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**Aging but
Not Truly Old**



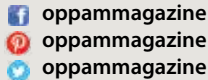
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Editorial

PROF ANTONY P JOSEPH
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A Mother's Story; and Her Son's

There is a food distribution chain operating in places like Chennai, Hyderabad, and Rajasthan. Its name is Food King. It started on a small scale with the aim of delivering food on order to employees working in companies in the city. Over the years, Food King Catering Service has grown into an organization with many outlets and an annual revenue of crores of rupees. The person leading this enterprise is Sarath Babu. How did Sarath Babu achieve this success?

To understand that, one must look at his life story. Sarath Babu was born in a slum in Madipakkam, Chennai, as the eldest of five children of a widow named Deepa Ramani. Deepa Ramani worked preparing midday meals in a school, earning only thirty rupees as salary. Realizing that this amount was not enough to feed a family of five or six members, she also started selling idlis. It was Sarath Babu who stepped forward to help his mother. After school, he would help in making and distributing idlis.

Sarath Babu was a bright student. So his mother enrolled him in an English-medium school. However, he often had to face humiliation from teachers and classmates for not paying fees on time. But none of this held him back in his studies. He excelled in his exams and came out as the top student in his school. Many people came forward to support his higher education, which eventually took him to IIM Ahmedabad. His final years of study were completed through loans and borrowings.

After working for two years in a company called Polaris and repaying his debts, he received offers from several better companies, but Sarath chose to reject them all. Instead, he started his own business venture- what is now Food King. His initial capital was just two thousand rupees. His greatest inspiration was his mother, who had raised the family and educated him with the money she earned from selling idlis. That inspiration turned Sarath Babu into a successful businessman.

The life stories of Sarath Babu and his mother teach us many lessons. They remind us of the good that comes into children's lives when mothers are willing to work hard and sacrifice for their families. It is such mothers, who do not limit their children's dreams, who stand behind many success stories. If Deepa Ramani had decided to live on thirty rupees and not educate her children, Sarath Babu would never have had the opportunity to study.

Another lesson is Sarath Babu's willingness to make use of every opportunity for the growth of himself and his family. He had every reason to blame fate and setbacks and become just a daily wage laborer. But instead, he moved forward with a clear goal and achieved success. Having a clear sense of purpose in life is not easy, and many people lack it. But this mother and son possessed it.

Mother's Day is celebrated in the month of May. On this occasion, we remember that there are many mothers like Deepa Ramani around us. We bow to them with respect.

Regards
Prof Antony P Joseph



Invest in Yourself

The greatest investment is oneself. Therefore, instead of investing in other places or in other people, one should invest in oneself. When we say 'invest,' some people may feel confused. Such doubts arise in those who have not yet understood that they themselves are the greatest investment.

So, for those who take themselves seriously and consider themselves important, the best thing they can do is to invest in themselves. The first thing to focus on in this is health and self-care. In the past, only a certain group of people paid special attention to exercise. Back then, gyms were meant only for a few. But today, even their names have changed- what used to be called gyms are now known as health clubs and fitness centers.

If you are someone who hasn't paid attention to your health amid the busy rush of life, start doing it from now on. Go to the gym regularly.

The second thing is managing time. Many people lack time management. So many people waste time by oversleeping, constantly using their phones, or engaging in unnecessary conversations. There are only two things we cannot regain: time and reputation. Use time effectively. Clearly plan and chart your working hours for each day and make your time productive accordingly.

Whatever your income may be, set aside a portion of it as savings. If you have the habit of spending everything you earn, it has to be said that you are someone who does not think about the future. You may even have to stretch your hand before others or borrow money even for essential needs. To avoid that, even if your income is only a hundred rupees, be willing to set aside at least one rupee.

Have a goal in life. Only those who have a clear understanding of what life is and why we live can live with purpose and plan for the future. Only those with a sense of purpose can achieve success. It is when we achieve things that we are able to look at life with satisfaction.

Learn new things every day. This will help you build self-confidence and take pride in your own abilities. Traveling and reading books are two other ways. Travel and reading refresh us and transform us into people with new perspectives and insights.





