

## Stressed-out troops

**Underlining** the need for urgent **intervention** **is** the rise in mental health issues among members of the Central Armed Police Forces (CAPF). The Ministry of Home Affairs' (MHA) **update** to the Rajya Sabha on Wednesday **reveals** that **the number** of **psychiatric** cases in the paramilitary forces **has swelled** by an **alarming** 38 per cent from 3,584 in 2020 to 4,940 last year. This figure **assumes significance in the light of** the recent **fatal** firing by an RPF constable at his senior and three passengers on a train in Maharashtra.

**The flip-flop** by the authorities — they first declared that the **cop's** family had **kept his** mental health issue **under wraps** and then withdrew the statement — **is symptomatic** of the lack of **sensitivity** in **dealing with** this **grave** issue. Coming from a force whose troops are regularly **screened** for medical fitness, it **betrays** a deeper **malaise afflicting** the personnel: inadequate institutional support for the stressed-out soldiers who serve on tough postings for long periods. An **arbitrary** transfer policy and **denial** of leave can disturb them greatly. **Jawans** working under **duress** **are prone** to getting violent when their problems are not resolved, as per a report submitted to the MHA. **Trusting** them with guns, unfortunately, **can** cost lives, as the **statistics** show.



The authorities must take steps to **address** the jawans' frustration as it can **lead to** suicide and **fratricide**. As many as 658 suicides were reported among CRPF, BSF, CISF, SSB, ITBP and Assam Rifles personnel from 2018 to 2020. In the past five years, 29 personnel were killed by their colleagues, as per the MHA report submitted in the Lok Sabha in April. The growing **trend** of these employees **opting** for **VRS** **is** another **manifestation** of the problem. It is a massive loss **in terms of** lives and **productivity** and **calls for** a deep inspection. [Practice Exercise]

- Red/blue coloring of words in the sentence indicates subject verb relationship; where 'red' denotes 'subject' and 'blue' denotes 'verb'.

## Vocabulary

1. **Stressed-out** (adjective) – worried and nervous तनावग्रस्त
2. **Troop** (noun) – soldiers or armed forces. सेना
3. **Underline** (verb) – Underscore, emphasize, highlight, stress, accentuate, point out जोर देना
4. **Intervention** (noun) – Interference, involvement, interpolation, mediation, intercession हस्तक्षेप
5. **Reveal** (verb) – Disclose, unveil, expose, divulge, make known प्रकट करना
6. **Psychiatric** (adjective) – Pertaining to mental health, psychological, mental मानसिक
7. **Swell** (verb) – Expand, inflate, bloat, enlarge, grow बढ़ना
8. **Alarming** (adjective) – Frightening, startling, shocking, worrying चिंताजनक
9. **Assume** (verb) – Adopt, take on, begin to have, ग्रहण करना
10. **Significance** (noun) – Importance, meaning, relevance, consequence महत्व
11. **In the light of** (phrase) – Considering, given, in view of, keeping in mind को ध्यान में रखते हुए
12. **Fatal** (adjective) – Deadly, lethal, life-threatening, mortal घातक
13. **Flip-flop** (noun) – Change of opinion, reversal, about-face, U-turn पलटाव
14. **Cop** (noun) – Policeman, police officer, constable पुलिस अधिकारी
15. **Keep something under wrap** (phrase) – to keep something secret and not reveal it to anyone छिपाकर रखना
16. **Symptomatic** (adjective) – Indicative, representative, suggestive of लक्षणदार
17. **Sensitivity** (noun) – Responsiveness, awareness, sympathy, understanding संवेदनशीलता
18. **Deal with** (phrasal verb) – Handle, manage, address, tackle से निपटना
19. **Grave** (adjective) – Serious, critical, dire, severe गंभीर
20. **Screen** (verb) – Examine, check, inspect, review जाँचना
21. **Betray** (verb) – Expose, reveal, disclose, give away प्रकट करना
22. **Malaise** (noun) – Unease, discomfort, uneasiness, dissatisfaction अस्वस्थता, व्याकुलता, बैचैनी

