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Wonders Of Reading

Outline :

1. Introduction

Reading, indeed, is a splendid activity, that fosters creativity, builds imagination, enriches one's knowledge and develops critical thinking skills. Reading is truly transformative and brings wonders.

2. Wonders of Reading

2.1) Reading as a powerful tool to gain knowledge

- Role of curriculum books, text books and newspapers

2.2) Reading opens the world of Imagination

- Books like Harry Potter,

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"Lord of the Ring" have proven
to ignite imagination

2.3) Reading enhances critical thinking
skills

- Articles on Google Scholar,
Research papers of IPRI, ISS. have
been able to develop analytical
and critical skills

2.4) Reading helps in improving
writing skills

- Increases vocabulary and
brings richness of ideas - (Competitive
exams)

2.5) Reading enhances concentration
and memory retention

- A study of Harvard reveals
that readers have shown ~~to~~ much
higher concentration than those who do
not read.

2.6) Reading broadens horizons and
delves into the history

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- History books give an insight of the past giving an unbiased opinion

2.7) Reading assists in career advancement

- Books related to finance, and other financial & professional subjects prove to be an asset for career

2.8) Reading promotes emotional and mental well being.

- Books on self help and therapy

2.9) Reading as a healthy leisure time activity

- Unlike the use of technology, reading is a way healthier form of entertainment

2.10) Reading is a great source of motivation

- Biographies, Autobiographies
- Poetry (Iqbal's verses)

3) Declining interest of masses
towards reading

4) The development of Digital Clubs,
emergence of e-books and
e-libraries as ways to revive
reading culture.

5) Conclusion

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The words of Jim Rohn go without saying that reading is essential for those who seek to rise above the ordinary. There have always been multiple resources that help in increasing one's knowledge and creativity but reading has proven to be the most effective and powerful tool that has the capacity to enrich one's mind and soul.

Reading is a transformative activity that fosters creativity, imagination, enlightens positive thoughts and ideas, ignites one's brain with richness, concentration and clarity. Unlike

other means of gaining knowledge, reading has the least side-effects and the most positive outcomes.

It paves paths not only in personal development but also gives insight on professional and career growth.

The essay would highlight all the possible wonders that reading

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can bring.

To begin with, reading is indeed the most powerful tool to gather knowledge. Whether it comes to gaining information through newspaper or preparing for an exam through text books, in either ways, it increases knowledge.

Throughout an academic journey, students come across a wide array of books on myriad subjects which they would barely read otherwise.

The exposure to such vast ocean of knowledge increase their mental capacity and enrich them with ideas across different domains. For instance,

students get to know about geography, history, literary ideas, past incidents through novels, books which are a part of their curriculum.

Hence, all these forms of reading, undoubtedly adds to their knowledge base.

Moreover, an undenyng role

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played by the books is their ability to open doors of imagination for the readers. From a very young age, if the children are exposed to such books, which takes them to a realm of imagination and creativity, it literally helps in broadening their vision. ~~The~~ Fiction books like Harry Potter, Lord of the Rings have been a great boost to young minds. While reading, the individuals get to imagine the happenings in their head which improves their cognitive abilities. A study published in Forbes also suggested that kids who read books that foster imagination develop much stronger cognitive thinking skills than those who do not come across such books.

Furthermore, reading also holds the potential to develop and enhance critical thinking skills. A person who does not read or keeps himself abreast of the happenings barely has an

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opinion about any scenario. On
contrary to that, people who read
quality material and authentic
resources develop analytical and
critical skills. They learn to analyze
different opinion and can identify
the right and wrong. Research
articles on Google Scholar, policy and
review papers on ~~the~~ platforms like
Islamabad Policy Research Institute
(IPRI), Institute of Strategic Studies
(ISS) give a deep insight on the
said topic. Similarly the scholarly
articles available on almost every
domain written by renowned
researchers, apt in their fields, are
truly a treat to read. They
undoubtedly clear the misconceptions
and give an informed opinion.
Thus, reading not merely helps in
gaining information, but also
enhances critical skills development.

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Likewise, another significant wonder that reading holds is its power to improve writing skills. It goes without saying that a good reader becomes a good writer. With reading, one brings richness in the one's ideas, enhances vocabulary and the writing expression. For instance, in case of competitive exams like UPSC and CSS, a candidate needs to showcase his writing skills, since it's not merely an exam of knowledge but of one's expression and writing abilities as well. Therefore, only those students are able to succeed who read quality resources, increase appropriate vocabulary, refine their ideas and polish their writing skills hence making it comprehensible for the examiner. Reading helps in refining vague and unclear ideas.

Apart from that, reading also holds the potential to enhance

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Concentration and memory retention.

Unlike other forms of information

like videos and animations, reading

has proved to give reader a

much longer retention and keeps

him concentrated for longer. A

study conducted at Harvard in

2024 concluded that the individuals

who read have ~~the~~ four times

higher attention span than those

who do not read. Similarly, an

article in Forbes suggested that

individuals are less likely to

retain information they gain through

reels than through reading materials

like books and magazines. Hence,

reading undoubtedly, helps in

retaining the information for a long

period of time.

Furthermore, reading is one

of the reliable ways to broaden

ones horizon and delve into complex

issues like historical events and

happenings. For example, books

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give an unbiased insight on past events. Books like Guns, Germs and Steel or Clash of Civilizations give valuable ideas on how history unfolds and how ancient civilizations used to be. The emergence of new cultures and civilizations, the downfall of the older ones are all key areas that can be covered through books.

Books have the immaculate power to depict the past events as if they were happening at the moment.

Moreover, they also help shatter the vague ideas and false information that one gets from here and there.

