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P RAYERFUL

SAMMALL'S PERSONALITY



“ DO NOT
LOSE HOPE,
NOR BE SAD ”

When the storm rages, I find myself asking...

Why does our faith fail and our prayers seem to go unanswered?

Prayer is not a technique of escape from conflict but rather a stimulus to growth in the very face of conflict.

Then I ask again Can sincere prayers eliminate the storms in life?

So I Try to understand the real purpose of prayer and Pray only for values, not

things; for growth, not for gratification. Being a good person does not protect us from difficulties, however consider this:

“The greatest affliction of the cosmos is never to have been afflicted. Mortals only learn wisdom by experiencing tribulation. Prayers really aids me to be mentally , physically and spirotuually fit regardless of what I go through, I still keep up the faith that Allah’s time is the best.





GOALLLLLLL!

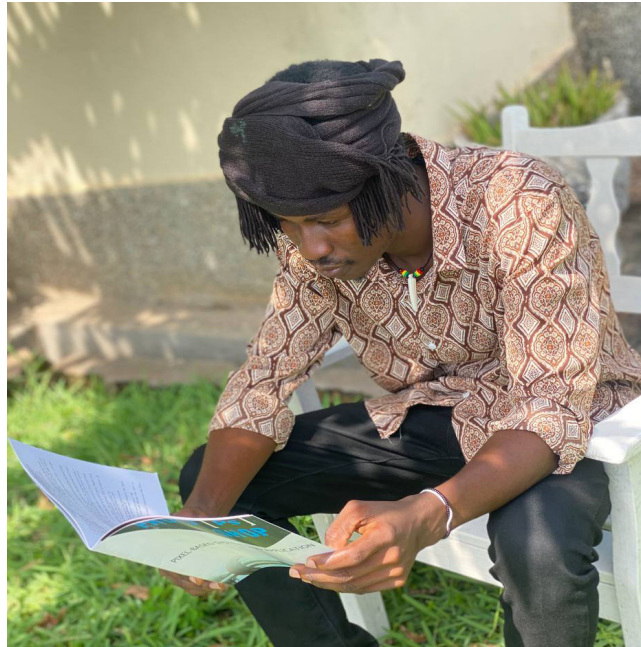
HALA MA!

LEISURE TIME

Samall regards leisure as essential to cultivate temperament and self-development the more frequently he participates in these activities. Leisure activities can improve the physical and mental health of individuals and have the significance

of regulating the body and mind, alleviating the stress of life, and providing a pleasant experience. It helps me to be less stressed and also relax through participation in pleasant experiences.

Some studies have suggested that the level of participation in leisure activities is a measure of the physical and mental health of an individual. However, when I look at the findings of leisure participation of scholars and leisure interests at home and abroad, there are many inconsistent conclusions. Some scholars found that the more frequent the individuals participate in a specific leisure activity, the more leisure benefits they can be obtained, while another study found that there is no positive relationship between leisure participation and leisure benefits but playing PES and reading story books at my leisure times really helps me to solve other personal problems.



DRID!



CHEF SAMALL

Food is one of the essential things I love, making a point of learning how to cook is one of the greatest achievements in my life because it is not any guy of my age that knows how to cook. I believe knowing how to cook might take my career to a different level around the global world. Wherever I choose to live, finding work as a chef will always be an option.

Whether fancy preparing luxury meals on a cruise ship or taking one of the chef jobs. I can specialise because most chefs learn by preparing and cooking all kinds of food, and some are happy to pursue that path. However, there's plenty of opportunity to specialise if I've discovered a burning passion for cooking, local foods. when I become a pastry chef,

there are plenty of options to branch out and challenge myself. It's will surely help start my own Restaurant because, Most chefs are extremely passionate about what they do and many of them choose to branch out on their own and set up their own restaurant.





“Laughter
is brightest
in the place
where **food**
is good”



FITNESS SESSION

Fitness is very important for good health. Besides feeling better mentally, exercising can help protect you from heart disease, stroke, obesity, diabetes, and high blood pressure; and it can make you look younger, increase and maintain bone density, improve the quality of your life, and may keep you from getting sick. Understanding the benefits of physical fitness and knowing how active you should be can help you maintain good health and improve your overall quality of life. Here are a few benefits of regular physical activity that demonstrate the importance of physical fitness by Samall.

Regular exercise should you take a suffer bone injuries and physical activity increasemuscle strength, bone density, flexibility, health advantages and stability. Physical fitness can reduce your risk for and resilience to accidental injuries, especially as you get older. For example, stronger muscles and better balance mean that you're less likely to slip and fall, and stronger bones mean that your less likely to

There are numerous health advantages to physical fitness. Regular exercise and physical activity promotes strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight.





Samall believes that working together as a team really improves mental health and promote peace among friends, especially in the workplace and being friendly at work allows everyone to support each other fully and create a supportive network for each employee. The benefits of looking after each and every one of your employees mental health are endless. Of course, when it comes to the business, employees who are mentally looked after will be more motivated, show lower absenteeism rates, higher retention rates and will be more satisfied at work; all things that will directly increase the company's productivity. But, mentally looked after employees will also feel better, healthier and happier in themselves.

