

Topic: The Wonders of Reading

Outline:

1. Introduction

Reading is such a positive action through which the readers can avail themselves of innumerable advantages. Those who develop the habit of reading stand out among those who avoid reading. Actions need to be taken to promote spirit of reading to let people enjoy fruits of it.

2. How reading proves to be

of paramount importance:

- a. It enables readers to think critically
- b. It fosters the spirit of creative writing and creative thinking
- c. It helps the reader lead a stress-free life
- d. It flourishes the personality of readers
- e. It helps one to become a good citizen
- f. It helps one to become aware of changing trends of world
- g. The reading enlightens one's mind
- h. It prevents one from wasting

time on non-productive activities

4. What are the negative implications of not prioritising the 'reading' of people who do not read?
 - a. People who do not read are more prone to think traditionally and within box ally and readers of ten cannot compete in the changing dynamics of world
 - b. They are prone to waste more time on non-productive activities
 - c. They remain deprived of the ocean of knowledge reading has to offer
 - d. Way forwards to promote reading
5. Governments should set-up free libraries for the citizens
 - a. Social media and mainstream media should play their effective role in this regard
 - b. Book-fares and book-stalls should be made part of culture.
6. Conclusion

"Reading is important because if you can read you can learn anything about everything and everything about anything." These words by Tomie dePaola unleash the potential the 'reading' has to help one get information about all the things in the surroundings and enable one to become a learned and better person. Reading is a tool which helps an individual to transform his or her personality from an ordinary person to a wonderful person. Reading proves to be of great importance and value for many reasons. It enables a person to think critically, as such it helps to foster a culture of creative thinking and creative writing. The analytical skills of the reader are enhanced and it helps one to flourish one's personality. Through reading, one becomes aware of changing trends of world. It helps and become a better person of a society. It changes the destiny of nations via enlightening the minds of individuals

and prevents them from wasting time on useless activities. However, those who do not develop the habit of reading usually remain unsuccessful to think out of box. They remain unaware of the changing world dynamics and use more prone to waste time on other non-productive activities. Their knowledge bank shrinks over time and their talents start rusting. Nevertheless, the habit of reading ought to be promoted to get availed of its benefits through steps such as opening public libraries at national level with free access to citizens. Media should play effective role to promote the habit of reading. Schools and colleges, in particular, can foster the spirit of reading books. In addition, book fairs and galleries should be made a part of culture to help of individual develop the habit of reading. In a nutshell, there are great many advantages of reading which the readers can avail themselves of. Those who develop the

The habit of reading can stand out among those who avoid reading. Actions need to be taken to promote spirit of reading to let people enjoy its fruits.

There are many advantages of reading such as it enables the readers to think critically.

When a reader is exposed to different innovative and productive ideas, it makes him capable of thinking from different perspectives; he looks at the matter from different angles and comes up with different typical ideas. Furthermore, reading sparks and activates different areas in the brain that helps to enhance one's imagination. By viewing world from the point of view of different experienced and imaginative writers, one becomes more creative than those who do not read.

There is a ~~best~~ physiological connection between reading and developing imagination. The children's author, Theodor Geisel summed up the connection between reading and imagination as: "The more you read, the more things you

will know. The more that you learn, the more places you will go. In this way, the habit of reading fosters critical thinking.

Through reading the ideas of different authors about different things, the ~~exti~~ creative thinking and creative writing of a reader is improved. The exposure to evolving ideas and revealing facts, enables a person to pick those ideas and apply it on different scenarios be it thinking or writing.

Moreover, for a person to become a successful and influential writer, it is utmost important for him to read the work of different writers in order to improve his writing style and incorporate multiple ideas in his piece of writing. Reading feeds writing. When writing dries up or stalls, the best way to revitalize it is to feed one's brain with more reading. Reading feeds the idea writer with ideas for structure, rich language, literary moves, and compelling ways to illuminate a writer's

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Purpose. (edutopia, edutopia.org, September 2023). In this manner, reading and creative writing.

