

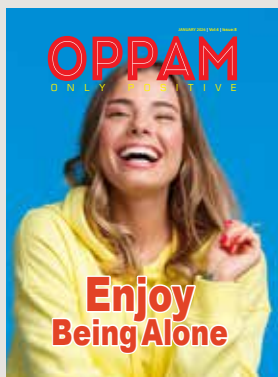
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OPPAM

ONLY POSITIVE

A young woman with long, wavy brown hair is smiling broadly, showing her teeth. She is wearing a bright yellow hoodie. Her right hand is raised near her face, with red-painted fingernails. The background is a solid, vibrant blue.

**Enjoy
Being Alone**



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ONLY POSITIVE

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Editorial

PROF ANTONEY P JOSEPH
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Stay Hungry, Stay Foolish

These are lines from one of Steve Jobs' famous speeches. Steve Jobs is, after all one of the greatest entrepreneurs the world has ever seen; from the time he popularized the very idea of the personal computer, he achieved countless accomplishments. His life went through many ups and downs.

Many of us know that he was someone who began life from a very low point. He went through many bitter experiences as well. He even had to face a situation where he had to leave the very company he founded. Just as he was waiting to achieve much and conquer great heights, he fell ill and passed away prematurely. It was at a moment when his life was passing through its most critical stage that he delivered this speech in 2005 to the students of the world-famous Stanford University.

As we stand at the beginning of a new year, what I wish to tell the readers are Steve Jobs' own words: 'Stay hungry, stay foolish'.

This is how I try to explain these words.

'Hunger' refers to the intense desire to learn new things. When a person feels hungry, it is a sign that he is healthy. Lack of appetite can even be a symptom of illness. It is because our physical functions work smoothly that we feel hunger. Being hungry for something new means having new goals and new efforts. Our life gains meaning when there are new advances in it. If at any time we feel 'This is enough', then life will no longer have momentum. Life will start becoming dull from that point onward. Therefore, stay hungry for what is new.

Being foolish means learning to accept failures in life. Not everyone succeeds all the time. Many people achieve success only after trying many times and failing many times. Take an art form like acting. How many takes... retakes... Only at the very end of such a process does that astonishing acting moment happen. If instead, one were to stop after the first take or decide that "This won't work" and withdraw, nothing new will happen there. Some failures before others might lead them to judge us as fools. But even then, do not be discouraged. Only a person who recognizes within himself that he is not a fool-even when others consider him one-will be able to create success.

In the past year, we may not have succeeded as we had hoped. We may not have had achievements worth noting. Do not weaken. Do not be discouraged. We still have another year to move forward. A year means a new opportunity and a new possibility. If we have hunger, we are safe. It is hunger that makes us seek food, that makes us work. May the hunger for what is good be present on every day of the new year. That hunger is what gives energy to our steps in the days ahead.

Let me share a few more of Steve Jobs' lines: "Time is limited. Live your own life in the right way instead of living someone else's life. Do not eat the results of others' thinking. Do not let the noise of others' opinions drown out the voice rising from within you."

Wishing all readers a happy New Year.

Regards

Prof Antony P Joseph

Erect Certain Walls

Every New Year, many of us set new goals - a healthier life, better relationships, new beginnings. But there is one important thing many forget, something necessary for all of this to become possible: boundaries.

As psychologists say, setting boundaries is not about pushing people away; it is a conscious way of protecting ourselves. If you want more peace and emotional balance in the New Year you must certainly establish these boundaries.

Reclaim the right to say 'no'

Many people struggle to refuse others because it feels selfish. But 'no' is an essential word. We do not have to carry burdens just to make everyone happy. Learn to say 'no' to things that make you uncomfortable. That is the beginning of self-love.

Set digital boundaries

Phones, social media and messages disturb the mind if limits are not set. So fix time boundaries for using them: put away your phone after a certain hour at night and do not jump into notifications immediately after waking up. Protect your attention and your mind. The online world can wait. Your mind needs rest.

