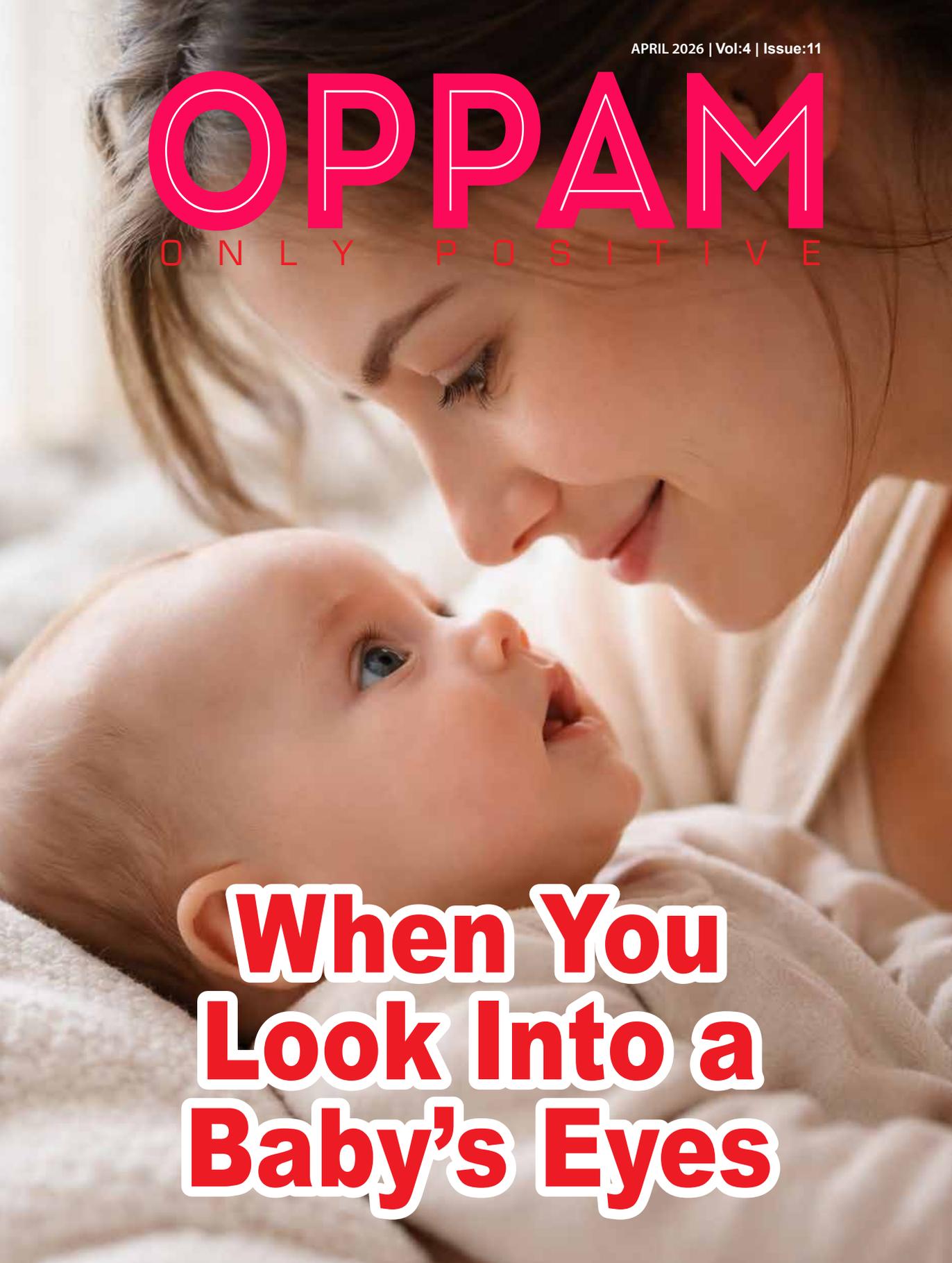
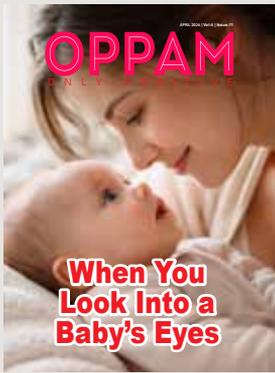


OPPAM

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**When You
Look Into a
Baby's Eyes**