Besides enhancing one's thinking and writing capabilities, reading helps the readers to flourish his/her personality. When a person reads about the life struggles of an iconic figures and the achievements of a person, this leaves a long-lasting impact on the mind of the reader and consciously the reader tries to implement the lessons which he learns from the story of an outstanding in his life in one way or the other. In addition, a reader can stand out among other fellows being because he/she knows about the wonderful things which others don't; as such he/she develops a better understanding of different as compared to non-readers. Studies have found that ~~are~~ those who read more are better at sensing and interpreting the emotions of others, putting them in a position to help if needed. In this

way, reading helps a person to become a better version of himself/herself.

In addition to flourishing the personality of an individual, reading also assists one to reduce stress. In the times of ever-

evolving world, everyone feels stressed, reading both fictional and non-fictional books can help reduce stress. This is because books provide an escape and a comfort to the reader from the harsh and bitter realities of life.

Moreover, reading also helps a person to sleep well and it especially provides relief to the neurons of brain from anxiety and cures sleep disorder.

A 2011 online study conducted over social media asked 996 participants to read a book in bed before sleeping. After a week, 42 percent of the readers felt their sleep improved. (How Cozzy up with a good book before bed improve your rest, Crystal Raypole, Feb 2012). In this way, reading helps a readers to minimize his/her stress.

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stress free life, reading also helps one to be aware of changing trends of world. Through reading different forms of books, newspapers, magazines, novels etc. one comes to know what is going on around the globe, who is winning and who is losing on the global stage and where the world is heading towards. Furthermore, reading imposes individual to a wide range of topics from politics to economy and science to information technology, enhancing their understanding of the world. Reading across various genres and topics provides access to a broad spectrum of knowledge. This diverse exposure helps readers develop a well-rounded understanding of the world. (Colorin Colorado, colorincolorado.org, 2021). Therefore, the habit of reading helps the individuals to stay up-to-date.

In addition to making one aware of changing trends of world, reading also helps one to become a good citizen. Through reading book, the individuals come to know of their rights and

duties. They can better comprehend what is expected from them for being citizens of a state, what are their responsibilities towards their family, their friends, their community and overall nation. In addition, the readers being aware of pros of cons of everything are usually found to be more empathetic towards others for the reason that in books people not only read about the grievances of other people, they also develop a feeling of empathy for them. Studies suggest that people who frequently read fiction tend to become more empathetic because fiction stimulates social experiences, which is an opportunity for people to practice and improve interpersonal skills. In this fashion, reading helps individuals to become good citizens.

Besides making readers the good citizens, reading also prevents one from wasting time on non-productive activities. Reading has multiple benefits to offer to the readers! Besides upgrad-

ing their data bank, reading also helps them to utilize their time in acquiring knowledge or rather than wasting time on such useless activities which brings them no advantage. Further more reading not only helps one become smarter, it can also actually increase one's brainpower. Just like going for a jog exercises your cardiovascular system, reading regularly improves memory functions by giving your brain a good workout. With age comes a decline in memory and brain function, but reading may help slow the process keeping minds sharper longer (9 Benefits of reading, Abigail Wise, June 2024). In this way, reading prevents one from wasting time on non-productive activities.

Besides preventing one from wasting time on non-productive activities, reading also enlightens one's mind and flourishes one's soul. Those who read books and different magazines get to know the reality better than the others even in the age of technology.

the print media offers its readers the innovative ideas and makes the readers capable of breaking the stereotypical. If history is evident of something, the it is clear that during the era of enlightenment, in the history of modern europe, those who were capable of reading played a key role in starting the revolution against the despotic monarchs. The ideas of Voltaire, J.J Rousseau and Montesquieu inspired the readers of France belonging to the middle class, who were later on joined by third estate in their efforts for revolution (A history of Modern Europe, H.L Peacock). In this way, the habit of reading enlightens the minds of readers and alter the destiny of nations.

However, just as the habit of reading proves to be of great advantage, the habit of 'not reading' has many negative implication for the non-readers, as such people who do not read are more prone to think traditionally and within box. The non-

readers remain deprived of the elegant, thrilling, and imaginative ideas the books have to offer and their source of information remain (usually) people of their own kind which is a less reliable source of information as compared to books. Moreover, the non-readers usually lack in thinking critically, looking at things from different perspectives and coming up with different ideas. Reading develops the critical thinking skills that are essential to success in a wide range of areas but the habit of not reading deprives one of this bright side of reading. (Seven Springs Education, www.seven-springs-co, sept 2022). Therefore, the habit of non-reading ~~meets~~ makes people think ~~is~~ typically.