I believe being friendly increases team spirit & morale. If everyone is friendly towards each other then there will be a sense of cohesiveness and trust, which will, in return, increase team spirit and morale. This will have a huge positive effect on your team as there are many benefits to having high morale and elated team spirits

A high morale promotes collaboration and cohesiveness as a positive and friendly working environment, and increased morale, is likely to promote a willingness to work together towards goals. Being friendly will improve mental health issues within your company. A friendly environment reduces stress.

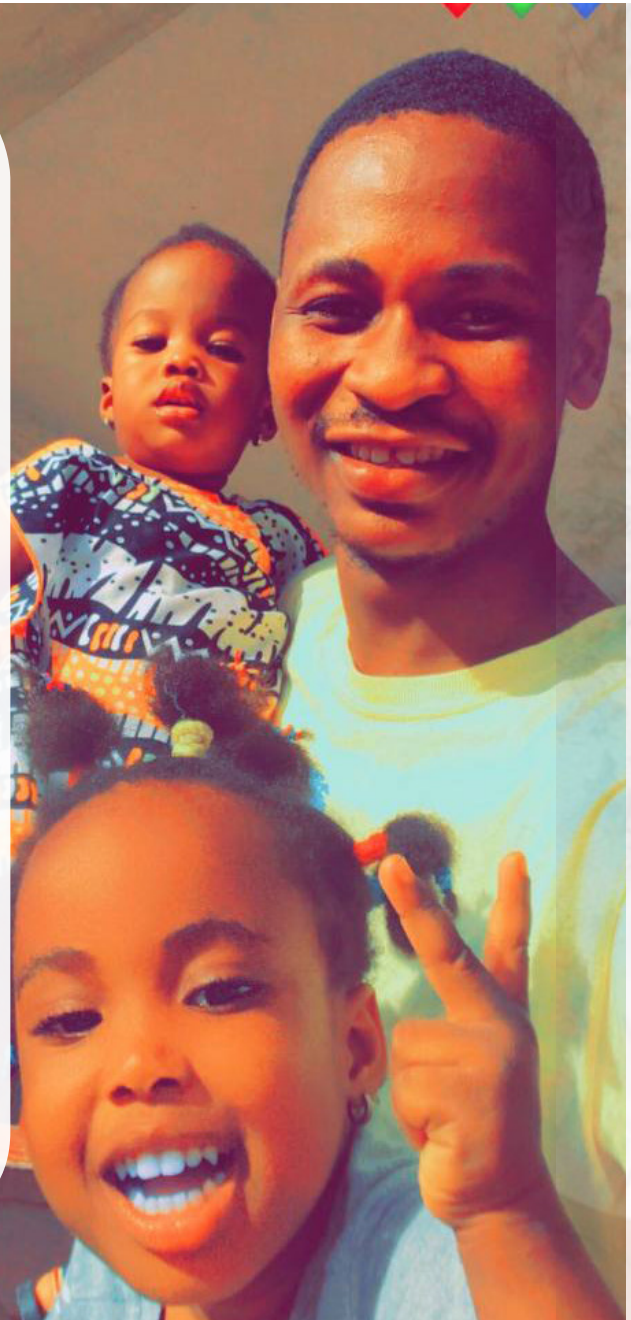


FRIENDLY



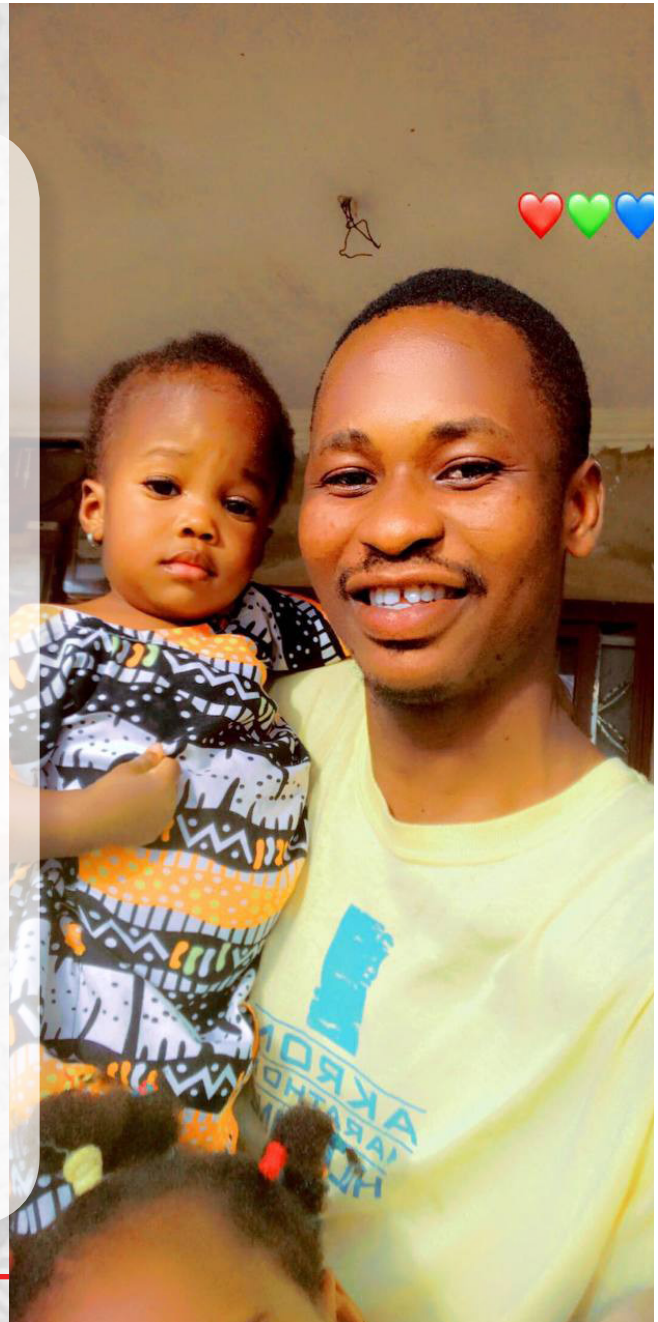
'UNCLE-LIKE'

The fast pace of modern day family life can make it easy to forget that simply just spending time with children is really important. Our time is one of the greatest things we can give them. Vacation time offers lots of opportunities to spend time together and some good old family bonding! Being an adult can get pretty boring, but if you're an uncle, you always have the option of kicking off your shoes and forgetting about your worries while you play with your nieces and nephews. And let's face it; deep down, you know you're enjoying the new Lego Movie more than they are. As an aunt or uncle, you don't have many responsibilities with your nieces and nephews, which means you get to only do the fun jobs. Playing in the garden? Sure! Feeding the baby a bottle? No problem! Changing a dirty diaper? I'll just pass this little bundle of joy back to it's parents



Children learn by example. If you are setting a good example for them by spending quality time together, they are more likely to adopt those behaviours in other relationships in their lives. Simple things like playing games together will help them understand more about interacting with others as well as teach them things like sharing and kindness. Most importantly, family time means you can just have fun and enjoy each others company!

You've still got a little bit of time left before the children go back to school so make the most of it this weekend and do something together. Holding a new-born's tiny hands is one of the best feelings in the world; so tiny and cute! And holding their hands never gets old, even when they get older and their hands are smeared with food and possibly snot. I usually spend time with my niece to make sure the love and care bond is solid.!





