups. Toxic parents are prone to become toxic couples. The couples with marital discord find their

children an outlet to express their hatred and frustration.

It does not mean that children don't need correction or punishments. But the parenting style that suppress their physical and mental growth is definitely harmful to them. From the insecure ones to the hardcore criminals are being formed thus. Some parents consider their children as friends. The children have a lot of friends and so you don't need to become one. But remember that you alone are their parents and becoming an ideal parent is what expected of you. Know your children, acknowledge them, love them and go along with them. Parenting become successful only when you imbibe your wards with love, consideration, sense of security and moral values along with fulfilling their wants. At any stage of the ward's life if you hurt their sentiments either with your behavior or through the words you become one among the toxic parents.



# How to escape from toxic parents?

**F**irst of all remember that you can't change the toxic parents fully. The chances of success in such an attempt is very less. Approach this issue with a sense of reality and do not foster unnecessary expectation.

The toxic parents always raise their tone and justify it by saying that the ward's emotions are unimportant. But the emotions of any individual cannot be belittled. Believe in your own feelings. It will save you from deep sorrows.

## **Mind the limit of everything**

The parents' unnecessary interference may sometimes cross the limit. It will have far reaching consequences.

When parents don't give you the required support and consideration find out an alternative support system. You deserve the support of somebody who can understand your feelings. However finding out such a system is to be done with utmost care or else it may lead you to more and more troubles.





# The Key of Memories

Memories of an individual are the indicators that he is living. They are the part of his psyche. Sure, some memories are not so good. In the life of a person sometimes there will be bitter experiences and memories. People wish to forget bitter memories but it cannot be done easily.

## The Alzheimer's Disease

Alzheimer's disease is a condition in which the brain cells gradually degen-

erate and die causing the memory loss. Once the cells are degenerated they cannot be rejuvenated and that is why this disease remains incurable. The patients forget even their own name. Since all the memories are lost literally their life itself will be lost forever.

## The history of experiments

The first ever study about this disease was conducted in 1906. Dr. Alois Alzheimer, a German psychiatrist was

**The patients may remember the incidents happened in the remote past but they can't remember the ones happened recently. Loss of the sense of surroundings, forgetting the names, unnatural behavior etc. are the symptoms.**

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the first person who did research in this field. The study was quite accidental. He found out noticeable changes in the brain of a deceased lady. The Alzheimer's Disease got its name from Dr. Alois Alzheimer.

### **Why Alzheimer's?**

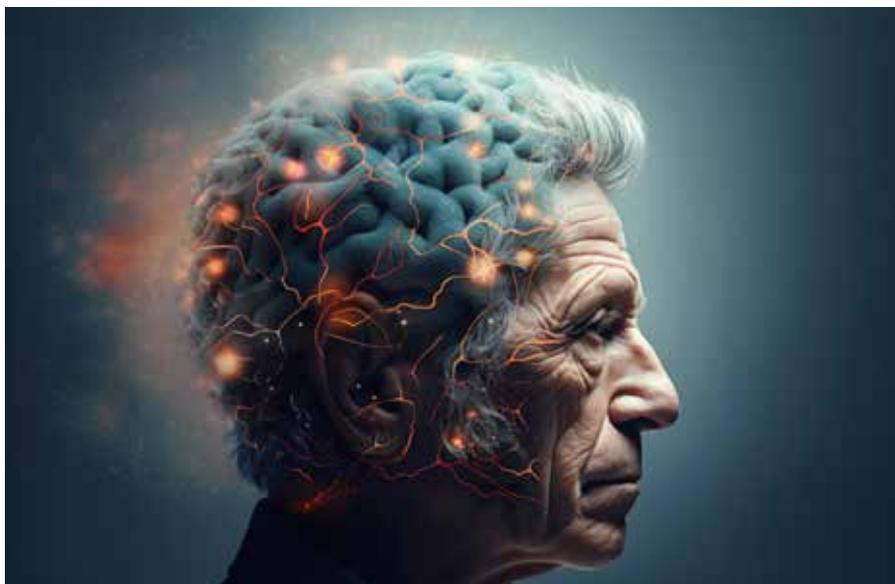
Why Alzheimer's happens? Even today researchers could not give a correct answer to this question. This disease is normally found in aged people. One among the fifteen people above the age of 65 is suffering from this disease. The

chances for this disease is increasing with the passage of time. Fifty percent of the people above the age of 85 may have this disease. For some individuals it is a hereditary disease. Studies reveal that in every seven seconds a new patient is diagnosed with Alzheimer's disease.