In addition to sticking to traditional rotten methods of thinking, the non-readers also remain unable to compete in the changing dynamics of the world. Lack of exposure to written language through reading makes one deficient in the

understanding of languages and concept which in the long run leads to lack of communication skills, impedes academic performance and professional development. In addition, the non-readers exposure to diverse cultures, history and stories is hindered and they become ignorant of the changing trends. Without exposure to diverse cultures, perspectives and social issues, individuals may remain culturally insular and unaware of the broader societal context. (The losses incurred by not reading books, Shafaqat Khan, March 2024).

Besides facing difficulties in competing in the evolving and dynamic world, the non-readers also waste their time in useless activities more than the readers. The time which the readers utilize in reading different genres to upgrade their skills and knowledge is wasted by the non-readers in practising useless things like scrolling on social media platform for hours and hours just to kill

time. In addition to this, the lack of knowledge resulting from staying away from books may affect the self-esteem of a person. It could also lead a person to avoid discussion of substance and to miss out on positions in intellectual organizations and committees. Therefore, staying away from books deprives a person of many opportunities.

When a person makes no time and effort for reading books, he/she remains deprived of a great deal of knowledge reading has to offer. Books are invaluable sources of knowledge and insight. Not reading deprives individuals of access to diverse subjects, historical events, scientific discoveries and cultural perspectives, hindering their understanding of their world. Moreover, reading plays a crucial role in cognitive development, enhancing memory, attention and problem-solving skills. No engaging with books may result in stagnation and an increased risk of cognitive decline later in life. In this manner,

The non-readers cannot avail themselves of the ocean of knowledge and benefits the reading offers.

Despite the great advantages of reading, the habit of not reading still prevails in societies and certain actions need to be taken in order to promote the habit of reading such as government should set-up free libraries for the people. The libraries has the potential to provide not only free and easy access to different form of books, they also provide a large variety of fictional and non-fictional contents on diverse and dynamic subjects, covering various aspects of life. Libraries do much more than simply providing people with access to books for reading. According to UNESCO 250 million children are failing to acquire basic literacy skills, and 763 million teenagers and young adults are also lacking in literacy. These children and teenagers can benefit from the rich literacy experiences afforded by the special programmes and

events offered at libraries. Therefore, libraries can help foster the spirit of reading.

In addition to providing physical and virtual space for the individual to promote reading, the power of social media should be utilized as mainstream and encourage the habit of reading. Today, in the era of technology when the world has become a global village, people in almost every corner of the world are having access to social media and mainstream media. The youngsters in particular and children as well pay heed to what is presented to them on social media. By utilizing this power of influence, the media should spread awareness to the people about the benefits of reading. Moreover, special programmes, advertisements and campaigns by involving the influencers should be launched to foster the spirit of reading. Companies and institutions use social media to share their brands or visions. Schools can do the same by using social

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media to share a campaign about the importance of reading. Leveraging social media to engage readers, Lorraine Radice, Oct 2023). Therefore, the magic power of social media should be used to promote and encourage reading.

In addition to utilizing media to encourage reading, book stalls and book-fares should also be made a part of culture. Owing to the geopolitical crisis when inflation is skyrocketing, many people cannot afford to buy or access or buy quality material for reading. In such circumstances, book

fares with diverse variety of content can provide opportunity to the people to have access to different books in affordable prices. Moreover, at the national level, the government should set a minimum rate for book selling and old-book shops should be provided more space. Old book shops see more businesses than first-hand book shops. People can buy half-priced books on any topic, as well as textbooks. In this way, making

books easy available to all without any discrimination can encourage the habit of reading.

To cut the long story short, the whole discussion shows that there are a lot of benefits of reading. It enables the readers to think critically.

It enhances creative thinking and helps one become up-to-date and a good citizen. The personality of the readers becomes impressive and their minds are enlightened. On contrary, those who avoid reading cannot avail themselves of the golden opportunities the reading has to offer. The non-readers prove less analytical, less competent and less productive as compared to readers. However, by keeping in view the innumerable advantages of reading, the spirit of reading ought to be promoted through actions such as setting-up libraries or utilising the media. After all, as per "Those who know and those who do not know cannot be equal."