The importance of learning is that it helps the individual to acquire the necessary skills through learning and knowledge so that he can achieve his set goals. An important fact about learning is that it is a means to improve knowledge and gain skills that will help in reaching specific. Learning is essential to humanity. It's so embedded in our lives that we rarely consider what it means. Learning and education impart more than just knowledge and skills

They also transmit the values, attitudes, and behaviours we have decided to share.

For example, education has helped us to create and maintain the shared belief that when someone does something particularly harmful, they deserve a fair legal trial no matter their crime.

In simple terms, learning and education help hold together human life and civilisation as we know it.



Education lies in integrating continuous learning into our everyday personal and professional lives even more than we already do. This might be why the Finnish Innovation Fund Sitra has proposed that compulsory, publicly funded education covers not just elementary school—as the Universal Declaration of Human Rights puts forward—but continuous learning, too. Wilson, said “We are drowning in information, but yearn for wisdom. Therefore, the world will be led by those who are able to compile the correct information at precisely the right moment while thinking critically and making important decisions wisely.”

MY SELF

Hey, this is my personal magazine, so i have to say something about myself. Sometimes it is hard to introduce yourself because you know yourself so well that you do not know where to start with. let me give you a try to see what kind of image you have about me through my self description. I hope that my impression about myself and your impression about me are not so different. Here it goes.

Iam a person who is positive about every aspect of life. There are many things I like to do, to see, and to experience. I like to read, I like to write: I like to think, I like to dream: I like to talk, I like to listen. I like to see the sunrise in the morning, I like to see the moonlight at night: I like to feel the music flowing on my face, I like to smell the wind coming from the ocean.

Samall like **women** , I playing football, I like being with kids, I like helping mum in the kitchen, I like **Cristiano Ronaldo** than any other player, I like to do expirement when I cannot sleep in the middle of the night. I like to sleep sleep late and wake up early, I like to be alone, I like to be sorrounded by people. I like delicious food and comfortable shoes, I like good books ,



action , romantic and adventurous movies. I like people and I like to laugh. I always wanted to be a great Soldier like **Commander Chandler**. Though am nowhere close to

him yet.I am someone who does some teaching, some research, and some writing. But my dream is till alive.