

Good handwriting not only creates a good impression but it helps in memory enhancement and strengthening the brain's neural pathways with proper eye, hand and brain coordination

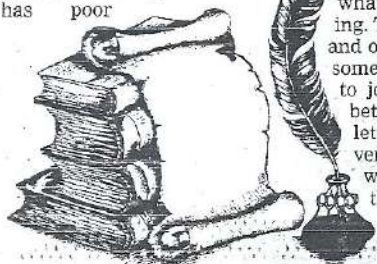


By Minoo Jokhi

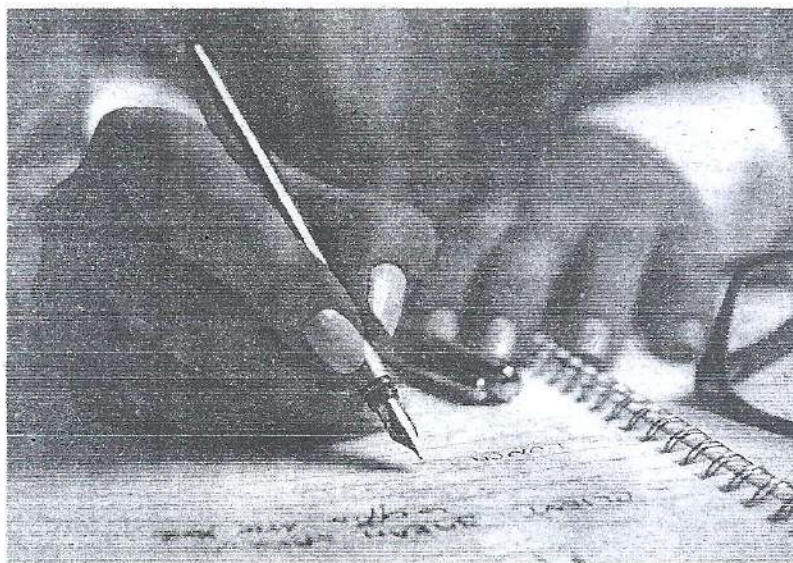
It is rightly said: "Never lose an opportunity of seeing anything beautiful, for beauty is God's handwriting." Indeed, good handwriting is really important for good presentation, good impression and it helps in memory enhancement too.

Good handwriting is a vital aspect of life, which people often consider as not being too important especially in the digital age where we tend to use keypads most of the time. However, the power of the written word still exists! Unnecessarily hasty writing is not going to benefit you in any way. Why write in haste and have bad handwriting and bad presentation?

It is not really so difficult to have good handwriting at all, once you decide to take out the time to write well. And why write ugly? Ugly handwriting is the exact opposite of those beautiful neat and often calligraphic looking works of art that we all envy when someone sends us a handwritten note or card. Bad handwriting also has poor



How to effectively improve your hand writing at any age



rhythm and many inconsistencies.

HANDWRITING IMPROVEMENT SUGGESTIONS

1) Choose the right pen or pencil; the pen/pencil by which your hand is relaxed and you feel comfortable and with which you can smoothly write. It doesn't mean you need a gold fountain pen with a jewel-studded nib and distilled ink, but just something you are really comfortable with!

2) Understand the reason why you want to improve your writing so that you can focus accordingly. With concentrated focus you can coordinate much better.

3) Get a proper grip, which should be light and there should be no undue tension in your hand position.

4) It is good to write fast; but not at the cost of good handwriting. Even in an exam students need to learn how to write fast but with good handwriting.

5) Examine what you are writing. Take a notebook and on a paper write some words; trying to join each alphabet. There are some letters you are very comfortable with and some that you are not too comfortable with. See whether your

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letters are properly formed or not. With some people their "a" and "g" are left open at the top and for some people their "u" and "y" are confusing.

6) Sit in a straight posture; relaxed but fully straight with your non-writing fingers gently curled under your hand

and your hand position resting lightly.

7) If you like a particular style of writing get a sample of that style and then get tracing paper and begin to copy it; with practice a person can make any writing style his/her own style and it will be beneficial.

8) Keep the table where you are writing empty as you need room to move your arm while writing. Clutter around your writing space cramps your style in more ways than one.

9) Concentrate on moving from the shoulder and holding your forearm and fingers steady. Work on muscles from your shoulders, chest and, very importantly, your back as not only for your handwriting but your general wellbeing as you tend to doze off slowly when you are not seated upright.

10) Finger painting is a very vital skill as it helps you to improve muscles at the finger tips. Do try doing it as it is a very creative and thought provoking exercise.

11) Along with finger handwriting, air handwriting too is a great tool to practice letters and numbers. E.g. draw a "M" in the air and later take more such letters. This is a wonderful activity because you can do it with letters, numbers, names and words. Another great aspect of air

handwriting is the fact that you can do it anywhere at any time. The best learning tool is one that you can take with you wherever you go!

12) Practice whenever you can. Take every opportunity to write longhand instead of on a keyboard. If you're a writer, or need to write a report, consider doing your first draft using pen and paper. You can polish and edit as you type it up. Practice your handwriting for 10-20 minutes each day and you should start to see improvements quite quickly. Try making up motivational sentences that use letters in different ways.

13) Do not get disheartened when people criticise you for bad handwriting. Inspire yourself that you will work hard and not give up.

14) Good handwriting is very essential for boosting a student's confidence and memory and ability to recall.

15) Children who have learning disabilities and dyslexia also benefit if they practice on their handwriting as it helps to further develop neural pathways in the brain.

PARTING THOUGHTS

The initial steps, whether you are a school kid or an office person, includes holding your pen or pencil at the top and writing a word clearly. Also let the lines on the page (if any) be your guiding factor. Then do not forget to slow down.

If your writing is hard to read or you erase a lot, try slowing down a little. If you are a student writing an exam you need good handwriting otherwise the professor who has so many papers to correct will not really have the patience for every word written shabbily. Same goes for a professional, housewife or a senior citizen.

Do not be in haste all the time as it will lead to mistakes and errors. As American poet Nikki Giovanni has rightly said: "Mistakes are a part of life. It is the response to error that counts." So make up your mind to erase the error of shabby handwriting and gift yourself beautiful handwriting that will be impressively etched on paper!

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