$$S = \frac{\Delta Q}{m \cdot \Delta T} - 2$$

$$"A m = 1 kg, \Delta T = 1 ° C \text{ or } 1 k \Rightarrow by \in Q 2 S = \Delta Q$$

"Specific heat capacity of the substance is the amount of heat needed by unit mass of a substance to increase the temperature by 1°C or 1K"