



A m i t a b h B a c h c h a n

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READING – AN INTEGRAL PART OF LIFE

Reading, I believe, is a basic tool for living a meaningful life. In fact, since infancy and childhood, our lives have been inseparable from reading. As a growing child, I spent most of my time reading. My parents encouraged me to read everything from newspapers to novels. Investing on books was never a waste at home. Reading has a host of benefits in fact it becomes a habit as common as bathing or eating.

Reading does not only bring knowledge. If you enjoy reading and embrace it, you can fantasize and stretch your imagination to its fullest extent, transporting you into another world altogether. Your attitude towards reading will determine how it affects you and your future life.

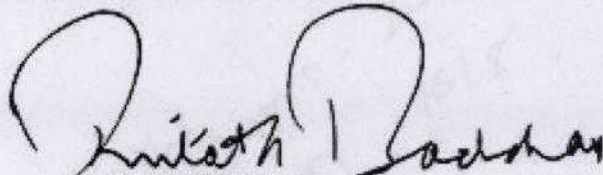
Books are the best nutrients for a person's mind. Children who like reading stories will eventually have better writing skills and analytic ability. Ability like this is established on a strong foundation. Your mind and knowledge are things that will benefit you in your lifetime, and no one can ever steal it from you.

Although one can take to reading at any age, I have seen that it is much easier to begin at a young age and develop a love and passion for reading rather than forcing oneself to indulge in this at a later stage.

In many cases, parents can be at fault, inasmuch as they fail to encourage reading among young children. Studies are given far too much importance. Among college students and young working adults, reading seldom happens, as the mobile phone/iPod is the preferred pastime. It is a sad state of affairs in almost all our homes.

I have been an avid reader since my childhood (and I can't thank my parents enough for this gift) and, to this date, my home and work place are overflowing with books and reading material. In spite of my busy schedule, or rather because of it, enjoying the pearls of wisdom by relaxing with an interesting book and/or the fantasies that come along with them is such a welcome and pleasurable break!

Some of the books amongst others, which have made a significant difference to me are the classics of English Literature and in Hindi the books of Munshi Prem Chand and of course all the works of my Father, Dr. Harivansh Rai Bachchan.


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