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ആമുഖം

ശാസ്ത്രസാങ്കേതിക രംഗങ്ങളിലെ കണ്ണഞ്ജിപ്പിക്കുന്ന വേഗ തയിലുള്ള മുന്നേറ്റം മനുഷ്യൻറെ സഹജമായ അന്വേഷണത്വരയുടെ പ്രതിഫലനമാണ്. പ്രകൃതിയിൽ കാണന്ന ഓരോന്നും നിരന്തരം മാറികൊണ്ടിരിക്കുന്നു.പുസ്തകവും,ബുക്കാ,ബ്ലാക്ക്ബോർഡും മാത്രമുണ്ടായിരുന്ന ക്ലാസ്മറികളിൽ ഇന്ന് ലാപടോപ്പും,പ്രൊജക്ടറ്റം പ്രധാനസ്ഥാനം കയ്യടക്കിയിരുന്നു.സാങ്കേതിക പരിജ്ഞാനമില്ലാത്തവരെ നിരക്ഷരരെ എന്നപ്പോലെ കാണന്ന ഒരു കാലഘട്ടത്തിലാണ് നാം ഇന്ന് ജീവിക്കുന്നത്.നമ്മുടെ സക്കൂ്ളിലെ ലിറ്റിൽ കൈറ്റസ് അംഗങ്ങൾ ആദ്വമായി ഒരു ഡിജിറ്റൽ മാഗസ്സിൻ പ്രസിദ്ധീകരിക്കുന്നതിൽ അതിയായി സന്തോഷമുണ്ട്.നിങ്ങളെ ഞാൻ അഭിനന്ദിക്കുന്നു.നിങ്ങളുടെ രചനകൾ സാങ്കേതിക വിദ്യയുടെ

> Ranimol Thomas Headmistress

## Strengths of humanity

## Love

Love has many different definitions ranging from a set of purely biological and chemical processes to a religious concept. As a character strength, love is a mutual feeling between two people characterized by attachment, comfort, and generally positive feelings.

Love, in the psychological sense, is most often studied in terms of attachment to others. A degree of controversy surrounds defining and researching love in this way, as it takes away the "mystery of love." Because love is mysterious, to an extent, it is most often studied in terms of attachment theory, because it can be studied in the way across ages. In infants, attachment is studied through the Strange Situation Test. Attachment to an individual, usually the mother, is determined by how distressed the infant becomes when the mother is taken out of the experimental setting. Generally adult attachment models focus on the mental representation of the visible signs of attachment seen in infants.

Evidence in support of the benefits of love are seen in the negative affect states that result from lacking love. Orphaned children have been targeted in studies about negative attributes resulting from lack of attachment. Smyke et al. found that children raised in an environment that didn't allow children to become attached to their preferred caregivers experienced. Additionally, individuals who develop securely attached have a lower likelihood of depression,

high-self esteem, and less likelihood of divorce.

#### Kindness

The strength kindness encompasses most related terms that evoke feelings of altruism, generosity helpfulness and a general desire to help people. That is, a disposition for helping humanity. The following statements are from the Values In Action (VIA) psychological assessment, aimed at determining people's strengths in kindness: others are just as important to me, giving is more important than receiving, I care for the ungrateful as well as the grateful. Kindness, as a part of humanity, is deeply rooted in philosophical and religious traditions, each having words for the

altruistic love aspect of kindness, such as agape in Greek, chesed in

Hebrew, and the Latin word philantropia, the root of the word

"philantrophy" Kindness is so valued as a strength beyond religious and theoretical concepts that it is advocated through school community service programs and national programs like AmeriCorps. Additionally, while gender differences in kindness are statistically significant, they are minimal, and the methods of testing used may not always have construct validity. Kindness is most often measured on a case by case measure and not usually as a trait. The Self-Report Altruism Scale and the Altruism Facet Scale for Agreeableness Measure of the Revised NEO Personality Inventory(NEO-PI-R) psychological assessment are often used to ask people how often they engage in altruistic behaviors and

gauge their concern for others The former, however, only asks about

20 specific altruistic acts, leaving out a wide range of altruistic

There are numerous benefits from kindness and altruism on both sides of the action. For some, the motivation to be kind comes from a place of egoistic motivation, and thus the benefit to them is the positive affect state they receive from the action. Another study found that the process of being kind develops pro-social skills in children, which positively effects their attachments and relationships. Additionally, volunteerism in the elderly has shown to

lead to decreased risk of early death, and mental health benefitsOne

thing to note is the difference between altruism as a trait and as an

behaviors.