OPPAM

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Vol: 4 | Issue: 11 | Page: 20

APRIL 2026

(Private circulation Only)

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OPPAM

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For Donation

OPPAM MAGAZINE

A/C No: 12790200319046

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BRANCH: IRINJALAKKUDA

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Editorial

PROF ANTONY P JOSEPH
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There Is A Dawn After The Night

“I’d rather die.” This is a sentence many people utter when faced with crises, failures or when life does not respond the way they expected. It is a heavy sentence - one that hints at suicide. Yet most of those who say it do not actually take their own lives. On the other hand, there are those who have never given even the slightest indication, who suddenly end their lives and leave us shocked. Suicides have always existed. But now, as we move through newspapers and social media, it feels as though they are increasing. Suicides are on the rise.

Why is this happening? From ordinary people to celebrities... from those considered failures to those crowned with success... everyone seems to be boarding the chariot of suicide.

For years, we have been saying that suicide is not a solution to anything. And that is true. Yet we mistakenly believe that suicide is the answer to many of our problems. Sadly, why do people take their own lives? Is it financial hardship? Illness? A broken love affair? Fear of humiliation? All of these may be individual reasons.

But underlying all these reasons is one thing: people have lost hope. Suicide becomes the easy path discovered by those who have lost hope. What frightens us more than the darkness outside is the darkness within. The light within us can be called courage; the inner darkness can be called the absence of courage. Haven’t we seen people who walk boldly through pitch darkness, chest out and arms swinging? Looking at them, we often say, “What courage!” It is not that there is no darkness around them - but the light within them is stronger than the darkness outside.

There are even adults who are afraid to enter a dark room in their own house. That means there is a lack of courage within. Courage can also mean hope - the belief that this present darkness will pass or that “I can overcome this darkness.” That courage is what moves people forward. Those who lack it quickly become discouraged and withdraw. In one way or another, they may end their lives. An honest observation is that there is probably no one who has never once thought about suicide. But their life’s victory lies in overcoming that thought and moving forward. I personally know many people who have risen to great heights after overcoming such thoughts.

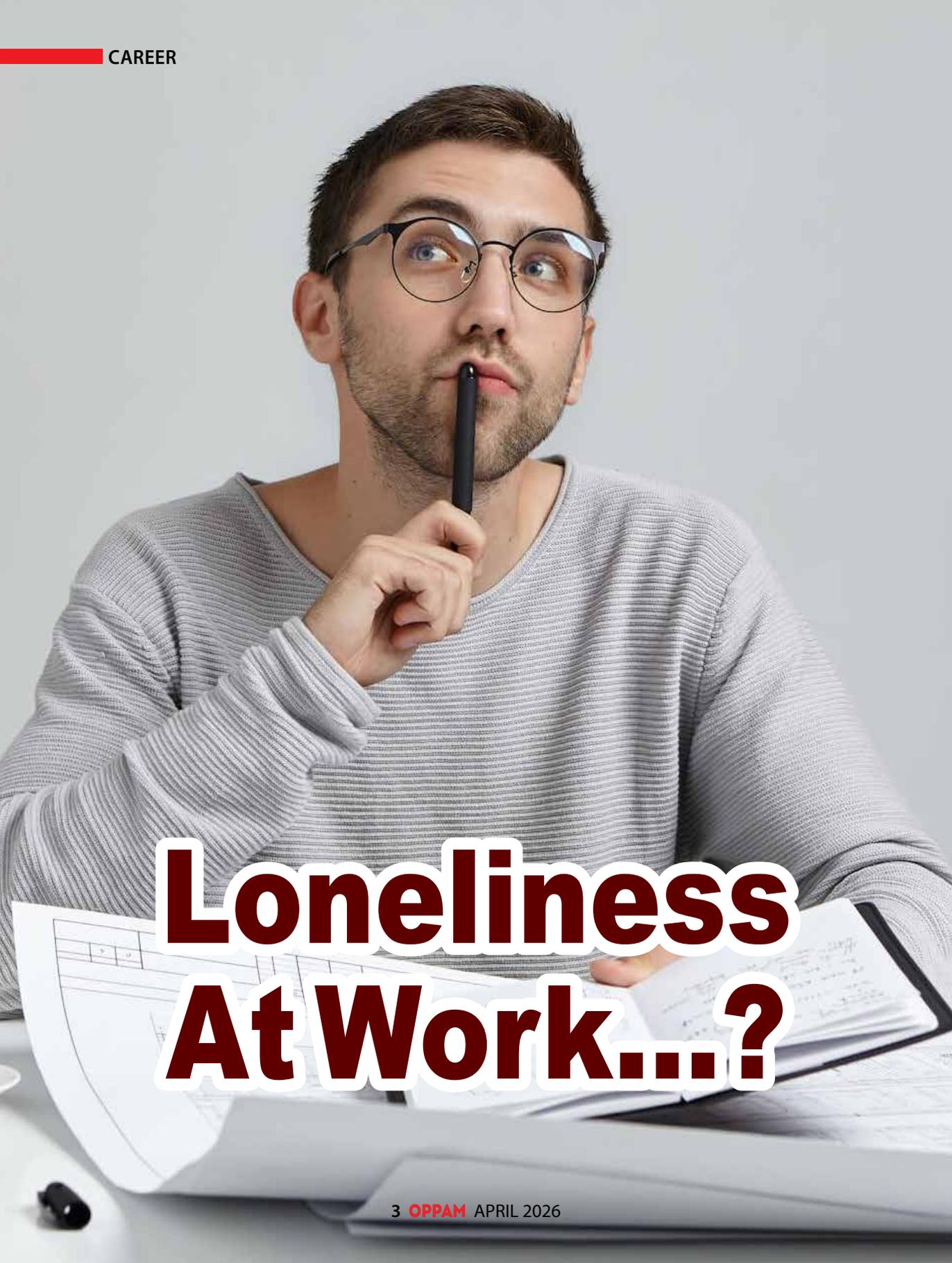
Suicide may be just a momentary feeling. What matters is whether they or someone beside them are able to redirect that feeling in another direction. Painful experiences in life are undeniably intense for the person going through them. An outsider cannot belittle another’s sorrow or struggles. Yet there are very few who help people come out of those sorrows. The absence of such people also seems to increase the number of suicides. To those who stand in despair, fear and anxiety, let us offer whatever help we can - a word, a smile, a comforting embrace anything.