Authentic reading sources and good writers, indeed, bring richness of ideas.

Having said that, reading also helps in building careers and meeting future goals. There have been numerous books that help in career advancement and productivity.

Books like 'Rich Dad, Poor Dad,'

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'Atomic Habits,' 'Think and Grow Rich'

help in generating ideas that can help in boosting one's career or business prospects. Similarly, reading material regarding one's own niche, also help in succeeding in respective careers. For instance, teachers may read material on their respective subjects to enrich their knowledge, doctors can read about the latest advancements in medicine and can practice accordingly. & Likewise, researchers can read to improve their thinking capacity and can dig into the topics in a better way. Economists can read and analyze the latest economic trends. Similarly, businessmen can read about the smart and apt business practices and apply them into their own ventures to yield more productivity. Hence, reading in any domain helps those in their respective fields to generate more ideas.

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analyze possible outcomes and then act accordingly.

Another wonderful job done by reading is its ability to be therapeutic. Reading, indeed, has proved itself to be a therapy suggested by many psychologists and psychotherapists. An American psychologist, Howard Gardner talked about

reading as a form of meditation and a profound of healing and mental well-being. Reading has the capacity to self-soothe and bring calmness to mind. It contributes in a person's emotional and mental

well being. Also, a wide array of books on self help and therapy have proved to be tremendous in changing

lives and mind sets. Books like "The Power of Now", "Who Moved My Cheese" have been instrumental

in breaking the chains like procrastination and monotonous lifestyles. Similarly,

not only books, several researches

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published by American Psychological Association have been doing the same job. Hence, reading not only aids in emotional well-being, but also fosters healthy habits that resultantly provide a healthy lifestyle and future.

In this ~~cha~~ chaotic and over-stimulated world, reading still holds the power to ~~be~~ be a healthy form of entertainment and leisure time activity. Unlike the use of technology, which completely hypnotizes the mind and takes an individual to a vicious circle of entertainment, reading serves the purpose of being a healthy activity. Watching videos to gain information or for the sake of enjoyment proves to be detrimental for vision and brain. On contrary to that, reading barely holds any side-effects. Even reading for longer hours has been scientifically proven to be

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Safe for health, vision and brain functioning. Reading, whether fiction or non-fiction, does not hook an individual with Dopamine Spikes as much as video games, watching reels and movies can ~~not~~ do. Hence, it is way safer for brain's cognitive functioning and development.

Reading, indeed is a timeless reservoir of inspiration and motivation, offering a diverse range of narratives, ideas and life lessons. From motivational classics like 'Alchemist' by Paulo Coelho to thought provoking non-fictions, it has the power to ignite passion, resilience and guide readers towards positive change. Autobiographies and biographies have indeed play a part in motivating individuals towards the glory. Beyond books, poetry and verses also proves to be instrumental in bridging gaps between the past and the

present. Poetry has been considered as an inspiring tool. For example, Allama Iqbal's poems ignited the Muslims of subcontinent to get a separate homeland. They were a constant source of motivation for youth to wake up from slumber and change their fate. Hence, words have the transformative power to make or break nations.

Apart from that, reading also makes one experience the world. The material like travelogues can transport an individual to that place itself and give an exciting view about its culture, destinations and food. Travelogues guide about the traditions, lifestyles hence serving the values. They highlight challenges and adventures, hence motivating readers to step out of their comfort zone. For example Elizabeth Gilbert's *Eat, Pray, Love* inspires self discovery through travel. Therefore,

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Travelogues are valuable tools for education, cultural exchange and personal development while also contributing to global tourism. Hence, a form of reading can bring countless benefits.

Having said that, it is an undeniable fact that the reading tendency and interest is rapidly declining despite its miraculous outcomes. People are gradually opting for rapid forms of entertainment, giving rise to instant dopamine levels. With the fast paced technology and the advent of newer ways of getting information and entertainment, the masses are inclining towards that. According to a research, this decade is going to be the last in terms of book reading. People, especially youth, prefer watching short videos and animations to gain to the point and crisp information. They prefer getting book summaries rather than

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Spending hours on reading it. Various AI tools have been doing this job for them. Moreover, the tendency towards reading newspapers has been a massive decline too. This activity seems to be associated to older generation or those preparing for competitive exams only. Apart from that, audio books and e-books, ~~have~~ unfortunately, do not hold the essence that was carried by the books themselves and other material. Resultantly, the generation today ~~lacks~~ is unable to concentrate for long and has vivid opinions.

In order to keep the reading culture alive, several measures would have to be taken. Firstly, the emergence of reading clubs and literary circles can be of some help. Children, from a very young age, should be introduced to the books matching their interest and reading should

be developed as a hobby, and not as a liability. Secondly, they should be made part of Story-Telling Clubs and reading clubs where they can nurture their reading skills while finding joy in that. Thirdly, public figures and media should also foster a love for reading. Individuals should be encouraged to read a certain number of books annually. Public parks, cafes and institutions should have cozy reading corners. Community libraries should be set up and made attractive for the youth. Only through these measures, the declining trends of reading can be regained.

To conclude, it can be said with conviction that reading is a gateway to limitless possibilities, enriching the mind, soul and imagination. Whether for information, entertainment, education or personal growth, reading nurtures critical thinking, emotional intelligence and cultural

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awareness. In this fast-paced world dominated by fleeting digital interaction, technological means of entertainment and immediate gratification of needs, the enduring wonders of reading reminds one of the profound impact of words and stories in shaping ~~the~~ lives. Indeed, it has the power to transform a personality and an individual. Reading, undoubtedly is far more than a past time activity ~~and~~ ~~was~~ but a lifelong journey towards enlightenment and fulfillment.
