

READING FOR PEACE AND TRANQUILITY

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Abstract : -

Human beings are gifted with brain. They use it for inner peace through various activities. Habit of reading is one of the gifts which is given to human beings. No animal can read though they have brain too. Ability to understand, ability to apply the knowledge are exclusive boons as only human beings can have it. So, reading is associated with human beings only. Of course, like reading, listening, writing, speaking, laughing, crying, jumping, climbing, all such types of activities are part and parcel of every human beings. But 'Reading' is the best 'BOON' which is the wonderful precious gift, given to human beings for various purposes, which gives peace and tranquility in our lives. Reading for pleasure, for leisure, one can read silently, loudly. It may be for intensive or extensive reading. But the habit of reading definitely gives peace of mind to the human beings. It helps to save the life. So, reading habit is the best habit.



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Key words : Peace, tranquility, initiative, extensive, leisure, perfectionist, uniquely, magic, analytical, synthetical.

1.1 Introduction: -

According to Stephan King, "Books are uniquely portable magic". Great books always help us understand and also help us feel understand. It is said that to remain valuable in our life, we must master that art of reading, writing, listening, speaking as well as communicating. The art of reading is more important than any other skills or habits.

Dr. David Lewis says, "Loosing oneself in a book is the ultimate relaxation". Everything we read, fills our head with new bits of information and we never know when it might come in handy. The more knowledge we gain from reading, we are better equipped to tackle any challenges which we have to face. It is said that, we may lose our job, our possessions, property, money, even our health, but our knowledge what we have gained from reading can never be taken away. Reading may be for academic purposes or non-academic purposes. Both give us satisfaction, peace, ultimately tranquility.

1.2 The purpose of Reading: -

1. Academic Purpose
2. Non-academic Purpose

1: - Academic Purpose

When we read for academic purpose that is for our career or for getting better score in Examination. Sometime we want to increase our knowledge and perform better academically. We continue reading because it makes us better perfectionist, better conversationist. So reading habit is always helpful to develop our personality both inward and outward. The researches done on 'Reading' proved that more self-study is helpful for acquiring more knowledge. If you read more, higher gain in learning automatically takes place.

Shashi Tharur, the famous journalist says, "I read rapidly and indiscriminately chronic asthma often confined me to bed. But I found so much pleasure in the books, pulled up by my bedside that I stopped resenting my illness. Soon reading become the central focus of my existence". It works as medicines for the patient.

2: - Non-academic Purposes

Reading helps to develop our verbal abilities as well as our vocabulary. Due to reading habit, we are entertained. Some books are helpful to give us ideas. It helps us to discover something unique. It inspires us to motivate. Something new, innovative is created. So, it develops our personality as a whole. One can become orator also. The more we read, the more we understand. It gives us direction to think in a different way. For example, we try to think similar words like synonyms, antonyms for the vocabulary which we read. It adds our knowledge. Apart from our subject of specialization we start reading different related books on various subjects or topics. So, for non/academic purpose we start our reading and develop our personality.

1.3 Types of sources

There are many types and formats of reading material. One can read books, journals, magazines, reports, newspapers and also other non-conventional forms of material. Nowadays online open educational resources, free journals and digital books are available through digital libraries. Oxfords, Cambridge libraries are open for the readers, with the help of digital technology many sources are available and one can get benefits of them.

1.4 Advantages of reading

1. Reading improves focus and concentration. When we read a book all our attention is focused on the content story or matter of the book.
2. Reading reduces stress Mentally we feel relaxed, so it is the most effective way to overcome our stress. Brain remains active, Strong, healthy.
3. Reading sharpens our memory. It improves memory.
4. It increases our knowledge which last for longer period, can never be taken away from us.