### Social intelligence

Test.

Social intelligence is the most modern of the three strengths associated with humanity. The Character Strengths and Virtues (CSV) psychological assessment defines social intelligence as the ability to understand "relationships with other people, including the social relationships involved in intimacy and trust, persuasion, group membership, and political power." Intelligence has many psychological definitions from Weschler's intelligence to the various theories of multiple intelligence. The CSV divides intelligence into hot and cold, hot intelligence being those intelligences related to active emotional processes. (338) Individuals with high social intelligence are very self-aware, and effective organizers and leaders. Additionally, it combines elements of the other two hot intelligences, personal and emotional intelligence. Personal intelligence being the internal counterpart to social intelligence and emotional intelligence being the capacity to understand emotions. The CSV highlights three social intelligence measurement scales: Factor Based Social Intelligence Tasks, Psychological Mindedness Assessment

Social Intelligence research is limited, however, there is much literature on the characteristics associated with social intelligence. Zaccaro et al. found social intelligence and perceptiveness to be integral to effective leadership; that is, good leaders are "social experts." Emotional intelligence, too, plays a role in leadership. Another study found that emotional intelligence enables leaders to better understand their followers, thereby enhancing their ability to influence them.

Procedure, and Mayer-Salovey-Caruso Emotional intelligence

# DESPAIR OF THE EARTH

What about sunrise What about rain What about all the things that you said We were to gain What about killing fields Is there a time What have we done to the world look what have you done What about all the peace That you pledge your own son Did you ever stop to notice All the children dead from war

# <u>My Mom</u>

Come fast my dear"

Cutting the creator's chains... Broading the chest with pride. As the lord who nips the lives of the raging demons! The belief of those who were oppressed & depressed. Was born by a great mother! In the womb, as you contain me... The bad aspects of life... Seems to be engulfing you... OH! MOTHER! Without any complaints, Not revealing your pain... Tears are weighing you down... OH! MOTHER! You are the goddess I see... A treasure filled with compassion... OH! MOTHER!You are the life of my breath! OH! MOTHER! "After you are born you should become a strong man.

THE BEST AND MOST
BEAUTIFUL THINGS IN
THE WORLD CANNOT BE
SEEN OR EVEN TOUCHED
- THEY MUST BE FELT
WITH THE HEART
-HELEN KELLER













GALLERY



#### ST.MARYS GIRLS HIGH SCHOOL





















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A SMILE CURES
THE
WOUNDING OF
A FROWN
-WILLIAM
SHAKESPEARE

# MISSILE MAN OF INDIA

DR.A.P.J.Abdul Kalam who was populary known as Missile Man of India, was born on 15th oct 1931 in a small village in Ramaswaram in Tamilnadu. After copleting studies Kalam worked as an aero space engineer with DRDO and ISRO. DR. Kalam is known as "MISSILE MAN OF INDIA" because he worked on the development ballistic missile and launch vehicle technology. He served as the 11<sup>th</sup> president of INDIA from 2002 -2007. Dr. Abdul. Kalam well known for his motivational speeches and interaction with the student community. He gives inspiration to all kinds of people through his autobiography, 'WINGS OF FIRE' Reckoning his contibution in varies field ,Dr.Kalam was

## SAMYUKTHAM 2K20

## **THANKS**

We really thank all the people who supported us to create this magazine and to show our creativity. Thank you our Kite Master Jessamma Teacher and Joshy Sir and everyone for this.....