

**SPECTRUM WORLD BOOK & COPYRIGHT DAY**

# The joy and importance of reading



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**READING OFFERS A MULTITUDE OF BENEFITS ACROSS VARIOUS ASPECTS OF LIFE, INCLUDING COGNITIVE, EMOTIONAL, SOCIAL, AND EVEN PHYSICAL WELL-BEING**

“**R**ead Your Way” is an inspiring slogan or theme for promoting reading and literacy. On this theme the whole world is celebrating ‘World Book Day’ this year. There are many different paths to enjoying reading, and individuals should find what works best for them. Whether its fiction or non-fiction, printed books or e-books, audiobooks or graphic novels, everyone can find their own way to engage with literature. This theme could be used in various contexts, such as in schools, libraries, or literacy campaigns, to encourage people to explore different genres and formats of books. It also emphasises the idea that reading is a personal journey, and there’s no right or wrong way to do it.

World Book and Copyright Day, also known as International Day of the Book, is an annual event celebrated on 23 April. It’s organised by UNESCO (the United Nations Educational, Scientific and Cultural Organisation) to promote reading, publishing, and copyright worldwide. This day serves as a trib-

ute to books, authors, and literature in general, aiming to encourage people, especially young ones, to discover the joy of reading and to appreciate the cultural value of books. It also raises awareness about the importance of protecting intellectual property through copyright laws, ensuring that authors and creators receive fair recognition and compensation for their work. Various activities take place on World Book and Copyright Day, including book fairs, public readings, literary competitions, and discussions on copyright issues. It’s a day for celebrating the written word and the contributions of authors and publishers to global culture and knowledge.

At the heart of this celebration is UNESCO, along with international organisations representing the three major sectors of the book industry: publishers, booksellers, and libraries. These organisations join hands to recognise the World Book Capital for a year. The World Book Capital is responsible for creating initiatives that maintain the mo-

mentum of this day’s celebrations and foster a love of reading among people. The city of Strasbourg, Germany has been recognised as UNESCO’s World Book Capital for 2024. The literary world considers 23 April a significant date since it commemorates the deaths of famous authors including Inca Garcilaso de la Vega, Miguel de Cervantes, and William Shakespeare. The decision to recognise books and authors globally on this day and to encourage people to value books by reading and accessing them was made by the UNESCO General Conference in 1995, which was held in Paris Proclamation of 23 April as World Book and Copyright Day.

For this year, the UNESCO theme for World Book and Copyright Day is “Read Your Way.” This theme emphasises the importance of choice and enjoyment in fostering a love of reading. However, it encourages both children and adults to find ways to engage with books that resonate with them, regardless of format or genre. Additionally, “Read Your

Way” could be interpreted as a call to read with individuality and independence, encouraging readers to choose books that resonate with their interests, passions, and values. Overall, it’s a catchy and inclusive phrase that promotes the joy and importance of reading in our lives. The theme of World Book Day 2024 explained “children are more likely to enjoy reading when their choices are championed, and we make reading fun.”

Reading offers a multitude of benefits across various aspects of life, including cognitive, emotional, social, and even physical well-being. The top ten benefits of reading are: 1) Mental Stimulation, 2) Knowledge Expansion, 3) Vocabulary Enhancement, 4) Stress Reduction, 5) Empathy Development, 6) Improved Focus and Concentration, 7) Enhanced Creativity, 8) Better Sleep, 9) Social Connection, and 10) Longevity. Hence the habit of reading can enrich your life in numerous ways.

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