23. **Afflict** (verb) – Torment, trouble, burden, distress पीड़ित करना, सताना
24. **Arbitrary** (adjective) – Random, whimsical, capricious, unreasoned मनमाना
25. **Denial** (noun) – Refusal, rejection, dismissal, negation इनकार
26. **Duress** (noun) – Coercion, compulsion, constraint, pressure, force दबाव
27. **Prone** (to) (adjective) – Susceptible, inclined, liable, apt, predisposed होने का खतरा होना
28. **Statistic** (noun) – Data, figure, number, measure, info आंकड़ा
29. **Address** (verb) – Confront, tackle, attend to, deal with, manage सुलझाना, निपटाना
30. **Lead** (to) (verb) – Result in, cause, bring about, produce, give rise to वजह बनना
31. **Fratricide** (noun) – Brother-killing, sibling murder भ्रातृहत्या
32. **Opt** (for) (verb) – Choose, select, decide, pick चुनना
33. **Manifestation** (noun) – Display, demonstration, exhibition, evidence प्रकटीकरण
34. **In terms of** (phrase) – Regarding, concerning, with respect to, in relation to के संदर्भ में
35. **Productivity** (noun) – Output, efficiency, yield, production उत्पादकता
36. **Call for** (phrasal verb) – Require, demand, necessitate, entail मांग करना

## Summary of the Editorial

1. There's a notable rise in mental health issues among Central Armed Police Forces (CAPF) members.
2. The Ministry of Home Affairs' update showed a 38% increase in psychiatric cases within the paramilitary forces from 2020 to 2021.
3. A recent fatal incident involving an RPF constable in Maharashtra highlights the severity of the issue.
4. Authorities' inconsistent statements on the RPF constable's mental health indicate a lack of sensitivity towards the issue.
5. Despite regular medical screenings, incidents like these suggest deeper issues within the force.
6. The root cause seems to be insufficient institutional support for soldiers on tough, extended assignments.
7. Arbitrary transfers and denial of leaves can exacerbate soldiers' stress and discomfort.
8. Jawans under duress and with unresolved problems may turn violent.
9. The combination of stressed jawans and weapons can be fatal, as data indicates.
10. Authorities need to address the rising frustration among jawans as it can lead to suicides and fratricide.
11. Between 2018 to 2020, 658 suicides were reported among various units of CAPF.
12. In the past five years, 29 personnel were killed by their colleagues, according to an MHA report.
13. A growing number of personnel are opting for Voluntary Retirement Scheme (VRS), hinting at deeper issues.
14. The situation not only leads to loss of life but also negatively impacts productivity.
15. This alarming trend demands a thorough and deep inspection of the system and the challenges faced by the forces.

### Practice Exercise: SSC Pattern Based

1. **Based on the passage, what is a major concern about the rise in mental health issues among the Central Armed Police Forces (CAPF)?** [Editorial page]
  - A. It increases the chances of violent incidents on trains.
  - B. It affects the productivity of the CAPF.
  - C. It highlights the sensitivity of authorities in dealing with mental health.
  - D. It raises questions about the adequacy of institutional support for stressed soldiers.
2. **According to the Ministry of Home Affairs' update, which of the following statements is true about the psychiatric cases in the paramilitary forces?**
  - A. The number of psychiatric cases decreased by 38% from 2020 to last year.
  - B. The RPF constable incident was directly related to the overall rise in psychiatric cases.
  - C. There were 4,940 psychiatric cases reported in 2020.
  - D. The psychiatric cases rose by 38% from 3,584 in 2020 to 4,940 the following year.
3. **What can be inferred about the authorities' stance on the RPF constable's mental health issue?**
  - A. They were always aware of the constable's mental health problems.
  - B. They initially made a statement about the constable's family hiding his mental health issue but later withdrew it.
  - C. They have always been sensitive in handling such issues.
  - D. The constable's actions were a direct result of being denied leave.
4. **Which word best describes the tone of the passage?**
  - A. Indifferent
  - B. Jubilant
  - C. Concerned
  - D. Excited
5. **What is the main theme of the passage?**
  - A. The valor and bravery of the Central Armed Police Forces.
  - B. The need to better manage mental health issues in the Central Armed Police Forces.
  - C. The history of the Central Armed Police Forces.
  - D. The increase in paramilitary forces over the years.

