

VALUE AND JOY OF LITERATURE IN MODERN LIFE STYLE

Dr. Rakesh Patel*

*Researcher,

Children's University,

Gandhinagar, Gujarat, INDIA

Email id: rakesh11051960@gmail.com

DOI: 10.5958/2249-7137.2022.00836.9

ABSTRACT

India is a great country. Who has so much to give to the world. He was once a world guru. Even today, he is trying to get into the clutches of developed countries. India has a lot culturally and literarily. Literarily speaking, there are Gita, Ramayana and Mahabharata, starting with the Vedas written in Sanskrit language.

The main life style patterns that are going to be discussed in this research are the use of high technology machines, fast foods, advanced transportation, and the use of the computer including internet and video games that is being used by almost every member of the family. The way people eat today is far different the way people ate before.

On the other hand, different modern life style patterns have negative effects on health physically, psychologically, and socially. One of these modern ways of living is the high intake of fast foods. Exposure to literature makes a person mentally more mature and comfortable.

KEYWORDS: *Literature, Modern Life Style And Its Effects, Issues Of Value And Literature, Imagination, Creativity.*

REFERENCES:

1. Why Reading Is So Important (theodysseyonline.com)
2. carecteristics of indian literature - Search (bing.com)