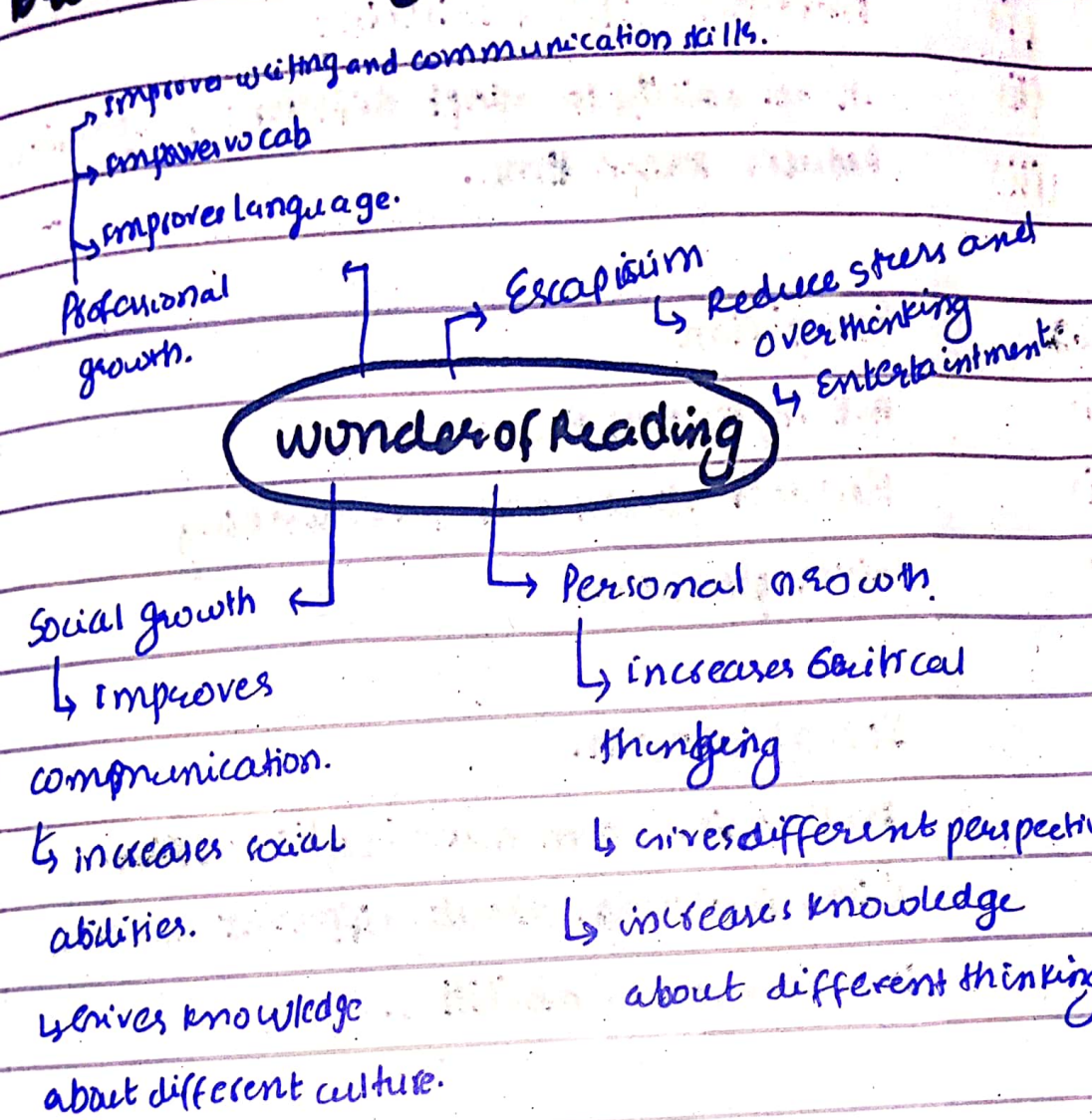


The wonders of Reading

Brainstorming



Outline

1 Introduction.

2.1 Personal Growth

- (i) Increases critical thinking
- (ii) sharp ability to adopt different perspectives
- (iii) Reduces screen time.

2.2 Escapism

- (i) Activity to pass time.
- (ii) Reduces stress and overthinking
- (iii) Gives pleasure.

2.3 Social Growth.

- (i) Improves communication skills.
- (ii) Gives knowledge about different cultures.
- (iii) Increases social abilities.

