A J H Pf@B@2 Q™ ¡L Y H CF $ f@BA V9 % 'Bd % ?? CF Q G $ cbY yP J 3–d $ c W F ,
is a noun made from a verb by adding "ing." The "ing" form of the verb "read" is "reading." You can use a J H U X Q G *as the subject, the complement, or the object of a sentence.*
Examples: Reading helps you learn English (englishpage.com).

*H U X Q G V I X Q F W Q R Q V D V J H U X Q G V X V G E M Z K G W H F W F R P S O H P H Q W V W H F
L Q G L U H F W D R E M H F W V R I S U H S R V L W L R Q V W L F L S O H V R Q W K H R W
Y H U E V R P U R G E W L H U V

5 H D G W K H V H H D P S O H V R I
" 6 L Q F H) U D Q F L V F R Z D V I L Y H \ H D U V R O G

gerunds