VALUE

Things have value only as long as they are useful. Once they have been used, they lose their value. We spend tens of thousands to buy a TV, a fridge or a washing machine. But after a certain period, when they get damaged or become unusable, we have no option but to sell them. At that time, the price we get is very small. The same applies to many things we sell to scrap dealers- newspapers, magazines, electronic devices, empty plastic containers... once they are used, they lose their value.

A daily newspaper loses its value once all its news has been read. The amount we get at the end of the month by selling old newspapers is insignificant compared to what we pay for them monthly. Only those pieces we cut out and keep based on personal interest become exceptions. The same is true for bottled drinks- once the drink is consumed, the bottle becomes useless. The value lies in what is inside the bottle. Value lies in being useful.

The condition of human beings is also similar. A person's value lies in their intelligence and abilities. Inner qualities are more valuable than external appearances. But we live in a time when inner worth is not valued enough, while external appearances are given excessive importance.

Not only a person's clothing, but even the bag they carry or the cover of a textile shop they hold can become a measure of their worth. A person wearing a branded

shirt is valued more. A person arriving in an expensive car is valued more. Even someone holding a cover from a famous textile shop is often given more importance.

External factors alone have become the standard for determining value.

There is another aspect to this. There is certainly a time when people are valued more- their youth, their glory, their fame, their period of employment- all these increase a person's value. But when youth fades and retirement comes, their value declines. This is because their productivity is seen as reduced. We live in a time where a person's worth is judged by the question: "What benefit can you give me?"

This is why the elderly are often neglected and why respect diminishes after retirement. The respect given to police officers in uniform decreases once they retire. An older person is often seen as having no role here, even if they are capable and healthy enough to work.

But the truth is, every human being has value- at every stage of life. Unfortunately, people often fail to recognize this themselves. Only those who value themselves are valued by others.

How much will society value someone who lives in a disorderly way due to alcoholism? Sometimes, we create our own value. At other times, we destroy it ourselves. A person's life gains value when it becomes useful to others as well.





**Problems
We Ourselves
Create**

All of us go through different kinds of problems. It is true that many of them may not be caused by our own faults or shortcomings. However, at least some of our problems are created by ourselves.

There are people who, due to certain fears they develop at some stage in life, continue to live with those fears until death. Experts say that the way to overcome fear is to do the very thing we are afraid of. As long as we do not overcome fear, we will continue to live with it. Fear will never leave us on its own; instead, we must let go of fear. We ourselves are responsible for continuing life as prisoners of fear. If fear is our problem, we cannot become free from problems without defeating it. It is when we challenge fear that it runs away.

Another important thing is to understand ourselves better and more deeply. It is because we do not know enough about ourselves- our abilities and what we are capable of becoming- that we give too much importance to others' opinions. If we have a clear understanding of ourselves, we will never give more importance than necessary to what others say.

Often, we find happiness in the words and actions of others. That is why we feel happy when they say good things and disappointed when they say something negative. We do not need everyone's approval, because we ourselves do not approve of everyone.

It is a fact that before we are blessed in life, we often have to go through various bitter experiences. So when difficulties and obstacles arise, we should not think that we will not succeed. Instead, believe that they are only hurdles before success or steps on the way to reaching it. Then, even if success does not come immediately, we will not feel defeated by problems as long as we keep trying.

We do not need to plan too many things far into the future. It is enough to focus on just one day ahead. When climbing a staircase, we do not need to focus on all the steps from the beginning to the end; we only need to focus on the very next step. The same applies here. When we take on too many things at once, we cannot carry them all. So it is better to think only about the immediate next day.

A Man Also Needs to Take Care to Have a Healthy Child

When we talk about having a healthy baby, the focus is almost always on the woman's health. However, the man's health is just as crucial in determining the health and future of the child. A man's lifestyle and his physical and mental health can negatively affect the next generation.

A man's health plays a major role in determining sperm quality. In men who have poor nutrition, consume alcohol or smoke, sperm quality can be affected- leading to difficulties in conception and increasing the risk of genetic problems in the child.

Studies show that children born to older men- especially those above forty- have a higher likelihood of conditions such as autism and schizophrenia. A man's poor health can also lead to developmental delays in children and increase the risk of diseases like diabetes and heart

disease later in their lives.

