

THE ROLE OF READING IN MENTAL AND PHYSICAL WELL-BEING
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क्षणशः कणशश्वैव विद्यामर्थं च साधयेत् ।

क्षणे नष्टे कुतो विद्या कणे नष्टे कुतो धनम् ॥

The meaning of this Shubhashit is that the human beings when they start to pursue their education since childhood must utilize their maximum time for reading and become learned and scholar. The era of 21st century has witnessed developments, inventions in science and technology. Invention of Mobile, T.V, Radio are some of the examples. Currently the use of electronic gadgets especially mobile, watching TV for long hours, binge watching web series has become an addiction in all age groups of the society by neglecting daily household chores, sleep, exercise, healthy eating habits. As a result the emotional and physical well-being of the people are at stake. Currently the emotional problems like depression, anxiety, stress and physical problems like Obesity, insomnia, and poor eye health have become severe. To help recover from this has become the need of an hour! Understanding this the researcher has chosen the topic which contains significance, valuable suggestions and conclusion which explains the topic.

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CHAPTER II

VITAL ROLE OF READING IN PHYSICAL AND MENTAL HEALTH.

Joseph Addison has rightly said that Reading is to the mind what exercise is to the body. This research work is the hook that grabs the reader's attention towards the role of reading in physical and mental well-being. In today's era it is very much important in fast pace of life that one should look towards physical as well as mental well-being. There are many modes by which a person seeks peace of mind. Reading is one of those modes. Healthy mind is a reflection of healthy body. Reading helps to increase one's depth of knowledge. Reading is essential for fostering mental and physical health. It is a potent instrument for relaxation, emotional equilibrium, and personal development in addition to being a source of information and amusement. Reading improves focus, memory, and critical thinking abilities

by stimulating the brain. Reading fiction in particular enables readers to relate to characters and comprehend a range of viewpoints, which helps enhance social awareness and emotional intelligence. Reading strengthens our mind. It inspires us, builds resilience, improves focus, and encourages a positive mind-set. These mental benefits also translate into physical well-being—reducing stress, promoting better sleep, and encouraging healthy habits. By reading regularly and using appropriate resources, one can achieve academic success while supporting overall mental and physical well-being. Reading is not just a pastime—it is a form of therapy that nurtures both mental and emotional well-being. By exploring books and articles related to personal challenges, individuals can discover practical solutions without bias, anytime and anywhere. Regular reading of self-help books and insightful articles builds confidence, reduces stress, and strengthens mental

resilience, contributing to overall personal growth and a healthier, more balanced mind.

CHAPTER III

SIGNIFICANCE OF READING HABITS.

“प्रसंगे अखंडित वाचित जावे” This is a statement by

Ramdas Swami which I am quoting in the essay to explain the significance of reading for physical and mental wellbeing.

Before 15th August 1947, India was under British rule. Many brave freedom fighters sacrificed their lives to liberate the nation from colonial oppression. During this period, numerous freedom fighters read the biographies of great leaders and drew inspiration from them to fight for India's independence. Even when imprisoned, freedom fighters used to spend their time reading. Books helped them maintain a positive mindset, stay motivated, and continue their struggle against British rule. Today's youth can follow their example by reading about the lives of freedom fighters.

Many of us often ask, “Who is your role model?” The answer is reading. By reading biographies and life stories of great people, we not only learn about their achievements but also understand how they faced challenges, made decisions, and shaped their lives.

Now a day's many students are preparing for competitive exams. Reading is a must for them. Reading various books, magazines, and articles can significantly improve their knowledge and understanding. It helps them gather relevant data, find examples, get to know about the schemes of Government at all levels, current affairs and quotes also. It also reduces stress, promotes relaxation, and provides mental clarity, helping students cope with the pressures of exams.

Reading stories like Cinderella, Snow White and the Seven Dwarfs, and Rapunzel does more than entertain;

it plays a vital role in developing imagination and creativity. When children and adults read, they visualize characters, settings, and events, which strengthens their mind and encourages innovative thinking. This imaginative exercise not only improves cognitive abilities but also enhances emotional intelligence, helping readers understand different perspectives and manage their feelings—thereby boosting mental well-being. By exposing readers to diverse writing styles, vocabulary, and storytelling techniques, reading also lays the foundation for becoming good writers, teaching them how to express ideas effectively and creatively.

Reading is very important because it provides a platform to connect and spend quality time with family and close ones, including friends and relatives. These activities not only allow family members to spend quality time together but also promote the exchange of ideas and information and also create an environment of laughter, fun, and enjoyment. Cherishing this happy moments continuously helps to release happy hormones in the brain which can have positive impact on mental and physical wellbeing also.

In Indian culture, families often perform an evening ritual, lighting a diya and reciting Sanskrit shlokas and Stotras. All this has a rhythm. Regular reading and chanting of this shlokas and stotras create vibrations in the brain, helps a human to recover emotionally, breathing exercises take place, release negative memories, wash sins of earlier birth, also they receive some roads signs and divine help. For reading this shlokas a person's sits down and close his eyes and read it without getting up this helps a person to develop concentration, sitting straight with erect spine helps to improve the function of spinal cord and also gives a relation to body which is drained because of the workload and household chores.