Life is never exactly as we imagine it to be. Sometimes things happen as we calculate, and we feel joy and pride. But often, life moves beyond our calculations. Unexpected turns. Miscalculations. Then comes disappointment and sorrow. We must remember that a day is half darkness and half light. It is certain that there is a dawn after the night. A tree that sheds its leaves in summer sprouts fresh buds in the rainy season. These are lessons that nature places before us. Let us draw inspiration from them. Let us learn from them.

Then crises, failures, rejections, neglect or accusations will not shake us. We will not be able to end life because of a fleeting feeling. We are not meant to retreat in defeat before a single failure. If we want to understand the joy of being alive, we should look at those who, even while battling incurable illnesses, long to live one more day. We should understand their desire to live. Only then will we realize the tragedy of ending our lives - despite having health, a future and many dreams.

All religions repeatedly say that suicide is a sin, because it is ingratitude toward the God who gave us life and existence. Life is not a clay pot to be smashed and thrown away; it is a crystal vessel to be handled with wisdom and care. Understanding this, let us move forward with courage within. There is light somewhere. Certainly.

Regards
Prof Antony P Joseph



Loneliness At Work...?

When we speak of loneliness, many people assume it means being physically alone- sitting alone at home, separated from everyone and everything. That is true to an extent. But when we say that someone experiences loneliness in an office, it can be difficult to immediately understand or accept. In a setting filled with the sounds of computers, phone calls, meetings, discussions, colleagues, superiors and subordinates-how can someone feel alone?

Yet, that kind of loneliness exists.

Just as a person can feel alone in a crowd, one can feel lonely in an office environment too. Even with a job and people all around, the mind can feel empty. If there is no heartfelt conversation, no meaningful connection beyond formal talk and professional relationships, loneliness is not resolved simply because one has a job or colleagues.

Targets, deadlines and competition are gradually cutting apart human relationships. When a person's value is measured only by productivity, humanity itself is what gets lost.

Workplace loneliness is now considered a serious issue. It affects mental health, productivity and even physical health. As loneliness increases at work, self-confidence declines and job satisfaction fades. The likelihood of depression increases. Interest in teamwork decreases and the tendency to leave the job grows.

