



**"Greater energy and greater passion is more extraordinary than greater genius."  
— Lt. General Arjun Ray, (Retd.), PVSM, VSM**

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### **Reading Habit**

1. To succeed and flourish in the 21st century, the reading habit is a must. Parents and teachers are mandated to ensure children go even beyond into deep reading, reading with the purpose of transforming oneself to be a good person, and being prepared for a future we do not know.
2. We have entered the age of a-literacy wherein individuals are consciously exercising their choice not to read. The latest reading statistics from the US are disturbing. 33 percent high school graduates never read a single book after leaving school. And 42 percent college graduates do not read any book after graduation.
3. The book-reading habit must start with teachers. The following book-reading strategies will help:

**Step 1:** Daily goal of reading 20 pages for 8 months.

- Keep a log and use a habit tracking app like catch.me.
- Logs ensure accountability

**Step 2:** Always carry a book or a Kindle.

**Step 3:** Select a particular time in the day to read – morning after exercise is preferable.



**Step 4:** Eliminate distraction by muting the mobile.

**Step 5:** Read liberal newspapers, watch selected videos, and read quality magazines like The Economist, Time and Wired.

With warm regards,

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