Protect time for your personal needs

Set aside a little time each day just for yourself. Without anyone, without doing anything special - spend a few moments purely for you. Whether it is reading, a quiet walk, listening to music - whatever it is, it is the breath of life for your soul.

Learn to respect differing opinions and set boundaries around them

Not everyone will think like you. Have the courage to step away from





conversations that hurt you. You do not have to endure everything just to maintain a relationship. Sometimes silence is the healthiest response.

Boundaries around responsibilities

Other people's problems are not entirely yours. Helping is good, but you cannot solve everything for everyone. Each person has to face their life themselves. So don't spend too much of your emotional energy on others.

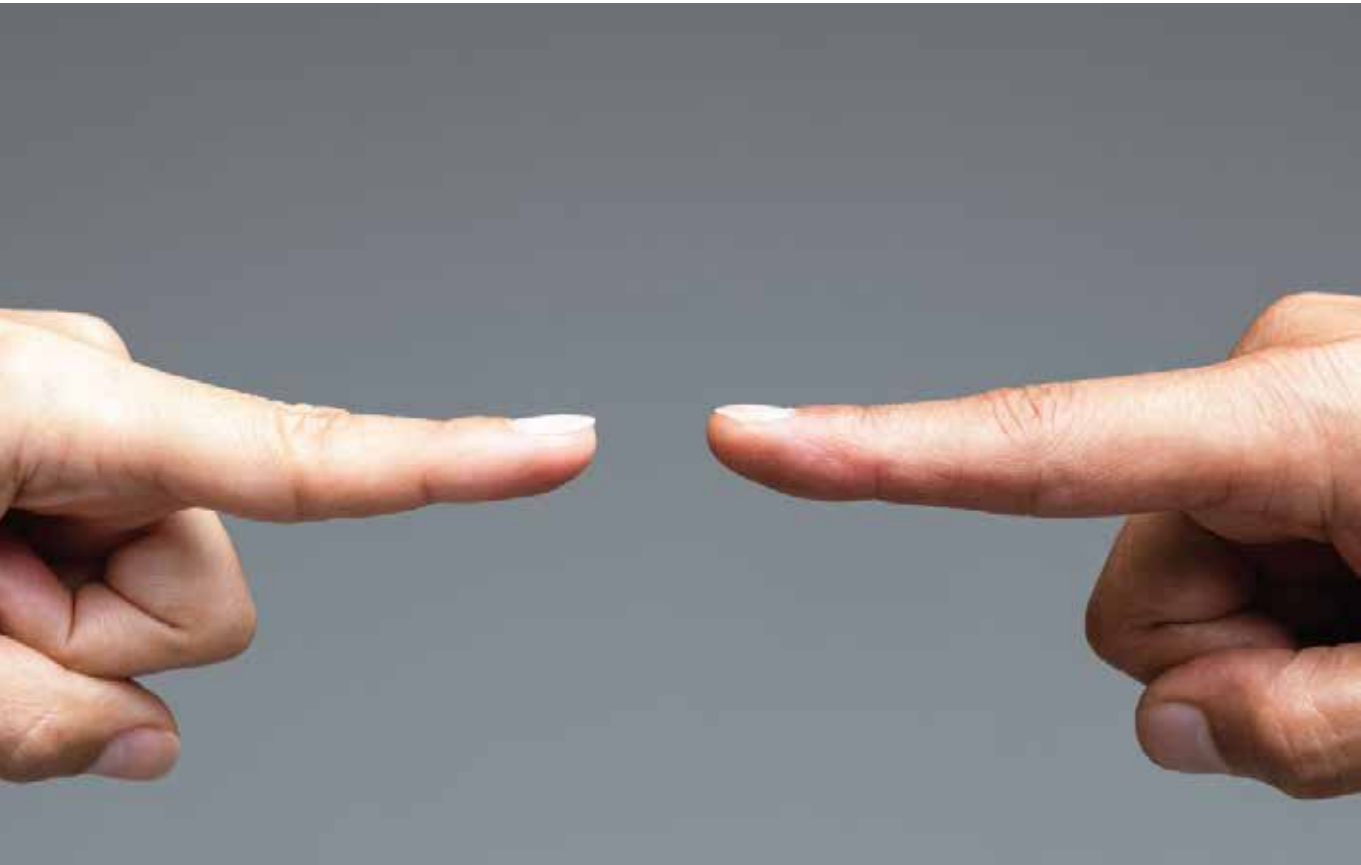
Boundaries for self-care

Many people think caring for oneself is a luxury. But it is a necessity. Rest, eat well and do things that bring joy to your mind.