CONSLUSION AND SUGGESTIONS:

Conclusion:

Researcher would like to conclude the research paper with the Vachanprashsa by Dr. Karvandikara which sums up the essay.

शीलं सद्गुणसम्पत्तिः ज्ञानं विज्ञानमेव च । उत्साहो वर्धते येन
वाचनं तद् हितावहम् ॥१॥

Reading enhances values like good character, virtues, wealth, and knowledge. The person develops a wisdom to understand difference between what is correct and what is not correct.

मनुजा वाचनेनैव बोधन्ते विषयान् बहून् । दक्षा भवन्ति कार्येष
वाचनेन बहुश्रुताः ॥२॥

Voracious reading helps the man to understand various subjects, become mindful in their work.

वाल्मीकिव्यासबाणाद्याः प्राचीनाः कविपण्डिताः । तान्
शिक्षयन्ति सततं ये सदा वाचने रताः ॥३॥

The people who are always engrossed in reading always gets benefited by the knowledge bestowed by the ancient learned people.

अद्यायावद्धि ज्ञानाय वृत्तपत्रं पठेत्सदा । सर्वविधसुविद्यार्थं
वाचनमुपकारकम् ॥४॥

Reading of newspapers on daily basis should be done to upgrade oneself.

वृथाभ्रमणकुक्रीडापरपीडापभाषणैः । कालक्षेपो न कर्तव्यो
विद्यार्थी वाचनं श्रेयेत् ॥५॥

Instead of whiling away time in unnecessary activities one should always resort to reading.

वाचनं ज्ञानं बाल्ये तारुण्ये शीलरक्षकम् । वार्धक्ये दुःखहरणं
हितं सद्ग्रन्थवाचनम् ॥६॥

Reading is always all the time beneficial in your life which gives you knowledge in the childhood, takes care in the youth and dispels sorrow in the old age.

The students must read lot and utilize the knowledge to solve the problems of the world, make India a knowledge hub of the world, and ultimately make this world a happy place to live.

Valuable Suggestions:

ग्रंथं हेच गुरु, वाचाल तर वाचाल are the very famous sayings which highlights the role of reading in mental and physical wellbeing. It tells that reading as a hobby and regular practice plays a pivotal role in improving our memory function, improving cognitive functions, boost creativity and imagination. If the mental health is good then naturally our physical wellbeing also remains intact. Reading plays an important role not only for acquiring a knowledge but is also the best means to maintain good mental and physical well beings. Now a day's lot there are articles about the importance of reading for better mental and physical health via newspapers, social media, reels etc. to increase awareness among the general public. I have following suggestions on how reading is the key for mental and emotional well-being.

Problem-Solving ythrough Reading:

If a person is undergoing some problem then she/he should do a search and read the books offering solutions and valuable suggestions related to the problem they are facing E.g. If the person is facing some problems like low confidence he always thinks negative about the situations, the person always sees problem everywhere must read the book an obstacle is the way etc.

Book Fairs and Reading Culture:

Every year now The National Book Trust is organizing a book fair in Pune Maharashtra to develop a reading culture among the citizens. In that many research institutes, colleges, publication houses have their stall they offer discount also on purchase. Along with that lectures on various topics where they invite scholar people to increase awareness among the visitors about

positive impacts of reading on physical and mental wellbeing's. My suggestion here is everyone must attend this and take the benefit

Competitive Exam Preparation:

The students of UPSC or those who want to give other competitive exams must read the magazines like KRUKRUSHETA, YOJANA, and Newspapers like the Hindu times of India, Competition success to crack the exams with good marks and confirm their selection. Attempts to give the past wealth to the future generation.

Every day, students and family members should engage in reading sacred texts such as stotras, shlokas, the Ramayana, Mahabharata, etc. This will not only help keep the reading culture alive, but also ensure that future generations remain connected to Indian traditions and values. By reading these texts, they will gain insights into how ancient wisdom can positively influence their mental and physical well-being, offering guidance on maintaining both mental clarity and physical health.

Childhood Reading:

Reading fairy tales like Cinderella, Snow White and the Seven Dwarfs, and Rapunzel can stimulate children's imagination, expand their vocabulary, and foster creativity, all of which contribute to cognitive development. In addition, the engaging and often uplifting nature of these stories can reduce stress, promote emotional well-being, and enhance mental health. Furthermore, regular reading can encourage better focus and discipline, which also supports physical health by creating a structured, calming routine.

Learning from Personal Experiences of Others:

The famous Marathi Newspaper Maharashtra Times had started an initiative wherein they used to publish a column where the famous personalities had expressed their views on importance of reading and how reading books can help to maintain a good health of physical

and mental health and also they had a hobby of reading books and how it helped them to manage stress. Everyone must read these columns to develop the habit of reading.

Family Reading Activities:

On every weekends, summer vacations, Diwali vacations an activity of book reading at home should be conducted which will help to develop the quality of reading among the children.

Avoiding Idleness and Digital Distractions:

There is a famous saying that, Empty mind is a devil's soul. When we sit idle negativity attacks our mind which deteriorates our mental and physical wellbeing. Instead of sitting idle or watching useless reels on social media one must read a book or listen to the audio book on story tell and other platforms this will have a positive impact on your physical and mental wellbeing.

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