Workplace loneliness affects newcomers the most. For them, there are significant challenges: a new environment, new people- everything feels unfamiliar. Even the feeling of not being welcomed can damage confidence and deepen loneliness.

If you are experiencing loneliness, you should be willing to speak openly about it. When loneliness becomes overwhelming, it can be addressed through counseling and similar support systems.

The most effective way to reduce workplace loneliness is to nurture human relationships at work. Instead of remaining isolated, one should try to find at least one person who connects with the heart and become friends.

It is the manager's responsibility to help new employees feel comfortable. Offering praise and expressing that they are an asset to the organization can make a newcomer happy and confident. Everyone wants to feel valued, heard, and appreciated. A smile and a few words of encouragement are small things a manager can do to reduce loneliness among beginners.

Heavy workloads, lack of managerial support, poor communication, personal insecurities, lack of recognition, strong conflicts and unhealthy competition among employees- all of these increase loneliness in the workplace.

If you are experiencing loneliness, you should be willing to speak openly about it. When loneliness becomes overwhelming, it can be addressed through counseling and similar support systems. If you sense that someone around you feels lonely or isolated, show care and empathy. Be ready to listen. It is true that we need work to live. But if we are unable to experience happiness in the work we do, that job can turn us into captives of mental stress.



How Should We Speak?

Speaking is an art. Those who speak well can quickly win our hearts. Everyone talks, but not everyone's words truly touch us. If you want your speech to be appealing, there are certain things you should know.

Start With A Smile

Whether you are speaking to a stranger or someone familiar, begin with a smile. When you speak with a smile on your face, unfamiliarity fades and friendliness grows. A smile shows that you are approachable and pleasant to talk to.

Maintain Eye Contact

There are some people praised as "great personalities" who cannot look others in the face while speaking. They may deliver

powerful speeches and influence crowds, but in personal conversations, they struggle to maintain eye contact. Try to look into the other person's eyes while speaking. If that feels difficult, at least look at their face.

Use Their Name

Everyone likes hearing their own name. So, when you begin speaking or at some point during the conversation address the person by their name. It creates a sense of connection and importance.

Understand the Situation

Some people may be going through stress or emotional difficulty. In such cases, understand their mood before you speak. Inappropriate words at the wrong time can damage relationships.



A close-up photograph of a young woman and a young man smiling and looking at each other. The woman is on the left, with long dark hair, and the man is on the right, with a beard. They are both smiling warmly. The background is blurred, suggesting an outdoor setting with greenery.

Looking Into the Eyes



Looking into someone's eyes—is it an act that lasts only a moment? Not at all. Behind and within that gaze lie so many meanings. Haven't you seen lovers looking into each other's eyes? At that moment, oceans of love are swelling in their eyes. Eye contact is the oldest and most powerful form of human communication.

But in today's world, where is the time to look into each other's eyes? Mobile phones, laptops, online meetings—together, they all keep pulling us away from people and from real, direct gazes. Even while speaking to someone, our attention is on the phone in our hand. In a life caught in the grip of mobile screens and the digital world, even seeing each other face-to-face has become rare. Then how can we sit and look into each other's eyes? Where is the time... or the mind?

Not only that, we are losing even the courage to look into someone's eyes. As a result, our relationships fail to grow, and the relationships we form lose depth. We may listen to someone from a distance but the chances of truly seeing them are few.

For human communication, the eyes are more powerful than words. That is why the eyes are called the windows to the soul. Through the eyes, people share meanings that go beyond words.

A mother can comfort her child through her gaze. A friend can give reassurance through their eyes. In love, the very first messages are sent through the eyes. Gazes have the power to express love, respect, sincerity. Not only love—fear, guilt,

When you speak, look into the eyes. At first, it may feel a bit uncomfortable. But it can become the beginning of a genuine relationship. When we look into someone's eyes, we see their reality.

uncertainty are also revealed most clearly through the eyes.

Science says that the inability to meet someone's eyes affects our mental health. We fall behind in learning to read facial expressions and eye cues and this leads to a lack of empathy and compassion in life.

Let us regain our gaze. When you speak, look into the eyes. At first, it may feel a bit uncomfortable. But it can become the beginning of a genuine relationship. When we look into someone's eyes, we see their reality. Our minds and theirs connect. From that connection grow respect, understanding and affection.