Emotional boundaries

You do not need to maintain constant relationships with people who keep hurting you. Step away from relationships where you are disrespected or belittled. This is not betrayal; it is self-respect. Set boundaries for your goals and dreams too. Shape your life according to what you want, not according to what others say. If you get trapped in others' expectations, you will lose your sense of reality.

Setting boundaries does not mean pushing others away - it is another form of self-protection. The boundaries you set in the New Year will bring more clarity and peace to your life





Those Who Value Themselves

Even if others give us value, our personality will not become better unless we value ourselves. The truth is that many of us, who run behind the value others give, often fail to

realize this. Whether others value us or not, what matters is how much value we ourselves give to ourselves. Instead of becoming people who beg for others' approval, let us become people who

value ourselves.

There are a few simple ways to know how much value a person gives to himself. Those who can disagree without showing disrespect to others and without causing hurt or agitation to them are people who value themselves. Haven't you heard some people raising their voices while talking to others? Especially superiors... they think that only if they raise their voice will things get done and people will respect them.

They are people who lack self-worth. It is also true that many such people occupy high positions in society and in institutions. Suppose we ask someone for help, and they refuse. There could be many reasons behind that refusal-perhaps their unwillingness, lack of affection, jealousy, selfishness or anything else. That rejection may sometimes make us uncomfortable. If you are someone who becomes upset in

such situations, one thing is clear: you are a person who does not value yourself. On the other hand, if you are able to grow into someone who understands that their refusal is not your limitation but their own limitation, then you are surely a person who values yourself.

There are some people who consider us only when we are present with them. They remember us then-yet in our absence they discard us, without even a thought that such a person existed in their life. People who value themselves stand by others even in their absence. There are those who encourage others. Likewise, there are those who will not acknowledge something good even when they see it. If you belong to the first category, you are a person who values yourself; if you belong to the second, you are someone lacking in self-worth.

Ask yourself-how much value do you give to yourself?





Do You Know What Gas lighting Is?

The word 'gas lighting' was first used in the 1944 film 'Gaslight'. In that movie, the husband manipulates his wife's sense of reality and mentally breaks her down. From this, we understand that gas lighting is a situation in which one person makes another person question their awareness, memory or sense of reality, thereby subjecting them to continuous psychological abuse. Gas lighting is a dangerous form of psychological control and it is not a one-time act-it happens repeatedly.

Therefore, generally speaking, gas lighting is a psychological manipulation in which someone distorts our sense of reality and pushes us into doubt. Besides the gas lighting imposed on us by others, at times we ourselves also become victims of self-gas lighting. People gaslight themselves by deceiving their own minds and destroying their self-confidence.

As individuals, do I gaslight myself? Certain signs can help us understand this.

Denying emotions

"I shouldn't feel like this," "Am I really this sensitive?"

Rejecting one's own feelings and refusing to acknowledge them is a sign of self-gas lighting.

Doubting experiences

When you know that an event happened but still ask yourself, "Did it really happen that way?"

Accepting only others' perspectives

When you repeatedly say, "What they say is right; what I think is wrong," and this leads you into self-denial, you are ignoring your own sense of reality.

Constantly blaming yourself

Thinking "Everything is my fault"

no matter what happens is another form of self-gas lighting.

Feeling that your needs are shameful

Even when you need rest, comfort or support, believing that you shouldn't need these things is a sign of self-gas lighting.

Fear of making decisions without others' approval

The fear that "If I decide alone, it will go wrong" is a sign that self-confidence has been lost.

