



- Refines ourselves
- Enriches..
- Better individual
- “Me time”
- Widen your perspective
- New opportunity and vision
- Creativity and Imagination
- Stress Management



Tips...

Set “Me time”

Always carry a book

Bed time stories for kids

Have a “to read” list

Reduce time on social media

Start with a topic of interest



My choice for begginners

- Malgudi days- R.K Narayan
- Tottochan
- Alchemist
- M.T, Benyamin,
K.R.Meera,Priya.AS,O.N.V, Robin
Sharma-Monk who sold his ferrari.
- Ruskin Bond



Kids.....

- Diary of a Wimpy Kid
- Geronimo Stilton
- Harry Potter
- Amar Chitra Katha
- Tinkle, Balarama digest
- Panchathantra
- Arabian Nights
- Alice in Wonderland