Every gaze teaches lessons of sincerity. It builds self-confidence. It brings honesty into conversations. The words spoken through the eyes are worth more than a thousand spoken messages. So start speaking by looking into the eyes. Look at people beyond the screens. Through that, we become human again. In this fast-moving world, to remind ourselves that we are human and to step into relationships of love, let us look into each other's eyes—even if only for a moment.

Let the beginning of shared gazes return—to family, to friendship and to love.

When You Look Into a Baby's Eyes

When we look at a baby and look into their eyes, what we feel is not just happiness or a mere emotion—recent studies say so. According to these studies, when a baby and an adult look into each other's eyes, their brain waves synchronize. That means an invisible connection forms between them at the level of the brain.

This was recorded in a study conducted by scientists at the University of Cambridge in London and other research centers. Their research focused on how eye contact between babies and parents influences brain activity and consciousness. Using EEG (Electroencephalogram), they recorded the brain waves of both.

They discovered that when a baby and the mother or father connect through eye contact, their brain waves vibrate in a similar rhythm. This alignment of brain waves reveals the depth of human relationships.

When a baby looks into someone's eyes, it is not just a visual act; it is the baby's first step in learning

communication. The baby's brain begins to recognize the other person's face, voice and emotions and responds accordingly. This helps in the later development of language and social relationships.

This not only strengthens the emotional bond between baby and parents but also aids the baby's cognitive and language development. Through their gaze, the baby observes the mother, improving attention, memory and emotional responses. At the same time, the mother's brain also responds directly to the baby's reactions. Thus a 'neural connection' is formed between them.

That is why it is important to look into a baby's eyes while speaking to them. The responses received through the baby's gaze—the smile, surprise, focus—touch the parents' brain deeply. This bond becomes the foundation for the baby's emotional security and confidence.

This study reminds us of a simple truth: Relationships do not begin with words; they begin with the eyes.



Can We Live With One Person For A Lifetime?



Sometimes the problem can become overwhelming. In such cases, counseling or therapy can be very helpful. Individual counseling helps one understand personal fears, while couples counseling improves communication in relationships.



Karishma was a young woman whose marriage had been fixed. But as the wedding day drew closer, her worries increased. Would she really be able to get married? Would her partner remain committed to her throughout life? With such questions troubling her mind, she decided to seek counseling.

What was Karishma's problem? She had once been in love. But when marriage came up, her lover withdrew, saying he couldn't tie himself to one person for a lifetime. This left her deeply traumatized. Behind this was another painful memory: when Karishma was only four or five years old, her father had abandoned her and her mother. These two experiences shaped her belief that no one could stay committed in marriage for a lifetime.

Commitment issues play a major role in damaging marital life. A family and a marriage are supposed to provide security and love. But some people develop a fear of commitment. Questions like "Can I really live with one person forever? Will I lose my freedom? Will I end up getting hurt?" slowly begin to take root in their minds. This is what we call a commitment problem.

This is not a rare issue. Many in today's generation face such fears. However, if one learns to recognize them and take the right steps to overcome them, relationships can become safer and more joyful.

Recognizing the Roots of Fear

Often, childhood experiences, broken family relationships, or painful past love or marriage experiences lie behind commitment fears. Children who grow up watching constant arguments between parents may lose faith in marriage. Those who have faced betrayal in

past relationships may hesitate to trust again. For some, the fear of losing freedom becomes a huge barrier. If we can recognize where the fear comes from, we can find ways to overcome it.

Open Communication

Communication is the greatest medicine for relationships. Share your fears and doubts openly with your partner. Say honestly, “I feel afraid about marriage,” or share your concern, “Will my career suffer after marriage?” Such conversations reduce misunderstandings and help the partner become a source of comfort and confidence.

Taking Small Steps

Begin with small commitments—traveling together, making plans for a year. Gradually move toward bigger decisions such as marriage and children. Small steps pave the way for larger ones.

Developing Self-Awareness

Commitment issues don’t always arise from problems with the partner. Sometimes they stem from a lack of self-awareness or confidence. Feelings

like “I am not enough” or “I cannot stay stable” can create barriers. By learning to accept oneself and build confidence, one realizes that commitment is nothing to fear.

Seeking Professional Help

Sometimes the problem can become overwhelming. In such cases, counseling or therapy can be very helpful. Individual counseling helps one understand personal fears, while couples counseling improves communication in relationships. Seeking help from a counselor is not a sign of weakness, but rather a courageous step toward saving the relationship.

