

READING IN DEPTH

How do you read books? Do you read books superficially or deeply?

Deep reading creates a cognitive dissonance and transforms us.

We are a different person after reading the book.

Today's activity is to build deep reading skills.

Avoid checking your phone for notifications while reading. Focus only on the book or the content that is in front of you



Read slowly and deliberately. Allow your senses to get immersed in the book.

Reading alone is not enough,
Write down in a journal the things you want to apply to your life.

Defining new words

Asking questions

Coding recurring words and themes

Making personal connections to the text



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15.25 lakh users
and counting



Live Classes
using MS Teams



Lessons on
ZOOM APP



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Streaming





YouTube Live
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For Admission Enquiries

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Citing current events
Highlighting heading and subheadings
Summarizing paragraphs
Chunking
Categorizing information
Numbering and ordering
Drawing pictures



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In your journey of becoming a deep reader, don't focus on reading too many books. Take it slow. Understand the book and apply the principles that have inspired you. Once you've mastered the art of deep reading, you can increase the quantity of books which you read each month or year.

Make your day joyful




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e-Praghna
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