### **Symptoms**

The patients may remember the incidents happened in the remote past but they can't remember the ones happened recently. Loss of the sense of surroundings, forgetting the names, unnatural behavior etc. are the symptoms. Sometimes people discard these symptoms by misinterpreting them as ones associated with old age.

The patients may forget how to brush the teeth or comb the hair. Sometimes they may foster certain wrong notions. Some patients may try to go out of the house and some others may show perverted sexual interests. Studies show that the patients often die within ten years after these symptoms are shown.





## Is Every Forgetfulness Alzheimer's?

Sometimes we forget to do certain things, forget to take keys, mobile or spectacles. But all such forgetfulness are not Alzheimer's disease. However if the tendency to forget things increases in middle age or in old age the chance of it to become Alzheimer's cannot be ruled out. Taking certain medicines, depression and lack of sleep may lead to forgetfulness. In addition to these snoring, stroke, deficiency of

nutrients, mental stress, anxiety etc. are the causes of forgetfulness. Vitamin B 12 is essential for brain cells. Deficiency of it will lead to infatuation or hallucination. Continuous use of sleeping pills, medicines for allergy, pain killers, medicines for cholesterol and diabetes etc. may boost forgetfulness. The chances for stroke in patients with forgetfulness is high. It is also found in persons who snort profusely.



# Ready to Get Defeated

What a talk is it? Success is the ultimate goal. Then why should we get defeated?

Yes, success is the ultimate goal. But those who are ready to get defeated only can win. Do you remember learning the alphabet? Several times you might have erred in writing the letters. Did you drop your effort?

More than success your attitude and your effort is what matters. When you do well you will get good result. The thought that everything should be hundred percent perfect dissuade us from doing things.

This thought is a trap. It hinders us from going ahead by doing things enthusiastically. Every effort may not end in success. You may not get recognition and praises for every work you under-

take. But do with the hope that one day or other your effort will be acknowledged. Some people are lethargic. Sometimes we feel boredom and we become lethargic. But letting it go continuous is detrimental to your growth.

The feeling that I can't do it or remaining idle is a sign of the lack of confidence. Doing what is assigned to you is the only way to overcome this problem. When you do something there are two possibilities- either the success or the failure. Don't give too much importance to either of them. However don't abstain from doing things. There are people who were ready to get defeated, the defeated ones, those who were not ready to give up even in failures and later such people scripted their own success. Then why should we sit idle?



# Bad Breath and Depression

**B**ad breath makes social life difficult and it also takes away the confidence from any individual. This is a health problem faced by many people. It is generally believed that ill health of the mouth is the main cause of bad breath. To some extent it is true. But do you know that depression also causes bad breath? Continuous use of medicines taken for depression may lead to bad breath.

The mouth may become dry due to xerostomia and bacteria may proliferate in the particles of food on the teeth. It may cause bad breath. More than the depression and related problems, dehydration, anxiety, snorting, smoking and drinking are the causes of bad breath. Liver disease, kidney failure, pneumo-

nia, bronchitis, sinus infection, diabetes etc. may also lead to bad breath. However all these are the rare causes of bad breath. For most of the people with bad breath, their real causes are so many other things.

Tooth decay, gum diseases, infection on the tongue, the unhealed wounds in the mouth, unclean mouth etc. are some of them. Some food items we eat cause bad breath.

After taking milk, cheese, ice cream, small onion, garlic etc. bad breath will be felt for some time. Find out the real cause of bad breath and do the treatment for it. More than that, always keep your mouth clean.

These are the two ideal things to be done to avoid bad breath.