Unhealthy eating habits, stress and exposure to toxic substances can alter the functioning of genes in men. As a result, these effects can be passed on to the next generation. Smoking, alcohol consumption, obesity and lack of exercise all negatively affect sperm quality. Smoking can damage sperm DNA, alcohol can cause hormonal imbalance, obesity can reduce testosterone levels and lack of exercise can lead to infertility.

When deciding to have a child, a man should take proper care of his health beforehand. He should eat nutritious food, avoid smoking and alcohol, exercise regularly and manage stress.

It is often said, 'Healthy father, healthy generation.' Therefore, to raise a healthy generation, not only the mother but also the father must take care of their health.



Do You Always Feel Guilty? This Could Be the Reason



It is natural to feel guilty when we make a mistake or fail to do what is right. A failure, inappropriate speech or certain actions can all create a sense of guilt in us. But if you feel guilty about everything and lack confidence to do anything, then one thing is certain- you alone are not responsible for it. The circumstances in which you grew up, especially your parents, play a major role.

Yes, what modern thinking tells us is that such tendencies are often seen in children raised by narcissistic parents.

The childhood experiences of children who grow up under narcissistic parents can negatively affect their later life in many ways.

What are the common traits seen in people raised by narcissistic parents?

Constant guilt

Feeling guilty about everything is a common trait among such individuals. Not only do they feel that what they did was wrong, but they also tend to think that they are not good for anything. This reflects the sadness and disappoint-



ment of not being able to meet their parents' expectations.

An excessive need to please others

While being considerate and caring toward others is a good thing, constantly trying to please others- even at the cost of hurting oneself- is not healthy. Those who grew up with narcissistic parents often show this tendency strongly. Their entire focus is on making others happy. As children, they tried to please their parents and gain their approval.

If parents constantly criticize and belittle their children's achievements, such individuals may find it difficult to believe in themselves. They lose self-worth. Even if they have good abilities, they may still think, "I can't do this," and withdraw from many opportunities.

This pattern continues into adulthood. Even later in life, they give excessive importance to others' needs over their own, trying to gain appreciation and approval.

Lack of self-confidence

If parents constantly criticize and belittle their children's achievements, such individuals may find it difficult to believe in themselves. They lose self-worth. Even if they have good abilities, they may still think, "I can't do this," and withdraw from many opportunities.

Difficulty expressing emotions

Narcissistic parents often ignore or mock their children's emotions. As a result, when they grow up, these individuals may feel afraid or hesitant to openly express their feelings.

Difficulty setting personal boundaries

Narcissistic parents often do not respect a child's independence or privacy. Because of this, even as adults, such individuals may struggle to say "no" to others.

Are You a 'Silky Mom'?



A parenting style that is widely discussed on social media these days is the ‘silky mom.’ What is a silky mom? A silky mom is a mother who adopts a balanced approach between strict control and complete freedom while raising children. It means a style of parenting that is soft like silk, yet firm when needed.

Here are some ways to find out if you are a silky mom:

Balance between rules and freedom

There are certain rules for children, but they are not controlled strictly in everything. They are given the freedom to learn and grow on their own.

Listens to the child’s emotions

When a child gets angry or sad, instead of saying “be quiet,” she tries to understand their feelings.

Does not completely ban technology

Phones, tablets, etc., are not totally prohibited. Instead, their use is allowed within set time limits.

Teaches when a mistake is made

When a child makes a mistake, instead of just punishing them, she explains why it is wrong.

Respects the child’s opinion

Even in some family decisions, the child’s opinion is asked and valued.

Does not try to be a ‘perfect mother’

She accepts that she can make mistakes. She sees motherhood as a learning journey.

Teaches responsibility

She encourages the child to help with small household tasks and assigns age-appropriate responsibilities.

Promotes healthy habits

She pays attention to healthy eating, sleep and play.

Does not compare

She does not compare her child with others by saying things like “someone else’s child is better.”

Balances love and discipline

She provides a lot of love and a sense of security, while also showing necessary discipline when required.

In short, a silky mom follows a balanced parenting style that combines love and discipline. It is an approach that respects the child’s individuality and helps them grow into a confident person.





