

Important of Reading Habit

Ramdas swamy has been saying for a long time about creating a little bit of sweetness and loves for reading..... A man whose life is enriched by experience and reading not only excels in his field, but is also known as a good man. Everyone gets experience according to their condition, time, situation, but reading gives knowledge and understanding.

What to read:

The most basic question is to read, but what exactly to read? We read things sent to each other on social media every day, is that also reading? Is that reading enough? If not! Reading means you are reading a book, a newspaper, an article, a feedback that the author knows about. Anonymous messages circulating on social media are not reading. You can start with a newspaper or a magazine. If you don't know exactly what you would like to read, you will find all kinds of reading material in the newspaper, social, economic, fine, essays, news. Keep reading what you like about it and you can get books on the subject, research papers and many more.

How to read:

Reading tools are changing as technology is changing rapidly. Now you can read all the materials like e-books, e-magazines, e-newspapers on your mobile or computer. You don't have to search for a library or a shop to get it. Everything can be found at your fingertips. If you want to stick to the traditional method of reading, you can read directly through books, newspapers and physical media. In addition, a new technology called 'Kindle' is currently in vogue. You can read whatever book or newspaper you want on it like mobile but more conveniently. So there is no tension in your eyes.

Why reading?

1. **Stimulating the intellect:** - It is said that the more the brain works, the more its efficiency increases. Reading is an exercise for the brain. Reading keeps the brain working and makes it more efficient. So if children get into the habit of reading, then as they get older, they will become smarter.
2. **Relieve stress:** - In a busy and hectic life, reading is a medicine that takes away your boredom and stress in a jiffy. When you read a book, you forget your life and you are in a different world. This world forces you to forget stress.
3. **Vocabulary:** - Man's wealth comes first on his vocabulary. Not only this, your success depends on how well you can express yourself in your life. Reading helps you to communicate better, as well as enhances your writing skills. So the more vocabulary, the more success you have.
4. **Knowledge:** - Books are the most reliable source for gaining knowledge. Whether that knowledge is of a cooking substance or of a concept in philosophy, you are reading so your knowledge is increasing. In short, reading is a great way to gain knowledge.
5. **Concentration:** - Reading is a sadhana, from which the intellect and the mind get a meeting. Meditation, Namasmaran, Meditation are just as useful for concentrating as reading.
6. **Entertainment:** - Reading entertainment is always better than mobile games that strain the eyes and brain. Moreover, the habit of reading is many times more beneficial than entertainment like Blue Whale and Pubji.

There are hundreds of benefits to reading, and there are many reasons why reading should be done. Doing some of the above has emerged from studies by scientific researchers. So make books your friend and enrich your life.

It is the duty of each and every one of us to preserve the reading culture, but as a reader, it is also our responsibility to buy and read the books to keep the obsession uninterrupted or to motivate our loved ones to read on special occasions. Let's buy at least one of our favorite books and preserve the culture of reading.