# Do you lose other's love?

Some of us may have a wrong notion that all others love us with the same intensity forever. But remember one thing-some people don't love us as before. There is a drastic change in their attitude. In fact we don't realize it. However we can't blame them for this attitude change. We ourselves are responsible for it. They begin to lose their love only out of our behavior. How it happens? We can find out ourselves.

Let us rectify ourselves to regain the lost love of others.

**Am I speaking continuously without listening to others?**

Without giving opportunity for others to speak am I speaking continuously? It is a clear case of superiority complex. I am the person to speak and you are the one to listen- If you don't change this behavior others, whoever they may be will lose their love for you.



**Solution:** Don't make others only the listeners, instead give them the opportunity to speak. When you become a good listener more and more people will come to you. Then you will be loved by many people.

**Do others find it difficult to give you a smile?**

Do others find it difficult to give you a smile or crack a joke with you? When you all sit together have you ever noticed that others don't give you the consideration as before and the smile they give you is not genuine one? It indicates that they don't have the real love as before.

**Solution:** Don't wait for others to

smile. Start smiling at others. Those who find it difficult to come in terms with you will find it as a bridge between the two.

**Am I the final word of everything?**

Do you always think that whatever others say the final word will be yours in all matters and you alone are right? When you share a room with others or in workplace if you stick on to this mindset others may averse to befriend with you.

**Solution:** Give respect to the opinion of others. Even if you are sure that they are wrong, listen to their opinion with utmost patience. Accept the fact



that you can also go wrong.

**Do you always expect only the positive feedback?**

If you expect always the positive feedback and you explode when others criticize you, if you nurse a grudge for others who criticize you, using abusive words at them etc. may repeal others from you.

**Solution:** Take the criticism creatively. If you think that there is truth in their criticism be ready to accept it. If you can improve yourselves from the criticism acknowledge it whole heartedly. Don't run away from criticism.

**Do you lose the compassion for others?**

It is a good quality to understand others and their feelings. Compassion or sympathy for others is a reflection of that quality. When you lose the human values you will not entitled to be called a human being.

**Solution:** Be compassionate to others. Be ready to help others.

**Do you judge others very easily?**

Do you judge others without studying the matters properly? He is like that...she is like that..Such prejudiced judgments are not good.

**Solution:** Don't be in a haste to judge others. We don't know who others are. We don't know ourselves fully. Then how can we understand others? Don't hurt others with your prejudiced judgment.

**Do you see only the negative side of others?**

Without accepting the abilities of others do you have the habit of finding fault with others? Everybody likes to hear only the good opinion about themselves from others. Then if you look only at the faults of others how can they love you?

**Solution:** Look at the virtues of others. Don't hesitate to praise others sincerely. If you want to correct others, without hurting their sentiments do it with a smiling face.



# Is it the time for service?

**N**obody is there who haven't hurt the sentiments of others and whose sentiments are not hurt by others. When the relationship goes very smooth sometimes there occur fissures quite unexpectedly. It may lead to severe discord. Not only marital relationships but also any other relations require occasional service and repair. There are certain indications that it is time for the relationships to get serviced. Let us look into some of the indications.

## **Continuous disputes**

Continuous disputes and unnecessary arguments, unwillingness to com-

promise, unwillingness to come into terms etc. are the indications of fissures in relationships.

## **The loss of trust**

Every relationship is based on mutual trust. Mutual trust is necessary in marital relationships, partnership business and in friendships. If the mutual trust is lost on account of any reason then the relationship will be in danger.

## **Emotional discord**

Emotional discord indicates that there is no strong bond between two persons. If you can't support any other person emotionally that means your re-



**Good relationships will definitely give you happiness. Instead of getting such happiness if you feel that you are trapped, realize that the relationship will not last long.**

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relationship with him/her is not smooth.

### **Lack of proper communication**

Open communication is a must for strengthening the relationships. If you intentionally stop openly talking to others or if you don't have the topics for such a communication it reflects the weakening relationship.

### **Nurturing the grudge**

If you nurture a grudge for somebody after an incident or a talk it is a direct indication that you don't like to regain the lost warmth of that relationship.