Helping Children Become Smart



Hobbies play a very important role in strengthening children's mental health. Activities that bring joy and relaxation to the mind help develop children's self-confidence and a balanced personality. Let us look at some hobbies that help improve children's mental well-being:

Drawing and creative activities

Drawing, coloring and making crafts help develop children's creativity. Artistic activities also help bring out the emotions that are hidden within children. This reduces mental stress and helps the mind feel calm.

Music and dance

Singing, learning musical instruments and dancing bring great joy to children's minds. Music calms the mind and increases self-confidence.

Reading

Reading is something that is disappearing among many children today. Reading storybooks and informative books helps develop children's thinking ability and imagination. Reading takes children into a new world, helping them become more mentally balanced.

Gardening and farming

Planting and nurturing plants, watering them and observing nature help develop a sense of responsibility in children. Spending time with nature reduces mental stress and increases happiness.

Sports and outdoor games

Games like football, cricket, cycling and running help keep both the body and mind healthy. Through games, children learn teamwork and cooperation. This strengthens their mental resilience.

How to Avoid Burnout

The number of people committing suicide due to stress at work continues to rise. Even if people are not taking such extreme steps, many suffer from mental exhaustion and anxiety because of their jobs. Those who go through complete physical and mental

fatigue from work are experiencing what is called burnout. Every incident these days shows that we need to pay more attention to preventing burnout.

If we can organize work and time systematically, burnout can be avoided and mental stress can be reduced.



Plan the week ahead

The first step is to prepare a clear plan at the start of the week. Work usually begins on Monday, so decide in advance what tasks need to be done over the week. Prioritize tasks that need to be done first. Complete today's tasks today- do not postpone them to tomorrow. Some people waste most of the week and then try to rush everything at the last minute. This is not an effective way to work. By prioritizing tasks properly, we can stay away from unnecessary stress.

Do the most important tasks when energy is highest

Some people postpone the most difficult tasks. The most important work should be done when energy and focus are at their peak. For example, most people have more energy in the morning, so try to do important work that requires attention and thought during that time.

Take breaks

Continuous work increases fatigue and mental strain. Therefore, take a break after working for an hour or an hour and a half. This time is never wasted- it helps you continue work with more strength and energy.

Learn to say no

Not all tasks have to be done to satisfy superiors or colleagues. Do not take on extra workload unnecessarily. To protect time, health and energy, learn to politely refuse some tasks.

Digital breaks

Excessive use of social media increases mental fatigue. Checking emails and sending WhatsApp messages can also be mentally draining. Take digital breaks. After office hours, avoid thinking about work as much as possible. Do not bring office work home. Use



that time to enjoy with family.

Evaluate your work at the end of the week

At the end of the week, review your tasks and activities. Identify where mistakes occurred and why you couldn't perform better. Celebrate improvements. If mistakes are found, try to correct them.

Work is important, but tasks that come at the cost of health and happiness need to be reconsidered.

Aging but Not Truly Old



For most people, age is something to fear. Many are preoccupied not just with the passing of years, but with the passing of each day, especially as they enter middle age. Whether we accept it or not, growing older is a reality. The key is to accept this reality while still making an effort to remain youthful in mind and spirit. Experts give some guidance on this—ways to stay mentally young even as the body ages. Let's look at what these signs are:

The desire to learn new things

If you want to learn something new, it shows that age hasn't dulled your mind. Developing new skills, reading and studying are all ways to keep your abilities active. This demonstrates that your brain is staying sharp.

Finding joy in small things

As people age, it is common to complain about everything or show discomfort easily. But if you can find happiness in small moments, it is a sign that your mind is youthful.

Engaging in meaningful interactions

Participating in good conversations, spending time in nature and interacting lovingly with family members are all signs of mental youth.

Caring for basic health needs

Paying adequate attention to sleep,

diet and exercise is a sign of a healthy lifestyle.

At an older age, thoughts like “Why bother now?” should not dominate your mind. If you can manage stress with patience and self-control, you can overcome age. Maintaining relation-

ships built in youth and staying in touch with old friends or loved ones shows that you are not truly old.

Physical signs of aging may appear, but if you don't let them take over your mind, you can remain youthful regardless of how many years have passed.



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