How can one escape from gas lighting?

- Acknowledge your emotions. Remind yourself: "I have the right to feel this way."
- Talk to trusted friends or counselors.
- Write a diary.

Record real events and emotions with clarity.

For inner peace and self-confidence, we must first learn to respect our own truth.

Coming out of this condition is a long journey. The first thing to understand is that emotions are real. We have the right to feel sadness and anger. Accept them-there is nothing to run away from. Remind yourself: "I have the right to feel this way." Respect your emotions. To maintain inner happiness, we must first accept the truth. Even when others try to make us doubt ourselves, we must learn to trust our inner voice. That is the first step in ending self-gas lighting.

Only when we respect and value our emotions can we find genuine self-confidence. By ending self-gas lighting, we bring our mind back into its true light. There, we can find the peace of truth and inner contentment.

The Psychological Layer of Gas lighting

There is a connection between childhood experiences and gas lighting. Those who grew up hearing constant criticism become easily subjected to gas lighting. They are people whose emotions were ignored or denied. Even after they become adults, they struggle to believe that their own experiences are valid. They tend to give more importance to others' opinions. This attitude later repeats in relationships, at work and in every area of life.



Psychology Terms That Are Used Incorrectly

Words like gas lighting, narcissist, trauma, and toxic are commonly used today in social media reels, videos and posts. But many times, we use these words in everyday situations without really understanding

their true meaning.

As a result, there is a danger of trivializing serious psychological experiences and problems.

For example, take the word gas lighting. Real gas lighting is a situation



where one person makes another person question their awareness, memory or sense of reality and subjects them to continuous mental abuse. But today it is often used in the sense of “He didn’t cooperate,” or “He ignored my opinion,” and this is then labelled as gas lighting. In reality, gas lighting is a dangerous form of psychological control. It is not a one-time act; it is a pattern that repeats again and again.

Narcissist is another such word. Narcissistic Personality Disorder (NPD) is a clinical psychological condition; it is part of a medical diagnosis. People with this condition have an exaggerated sense of self-importance, lack empathy

and have a tendency to use others for their own benefit. But in current usage, anyone who loves themselves, is confident, or even someone who posts selfies on social media is casually called a narcissist. Confidence, self-love and self-worth are not narcissism; they are signs of a healthy mental state.

The word trauma is also widely misused. Real trauma is a deep psychological wound. It is a condition in which experiences such as accidents, abuse, loss, or violence leave lasting scars on the mind. But now even small discomforts are described as “I was traumatized.” This trivializes the pain of people who actually experience trauma.

Toxic is another word. What must be understood is that not every disagreement is ‘toxic.’ A truly toxic relationship is one where a person mentally controls, insults or devalues another. Calling a person toxic just because they make a mistake or have a differing opinion reduces the seriousness of the actual issue.

It is natural for psychological terms to enter everyday language. They help us express our emotions clearly. But they must be used without losing their true meaning. Calling someone a gaslighter, narcissist or toxic is not that simple.

These are medical terms, backed by deep psychological study and clinical diagnosis. When psychological terms are used correctly, they help us understand emotions, recognize genuine abuse and seek support when needed. But when they are misused, they trivialize others’ pain and weaken society’s psychological awareness.

Therefore, the next time you say “He is gas lighting” or “She is a narcissist,” it is worth thinking twice:

Am I using the word in its true sense?





Enjoy Being Alone

There are many among us who cannot do anything without company, who feel uneasy or unwilling unless someone is with them. Whether it is watching a movie, going on a trip or eating food-only if someone accompanies them do they feel happy. They are people who feel great discomfort in being alone. When a partner is lost, when support is lost, when parents pass away-some kind of uncertainty or anxiety tightens around them and life gets squeezed to the point where they feel incapable of doing anything.

If we ask why such a mental state develops, the answer is that our social structure itself is like that. We belong to a society built on togetherness. Also, we consider humans as social beings. There is a belief buried somewhere within us that we cannot live without mutual dependence. Even so,

we do not need to fear being alone or doing something alone.