#### Comprehension

India's \_\_\_\_\_ 1 \_\_\_\_\_ dominance in cricketing jousts at home was further \_\_\_\_\_ 2 \_\_\_\_\_ at the conclusion of the Test series against Sri Lanka. If the earlier T20Is were swept 3-0, the longer format proved no different as the host won at 2-0 with the triumphs in both Tests being registered in three days each. These \_\_\_\_\_ 3 \_\_\_\_\_ victories emphasised the vast gulf in quality between the rivals split by the Bay of Bengal and the Indian Ocean. India last failed in a home Test series during 2012 when Alastair Cook's England \_\_\_\_\_ 4 \_\_\_\_\_ at 2-1. Subsequently for nearly a decade, India proved to be a tough opponent in its \_\_\_\_\_ 5 \_\_\_\_\_, maximising home advantage and thriving on an array of diverse stars who could bat, spin and

bowl reverse-swing on dry pitches under a harsh sun.

**Fill in the blanks with the most appropriate combinations of words**

6. **Select the most appropriate option to fill in blank 1**

- A. Resurging
- B. Staggering
- C. Fading
- D. Recurring

7. **Select the most appropriate option to fill in blank 2**

- A. Reiterated
- B. Moderated
- C. Incorporated
- D. Exacerbated

8. **Select the most appropriate option to fill in blank 3**

- A. Strategic
- B. Emblematic
- C. Emphatic
- D. Optimistic

9. **Select the most appropriate option to fill in blank 4**

- A. Avail
- B. Unveil
- C. Fall
- D. Prevailed

10. **Select the most appropriate option to fill in blank 5**

- A. Regard
- B. Rebound
- C. Nod
- D. Backyard

11. **Arrange the following sentences to form a coherent paragraph**

- P. With nearly 50 per cent of the people in the country reliant on farming or farm-related jobs, bumper crops are critical not only for ensuring food for all and containing food prices but also for the Indian economy.
- Q. Allaying fears of El Nino, the IMD has forecast that quantitatively, the rainfall during the southwest monsoon would be 96 per cent of the long period average (LPA) of 87 cm as the other factors at play are positive.
- R. The neutral condition over the equatorial Pacific Ocean, positive Indian Ocean Dipole and lower snow cover over the Himalayas and Eurasia are expected to negate El Nino, wherein the ocean temperatures rise, causing a deficit in rains.
- S. The prognosis of a normal monsoon by the IMD brings cheer as our agriculture is largely rain-dependent.

- A. SPRQ      B.SPQR      C.RPSQ      D.PQRS

12. **Arrange the following sentences to form a coherent paragraph**

- P. The 10-day compliance deadline set by the aviation watchdog sends a strong message to the Indian airlines to fall in line and plug the safety risks.
- Q. The slew of instructions issued by the Directorate General of Civil Aviation follows surprise inspections in the wake of multiple mid-air engineering-related scares.
- R. Spot checks revealed airlines not properly identifying causes of reported defects, and not placing qualified engineers at all airports.
- S. The order to ramp up security oversight comes after stock-taking by the Minister of Civil Aviation and his one-on-one meetings with chiefs of carriers, where it was emphasised that the safety of passengers was of paramount importance and there could be no compromise on it.

E. RSPQ      B.PQSR      C.RPSQ      D.PQRS

**13. Arrange the following sentences to form a coherent paragraph**

- P. The annual data from Switzerland's central bank says funds deposited by Indian nationals and firms in Swiss banks rose to a 14-year-high of over Rs 30,500 crore in 2021.
- Q. Though Indian clients have been under constant government scanner, the flight of capital is only seeing a vibrant ascendancy.
- R. The late Arun Jaitley's remark that 'not all Swiss bank money is dirty' may well be true, but any information related to banking figures does give rise to the notion that there's more to it than meets the eye.
- S. The figure for 2020 was over Rs 20,700 crore, which was a substantive increase from Rs 6,625 crore in 2019.