2.4. Professional Growth.

- (i) Improves language.
- (ii) Improves writing and speaking skills.
- (iii) Enhances professional knowledge.

3 Conclusion.

"Today a reader, tomorrow a leader". Reading is an activity which is considered a necessity in today's world, it plays a huge role in the development of a person. It can be for different purposes i.e for entertainment, for educational purpose, for learning a new skill and it can be a hobby. People read according to their taste, some people read fiction and some people read non-fiction. However it gives so much benefits. There are so many wonders of readings such as personal growth, escapism, social growth and professional growth.

Readings helps the person grow personally, it helps the person to know himself and it increases the critical thinking of a person. The Books like "Rich Dad, Poor Dad" helps the person to know about different ways to earn money. The Books like "Skigai", "Conse Deim" helps the person to be happy in life. The Books like "Reclaim your Heart" helps to learn different think spiritually. It means the person

get a lot of knowledge about different aspects of life from books which increase the critical thinking of a person, not only readings increase the critical thinking ability. it also helps to adopt diverse opinions and be open minded because through books, person get to know about different perspectives and aspects that he himself have not experienced. The Books like "The Last 8 Minutes 20 Seconds", Million on the Floss, gives the person a story behind people who end up being bad. Reading Books like these helps the person to be empathetic towards wrong people and help them to be good again. Reading also helps a person to be productive and avoid wasting time on mobile phones. Usually a person who is sitting in home and have nothing to do use mobile phones which can be harmful to his health and eyes so if a person reads then, he can avoid using mobile phones or any technology. So, Reading helps the person grow personally, be open minded and accepting towards others.

In addition to the growth, Reading also helps to escape from harsh reality help him to be happy and Reading can be helpful time. and make it productive. have found out that Reading people to reduce stress escape from the harsh reality a person reads, he becomes and forget all the problems in his life. It gives the person all tensions in his life happy in life. There are available to reduce depression which also help him to be aware of the problems facing mentally. "Anxiety" is good to find the root cause then helps the person. Moreover, Reading to get happiness story books and the aesthetic perspective.

In addition to the personal growth, reading also helps the person to escape from harsh realities and help him to be happy and enjoy life. Reading can be helpful to pass the time and make it productive. Research have found out that Reading helps people to reduce stress and tension and escape from the harsh realities of life. When a person reads, he become fully busy in it and forget all the problems and challenges in his life. It gives the person peace from all tensions in his life and help him to be happy in life. There are different books available to reduce depression and anxiety which also help him to cure himself and be aware of the problem that he is facing mentally. The book like "Unwinding Anxiety" is good to read which helps to find the root cause of anxiety and then helps the person to cure it. us Moreover, Reading also helps the person to get happiness. By reading different story books and novels, a person can get the aesthetic pleasure by reading.

Thirdly, Reading can also help the person to be socially active and sharp the person's ability to deal with the different people belonging to different culture and class. Reading about different culture helps to get to know about different traditions and customs which can help the person to accept different traditions and gives him knowledge so that ~~he~~ he can avoid using the language that can ~~be~~ ^{be} offending the person of that culture. A person can also get to know about the behaviours which can be vulgar in that culture. For example a Book about a culture of china can give the information about its culture and by that reading that Book a person can be able to actively participate in that culture and communicate easily. additionally Reading can also increase the social ability of a person. A person get a lot of knowledge about different topics and interests which can help the person to be knowledgeable

enough to talk about and it will be easy for the person to start the conversation.

Fourthly, Reading can also be helpful in professional growth of a person. A person who reads can never become outdated in his life.

Firstly, reading is helpful in improving the language of a person either academically or professional. A student who reads different books in English, his language improves which help him in his examination and educational process. Moreover when a person enters in a professional setting, reading can help him to get knowledge about his job which can help him to grow and improves his skills. For example when a doctor have habit of reading different research studies and articles about different diseases and latest update, it can help him to become more aware doctor likewise is with all other professions. So, Reading is very helpful in professional growth.

Reading plays great role in personal, social, professional and mental growth. people should develop the habit of reading which can give them many benefits.

as

Pncis

Challenges to for Pakistan

For Pakistanis, Schengen countries is an event which will treat Pakistanis as if they do some conspiracy, and rejected even before hand. visa in Pakistan is easy, they are the energy of Pakistan visa and if guaranteed more about the process should treat Pakistan maybe Schengen being line in Pakistan