### **Lack of interest**

Certain relationships are strengthened by physical attraction, touch etc. If you are averse to touch the body of other person it shows that your mind is far away from that of the other.

### **Lack of happiness**

Good relationships will definitely give you happiness. Instead of getting such happiness if you feel that you are trapped, realize that the relationship will not last long.



# Is it Good to Eat Egg Daily?

We have a lot of wrong beliefs about eating eggs. Eating the egg daily will boost the bad cholesterol level is one among them. It is a fact that the yolk of egg contains fat. An egg contains 186 milligram cholesterol. However researchers are of the opinion that egg consumption is not the cause of increased cholesterol level in seventy percent people. Moreover eating the egg can increase the good cholesterol level in our blood. It reduces the chance of heart attack and stroke. Studies reveal that taking two eggs daily for six weeks

will increase the HDL level by ten percent. Though an egg is small in size it contains almost all nutrients. It contains vitamins, minerals, calcium, zinc and healthy fat. An egg contains almost six gram protein. Eating egg is good for the eyesight. It reduces the chances of cataract. New studies reveal that eating egg does not increase the risk of a heart attack or stroke. However diabetic patients should limit the use of eggs. Egg can maintain body weight. Dietitians are of the opinion that egg should be a must item in breakfast.



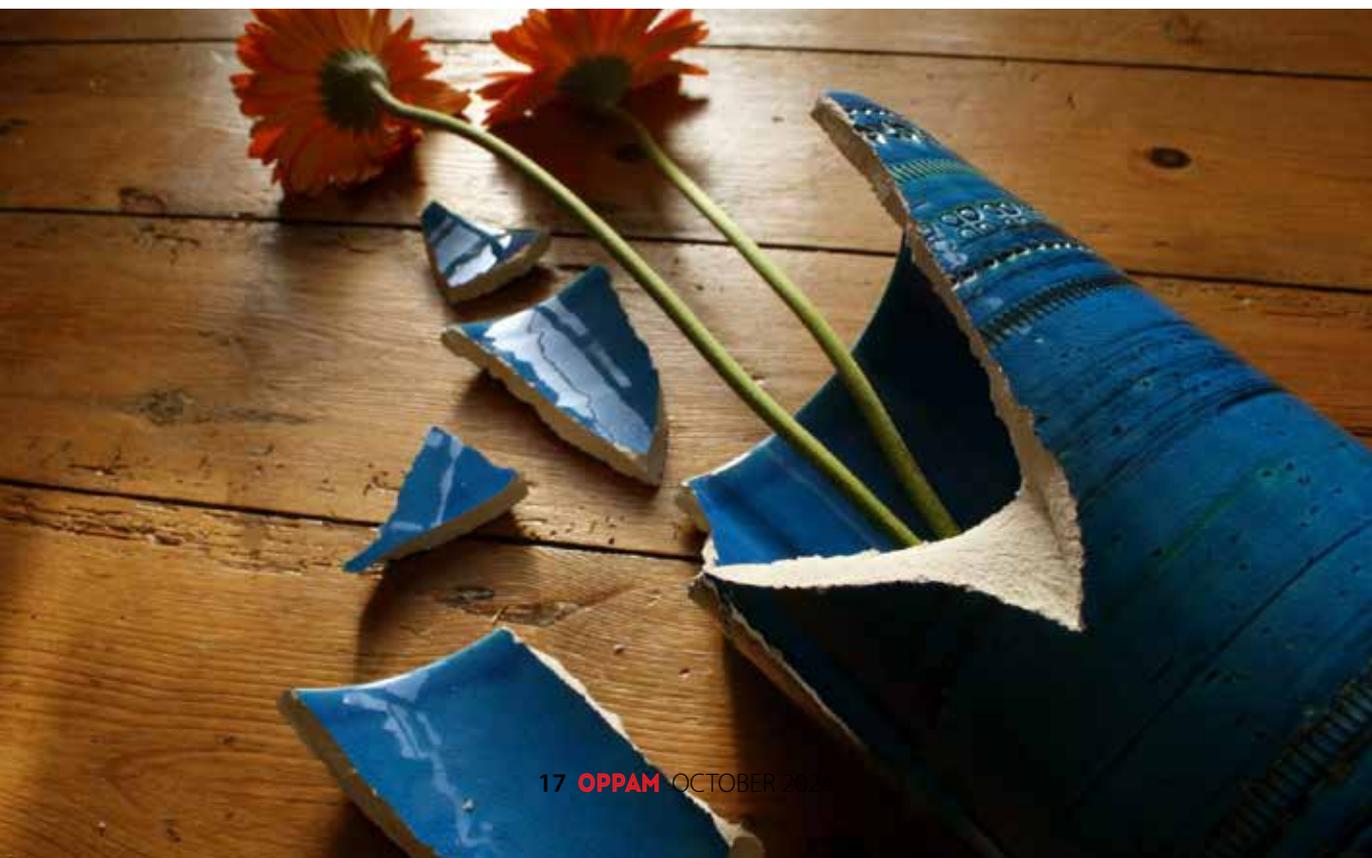
# Loss

Is there anything in this world that won't be lost and we are sure of it? We may lose our reputation, money, job, house, dear ones and our own life. When we think of loss what comes to our mind is money loss and job loss. Of course they are the big ones. We don't realize the value of something until it is lost. Every loss is definitely a loss. Its intensity and resultant sorrow may differ according to the circumstances.

Most of the losses are quite unexpected. Therefore we may take some time to adjust with such losses. Something is common to every loss- only

the losers will have its long impact on them. Others may show their sympathy for a while and will go back to their own affairs without being late. We can't find fault with them as it is quite natural.

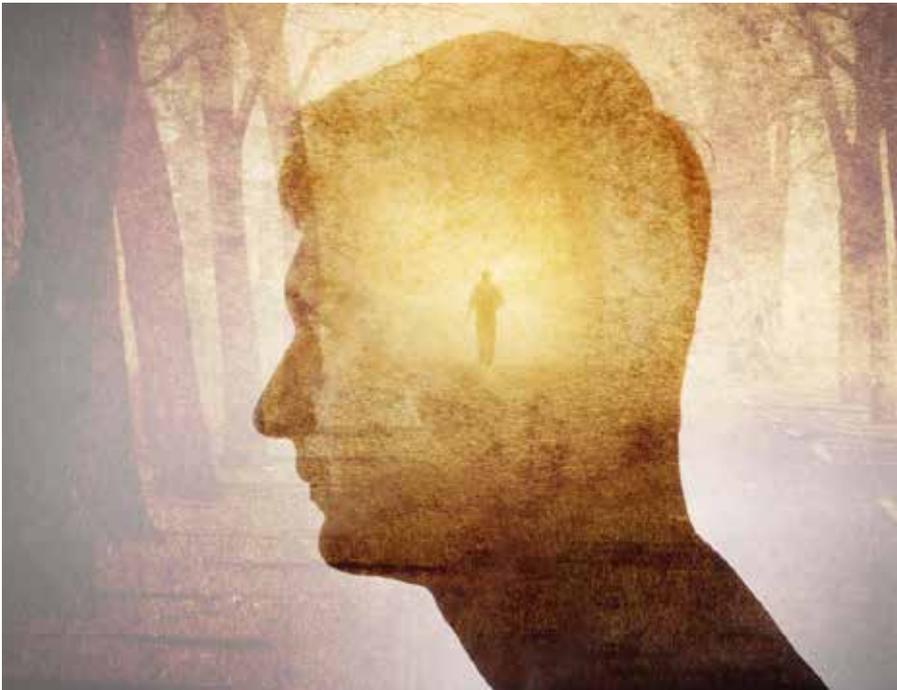
What is the biggest loss? Losing oneself is the biggest loss that an individual can have. I can't regain me back...I can't revive me as before...Somewhere I lose me...The ideologies..values...virtues...love. An individual may lose himself/herself in many ways. Sometimes we may lose several things and several others. But don't lose oneself. If we lose ourselves then who we are?