A. RPQS      B.QSRP      C.RPSQ      D.QRSP

**14. Arrange the following sentences to form a coherent paragraph**

- P. Wireless connections account for about 98 per cent of the total phone connections in the country, underlining the masses' huge dependence on mobile data services for professional, academic, social and recreational purposes despite erratic Net speed and connectivity.
- Q. The main challenge for the government and the telecom companies is to ensure a smooth transition to 5G.
- R. The government has set the ball rolling for the much-awaited 5G spectrum auction.
- S. On offer will be airwaves worth around Rs 4.3 lakh crore, capable of providing 'ultra-high-speed' Internet and other telecom services.

A. RSPQ      B.PQSR      C.RPSQ      D.PQRS

**15. Arrange the following sentences to form a coherent paragraph**

- P. the capital procurement of defence equipment from domestic vendors has generally remained higher compared to that from foreign entities
- Q. Self-reliance in the defence sector is a tough goal that India, one of the world's largest importers of arms, has set for itself
- R. The Union Government has been emphasising on 'Make in India' right from the outset
- S. In the past eight years or so, the expenditure on

A. RPQS      B.QSRP      C.RSQP      D.QRSP

**Direction: Find out the error, if any.**

16. I wasn't (A)/ at the last meeting and (B)/ neither was you. (C) / No Error. (D)
17. The three individuals are so different (A)/ that their tastes vary (B)/ from one another. (C)/ No Error. (D)
18. He remembered (A)/ that his visa (B)/ will be expired in a month. (C)/ No Error (D).
19. When I shall see him, (A)/ I shall tell him (B)/ the truth. (C)/ No Error. (D)
20. In any case no disciplinary action (A)/ are required (B)/ to be taken. (C)/ No Error. (D)



## Answers

1. D 2. D 3. B 4. C 5. B 6. B 7. A 8. C 9. D 10. D 11. B 12. D  
13. C 14. A 15. D 16. C 17. C 18. C 19. A 20. B

[\[Practice Exercise\]](#)

## Explanations

- D) The passage discusses how the increase in mental health issues among CAPF members points towards a lack of institutional support for soldiers who serve in tough conditions, as well as other systemic issues such as arbitrary transfer policies and denial of leave.
- D) The passage clearly states that the number of psychiatric cases in the paramilitary forces increased from 3,584 in 2020 to 4,940 the next year, marking a 38% increase.
- B) The passage mentions that the authorities first declared that the cop's family had kept his mental health issue under wraps and then withdrew the statement. This suggests a level of inconsistency in their approach to the issue.
- C) The passage highlights the increasing mental health issues among the Central Armed Police Forces (CAPF) and the consequent effects such as violence, suicides, and fratricides. The use of words and phrases such as "urgent intervention", "alarming", "grave issue", "inadequate institutional support", "disturb", "duress", "cost lives", "frustration", "massive loss", and "calls for a deep inspection" all indicate a tone of concern.
- B) The passage focuses on the rise of mental health issues among members of the Central Armed Police Forces. It underlines the urgency of intervention, presents statistics to show the severity of the situation, and underscores the dire consequences of ignoring these issues. This is evident from details about psychiatric cases, fatal incidents, the authorities' response, the stress of the soldiers, suicides, fratricides, and personnel opting for VRS. All these points converge to emphasize the theme of managing mental health better in the CAPF.
- Staggering** (adjective) – Deeply shocking; astonishing. चौंका देने वाला
  - Resurging** (adjective) – Reviving, rebounding, recovering, renewing, regaining पुनरुत्थान
  - Fading** (adjective) – Diminishing, declining, waning, ebbing, weakening कम होता हुआ
  - Recurring** (adjective) – Repeated, happening again, periodic, cyclical, returning बार-बार
- Reiterate** (verb) – repeat, restate, retell, recapitulate, rehearse दुहराना
  - Moderate** (verb) – reduce, lessen, decrease, lower, diminish कम करना
  - Incorporate** (verb) – Include, integrate, combine, merge, blend सम्मिलित करना
  - Exacerbate** (verb) – Worsen, aggravate, compound, intensify, amplify बढ़ाना
- Emphatic** (adjective) – vehement, firm, energetic, vigorous, ardent, assertive जोरदार
  - Strategic** (adjective) – Tactical, planned, calculated, deliberate, purposeful रणनीतिक
  - Emblematic** (adjective) – Symbolic, representative, indicative, suggestive, expressive प्रतीकात्मक
  - Optimistic** (adjective) – Hopeful, positive, confident, sanguine, buoyant आशान्वित