Because being alone is not an isolated condition; it is an opportunity to know oneself. It is an opportunity to face many things and to do many things. It is necessary for personality development and self-confidence.

The first step in learning to do things alone is to accept it. Believe and internalize the thought, "In this moment, at this time, I am alone." And also tell yourself, "I love this moment." When you begin to see being alone as a practice of calmness, the mind will adapt accordingly.

The second step is to start with small things. Do simple activities like going alone to a café, going for a walk, or going to a movie. At first it may feel difficult. Gradually, you will begin to feel joy and satisfaction in it. Show yourself the same kindness and support you show others. Understand that even if you don't need

company, you are your own best companion. Learning to be alone is the practice of respecting yourself.

It is when you are alone that you get the chance to develop your own interests and abilities.

Reading, writing, painting, listening to music, travelling-whatever attracts you, immerse yourself in it. Doing so not only helps pass time but also deepens the connection with your own soul.

The main reason for the fear of being alone is other people's judgement. Society often does not allow a woman whose husband has died and whose children work elsewhere to live alone. "How will she live alone?" -that is their concern. That concern grows into fear within her. Similarly, remarks like "Oh, he/she is alone!" also influence people. But ignore all that. Others need not un-

derstand the comfort you find within yourself; it is something you must experience on your own.

When you begin to find comfort in being alone, many uncertainties in life start becoming clear. Then you no longer need the company of others. Instead, your mind gains more freedom to enjoy their absence. Being alone is an art-it needs to be practiced. Are you someone who has no time to be alone? There are people like that too: people who cannot be alone simply because others are always around.

They should find time to be alone for themselves. For that, keep phones aside, stay away from people for a while, and listen to the voice of the mind. It is from that voice that real strength is born. Being alone is never a punishment-it is an opportunity. An opportunity to shine and to express your abilities.



Friendship - Now and Always



We have the most friendships during childhood, college years and early working life. Such friendships are like certain plants that grow and spread without anyone planting or nurturing them. We do not make conscious efforts for them, because friendships in childhood, adolescence and youth grow easily. New relationships are simple during this stage, because people have more time and also have an attitude of seeking friendship.

But as life moves forward, when family and responsibilities increase, finding new friends begins to feel difficult. When we reach our thirties and forties, friendship becomes even harder. Life becomes filled with busyness. Work, children and relationships take away all our time. That is why forming

new friendships starts to seem impossible.

But that is not true. With the right attitude and effort, new friendships can be created at any stage or age of life. Friendship is needed now and always. Therefore, without looking at age or life situation, begin small efforts to build friendship. Invite a colleague for coffee, make friends with the parents of your children's classmates, reconnect with old friends. Sometimes even a small message is enough to renew an old relationship.

After fifty, friendship enters a new level of life. In this stage, there is more free time but also more loneliness. Here, we must show the courage to create new relationships. Join social groups and organizations. By participating in travel,



workshops and volunteer activities, we can find like-minded friends.

Do not fear forming new friendships at any age. Sometimes we may think, “Do I need new relationships at this age?” But humans live for relationships. Friendship is a bond that includes support and understanding. Even small conversations are valuable. Maintaining friendship is equally important. Even if forming a relationship is easy, keeping it alive requires attention. Listen to each other, make time and value the moments spent together. At any stage of life, friendship preserves its true beauty only when it is nurtured.

Many people misunderstand that the need for friendship decreases as age increases. In reality, as age increases, the presence of friends only makes life rich-

er. Friends remind us that we are still human, that we still deserve to be heard. Therefore, at any stage of life, open your heart. Meet new people, call the old ones and keep the doors of relationship open. Friendship is not about age - it is a language of the heart. A loving relationship brings new light to life at any age.

The first step in finding friendship at any age is an open mind. It may not be possible to accept everyone quickly as we did in childhood. But the relationships we choose at this age will be more meaningful. Seek opportunities to connect with people who share similar interests. The most important thing in forming friendship is authenticity. Do not cling to pleasing others; being who you truly are is the foundation of strong friendship - never forget that.



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