Building Trust

Trust is the foundation of every relationship. It cannot be built in a day or through words alone— it takes time and patience. Spending quality time together, keeping promises and respecting each other’s privacy all help strengthen the foundation of trust. As trust grows, the fear of commitment slowly disappears on its own.



Things to Keep in Mind Before Ending a Relationship

We live in a world of many kinds of relationships. Some bring joy, while others bring sorrow. There are also relationships that create pain, conflict and complexity. Each person approaches such relationships differently. Some try to continue even in the most difficult ones by tolerating, compromising and forgiving—believing

that this is how relationships should be carried forward. But not everyone has that ability, nor is it always necessary. Relationships that don't bring happiness or peace, that rob us of all joy in life and that lead us into deep trauma are not ones to be carried; they are ones to be let go of. But how to let go and in what way, is very important. Here are some



guidelines:

Gain Clarity in Your Mind

Before deciding to end a relationship, be sure of the reasons. Sometimes people decide to separate because of temporary sadness or minor misunderstandings. That is not the right approach. Only after clearly realizing reasons such as “I am not happy in this relationship” or “Our values do not match” should you move forward with such a decision.

Choose the Right Time and Place

How you communicate the decision is crucial. Never choose a public place for this. A calm and private setting is best, giving the other person a chance to express their feelings. Ending a relationship over the phone or by text only causes greater pain. Instead, try to meet in person and explain gently.

Speak Honestly

While speaking, avoid unnecessary accusations or harsh words. Don't

make it one-sided blame. You could say something like: “We are both good individuals, but I feel we cannot move forward together.” Present the matter in this manner.

Be Ready to Listen

When the decision to end the relationship is shared, be ready to listen to the other person's response. Ignoring them can cause more problems later. It is natural for the person being left to feel anger, sadness or disappointment. Respond calmly to their questions. What they need most is honest answers. Listen with patience, without getting into arguments.

Maintain Kindness and Respect

When ending a relationship, it is very important to preserve kindness and respect, so that the memories do not remain painful. Saying things like “I will always respect you” or “I hope you have a good future” can help reduce the conflict and hurt of separation.





Is Self-Care Really Necessary?

'Take care of yourself, find your own happiness' - these are among the common slogans of the modern age. The term 'self-care' has now become one of the most widely circulated buzzwords. Doing what one likes, eating one's favorite food, travelling to one's dream destination, buying desired clothes - all these are often cited as examples of taking care of oneself. Yet, many tend to interpret self-care merely as self-indulgence or momentary pleasure. But its meaning goes much deeper than that.

When we speak of caring for oneself and finding one's own happiness, what it truly means is a continuous and conscious effort to maintain physical, mental, emotional and spiritual well-being. It is not a one-time act, but an ongoing

way of life. Sadly, the modern world has commercialized this idea, reducing it to instant gratification and luxury.

Things that give immediate pleasure may certainly form a part of self-care, but when we limit it only to those, the deeper and more real issues of life tend to get hidden. For instance, a person going through extreme stress may find comfort in a warm bath or a good movie, but those may not address the root causes of that stress. Real self-care should be about identifying and transforming those underlying issues - bringing necessary changes in one's lifestyle, setting boundaries, taking mindful breaks and seeking help when required.

Another important aspect to re-



member is that self-care is not always pleasant. At times, it involves decisions that are physically or mentally difficult like limiting phone use at night to restore sleep routines, stepping away from unhealthy relationships, practicing discipline, maintaining financial order or adopting a healthy diet. These are not easy, but they are essential for long-term health and well-being.

Self-care does not look the same for everyone. Some may find it through prayer or meditation, others through solitude and still others through social connection. Hence, imitating what others do often leads to disappointment and guilt. Self-care must be shaped according to one's own needs and life circumstances.

Self-care as part of mental health is especially misunderstood. Some people, when faced with depression or anxiety, rely only on superficial methods to 'make themselves feel better.' In reality, such situations call for professional help. Seeing self-care as 'handling everything alone' can be dangerous. When misunderstood, self-care shrinks into a set of temporary comforts; true self-care however is a deeper process aimed at long-term health and balance. It requires conscious living, self-reflection and adequate support.

Therefore, self-care is not a product to be purchased nor a luxury to be indulged in. It is a fundamental aspect of life that deserves awareness, consistency and respect.



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