# Life Without Limits

It is said that the morning dreams often come true in our life. When I was in the sixth standard I started thinking seriously about dreams. It was followed by a story heard in the English class and a question that I faced. The story was about a small girl. A girl who was born in the remote village of Haryana and who dreamt about The Moon and stars- the story of Kalpana Chawla, the first Indian astronaut and the proud of every Indian citizen. She could overcome all the defeats and setbacks in her life with her undying confidence and hard work. After telling the motivation-

al story of Kalpana, our English teacher explained: Kalpana's dream was to become an astronaut. Dear students, what is your ambition? One by one every student began to share the ambition. Doctor, Engineer, Police Officer, Collector... Until then I had never thought about such a dream and therefore I didn't have an answer for that question. When it was my turn I said 'teacher' and it was a way of escapism from that question. From then onwards I started thinking about a dream or goal in life. In fact this is a question that perplex all of us in one day or other in our childhood days. What

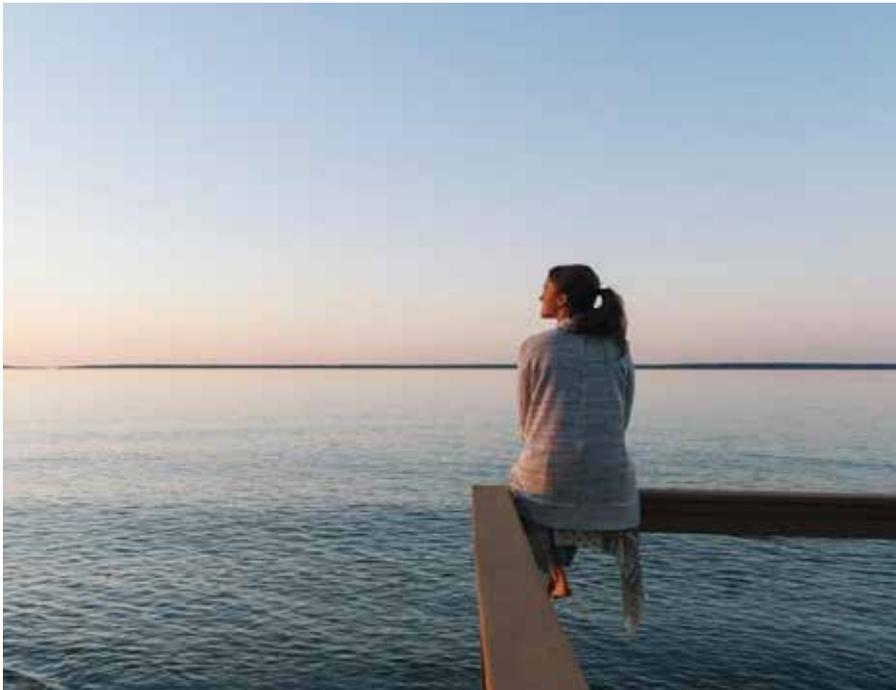


is my ambition? Finding a clear answer for this question assumes significance because then onwards your life gets its depth and meaning.

Though it is easy to talk about dreams, conduct debates and discussion on it etc. it is not so easy to strive for it and to fulfill it. Having dreamt a lot and after doing hard work to achieve them sometimes all the efforts may become futile. In such a circumstance most of the people become disappointed.

Kintsugi is a famous Japanese art form. It involves repairing broken pottery by mending the cracks with gold and thereby making it more beautiful and valuable than the unbroken one. Kintsugi teaches us that we should not go disappointed in failures, rather we are supposed to face the challenges and failures with the irresistible will power and confidence. Even if we stumble on

certain small things the great successes are awaiting us-only for those who are willing to arise and run again. A YouTube video reinforces these words-A man who has no arms and legs runs on artificial wheeled legs, surfs on the waves, plays musical instruments, plays golf and speaks to the audience. Though he was born with a lot of limitations he overcame those limits because he was driven by his wants and succeeded in life with his hard work. His name is Nick Vujicic. In his autobiography 'No Arms, No legs, No Worries' Nick says that the challenges we face in our life decide our future. Please don't bow down before failures, and get frustrated with the limitations. Learn the necessary lessons from your downfalls and do continuous hard work. Never eschew your confidence. No doubt one day your dream will be fulfilled.





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