5. It makes us more Empathetic.
6. It helps to develop our imagination level.
7. It increases our interest in reading variety of books.
8. It helps for vocabulary expansion. It boosts our self-esteem. The more we read the more we gain exposure to.
9. Reading helps to learn new languages.
10. It develops analytical thinking ability. If we read mysteries novel before finishing to read the book, we solve the mystery ourselves. It means we are able to put critical and analytical thinking. Sometimes we criticize the plot, character.
11. Inner peace and Tranquility- Reading good books it is possible that the subject we read about can bring about immense inner peace and Tranquility. If the books are spiritual it helps to lower our blood pressure and brings about immense sense of calm and feel peaceful and satisfied happy.
12. Amusement with entertainment- It's really very true that spending a few money we can visit our local library and gain countless joy. We can select the books from the library of our interest an enjoy the life. Varieties of online books are nowadays available. Just we have to search it and start reading for amusement and entertain ourselves with good books.
13. It gives new way to life. It gives different perspective to life. It helps to control anger, handle negative emotions. It changes our mindset.
14. It increases our creativity and imagination ability. We may get the insight of writing like great writers. It's really fun to read variety of books.
15. It improves our ability to emphasis on particular point. Reading increases our knowledge so it develops our confidence and self-esteem so we are able to emphasis on the particular points if any situation takes place.
16. It improves our communication skill. Reading is the third step of psychologically sound method of learning any language. Reading gives exposure, it expands our vocabulary. One can speak fluently, express his other thoughts, ideas, emotions, feelings confidently.
17. Reading helps us to build discipline. It develops our interest. Great author's books naturally inculcate values like self-discipline, cleanliness, punctuality, dignity toward labour etc.
18. It improves writing skill. Reading and writing go simultaneously. The more we read the more knowledgeable we become. More knowledge about subjects inspire us to write articles, books, poems, drama, fiction, songs, biography, story etc. We give exposure to our thoughts our imagination through writing books.
19. Reading develops our personality. Reading good books or great authors book develops our thinking ability. It reflects through our thinking behavior. Accordingly, we start to think behave and understand the meaning of 'Sample living and high thinking'.

20. Reading enables us to understand others. It improves our affective domain and so we develop our attitude. We can understand the people. One should not keep blaming the people. Our negative attitude need to be destroyed and positive attitude need to be encouraged.
21. Reading helps us to collect the thoughts and views of others and develop an educated opinion within us. Because it can give the ability to guide the authors too.
22. Innovative insight- each time we read a book we will get another insight. It is really enjoyable. Reading is something which is good as experiment.
23. It increases our comprehension ability. Skimming, scanning take place when we read any newspaper or a book. It develops our memory and able to comprehend better.
24. Reading improves productivity. New thoughts, new ideas, new imaginations, creative literature can be created with the habit of reading varieties of books.
25. Reading increases desire towards achieving goals. Some people are of the opinion that for all round development. Reading is very effective tool.

1.5 Levels of Reading: -

For the purpose of reading, one has to think while reading. There are various levels of reading.

1. Elementary Reading- The aim will be to know the language and grammar of the book.
2. Inspectional reading- when we give answer to the questions like, “what’s the book about? What are its structure and parts”?
3. Systematic skimming- we can say it as pre-reading. Just reading the titles headlines etc.
4. Superficial reading- scanning means thoroughly reading. Reading for pleasure, understand and line by line.
5. Analytical Reading- to understand the content of book. Reading it compares and understand the quality of books.
6. Synthetical Reading- here one can read many books on similar or related topic and place them in relation with one another.

1.6 Techniques of reading- for example when we read at Analytical level, what does the book mean? One must be able to answer this question while reading analytically one has to follow the instructions.

1.6.1. Analytical reading: - This type of reading means the reader analyses the book when he reads it. He needs to think what does the book mean? While reading he underlines sentences which are important, circles the key words, phrases. One has to note down that whether he is writing in margins or top and bottom? He has to take structural notes about the content of the subject. Sometimes conceptual notes about the truth and significance of the content matter. He also must be aware about the dialectical notes about the shape of the arguments, ideas. So, one can say that there are many different types of approaches while reading varieties of books. Sir Francis Bacon quotes

that, “some books are tested, others are to be chewed or swallowed”. So, while reading any book for following purposes we have different approaches. For example, practical matter, imaginative literature, stories, fictions, plays, drama, poems, scientific based, travel, philosophical, social science based, descriptive are the varieties of literature. It creates certain types of approach while reading any books. Of course, one must start reading and finish it also. If you are not sure to read complete book then don't start reading.

1.7 Conclusion: - We must select printed book instead of e-book. Because printed book gives real joy and satisfaction of reading. Our purpose is achieved. It provides pleasure and deep empathy. It improves our comprehension ability helps to reduce stress. So, one needs to dedicate at least 30 to 40 minutes for reading book. Reading should be like daily exercise. Our former president and renowned scientist A.P.J. Abdul Kalam also was interested in reading Books- That's why our Government as well as all students use to celebrate A.P.J. Abdul Kalam's birth anniversary as “Vachan Prerana Din”.

During lockdown, the inspiring stories of persons really helped the people to get peace of mind. The time was utilized for developing their personality, enriching their knowledge, vocabulary. The habit of reading was so useful for those, who continued reading books. They had not faced any problem to kill the time when they were locked down in their homes, “Work from home” this culture, was expected from all of us. Still to get pleasure in leisure, reading helped to get relaxation. So reading clears our mind. we become transparent and could see the world not through the glass but directly.

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