9. **Prevail** (verb) – win, win out, triumph, be victorious, conquer जीतना
- **Avail** (verb) – Utilize, use, employ, take advantage of, benefit from लाभ उठाना
  - **Unveil** (verb) – reveal, disclose, present, announce, make public उद्घाटन करना
  - **Fall** (verb) – Decrease, decline, drop, diminish, lessen गिरना
10. **Backyard** (noun) – territory, country क्षेत्र
- **Regard** (noun) – Consideration, attention, concern, thoughtfulness, respect ध्यान
  - **Rebound** (noun) – recovery, rally, bounce back, resurgence, upturn पलटाव
  - **Nod** (noun) – acknowledgment, approval, agreement, consent, assent सहमति

11. Answer: B) **SPQR**

The prognosis of a normal monsoon by the IMD brings cheer as our agriculture is largely rain-dependent. With nearly 50 per cent of the people in the country reliant on farming or farm-related jobs, bumper crops are critical not only for ensuring food for all and containing food prices but also for the Indian economy. Allaying fears of El Nino, the IMD has forecast that quantitatively, the rainfall during the southwest monsoon would be 96 per cent of the long period average (LPA) of 87 cm as the other factors at play are positive. The neutral condition over the equatorial Pacific Ocean, positive Indian Ocean Dipole and lower snow cover over the Himalayas and Eurasia are expected to negate El Nino, wherein the ocean temperatures rise, causing a deficit in rains

12. Answer: D) **PQRS**

The 10-day compliance deadline set by the aviation watchdog sends a strong message to the Indian airlines to fall in line and plug the safety risks. The slew of instructions issued by the Directorate General of Civil Aviation follows surprise inspections in the wake of multiple mid-air engineering-related scares. Spot checks revealed airlines not properly identifying causes of reported defects, and not placing qualified engineers at all airports. The order to ramp up security oversight comes after stock-taking by the Minister of Civil Aviation and his one-on-one meetings with chiefs of carriers, where it was emphasised that the safety of passengers was of paramount importance and there could be no compromise on it

13. Answer: C) **RPSQ**

The late Arun Jaitley's remark that 'not all Swiss bank money is dirty' may well be true, but any information related to banking figures does give rise to the notion that there's more to it than meets the eye. The annual data from Switzerland's central bank says funds deposited by Indian nationals and firms in Swiss banks rose to a 14-year-high of over Rs 30,500 crore in 2021. The figure for 2020 was over Rs 20,700 crore, which was a substantive increase from Rs 6,625 crore in 2019. Though Indian clients have been under constant government scanner, the flight of capital is only seeing a vibrant ascendancy

14. Answer: A) **RSPQ**

The government has set the ball rolling for the much-awaited 5G spectrum auction. On offer will be airwaves worth around Rs 4.3 lakh crore, capable of providing 'ultra-high-speed'

Internet and other telecom services. Wireless connections account for about 98 per cent of the total phone connections in the country, underlining the masses' huge dependence on mobile data services for professional, academic, social and recreational purposes despite erratic Net speed and connectivity. The main challenge for the government and the telecom companies is to ensure a smooth transition to 5G.

15. Answer: D) **QRSP**

Self-reliance in the defence sector is a tough goal that India, one of the world's largest importers of arms, has set for itself. The Union Government has been emphasising on 'Make in India' right from the outset. In the past eight years or so, the expenditure on the capital procurement of defence equipment from domestic vendors has generally remained higher compared to that from foreign entities

16. (C) 'was' के बदले 'were' का प्रयोग होगा क्योंकि 'you' के साथ हमेशा Plural Verb का प्रयोग होता है।

- 'were' will be used instead of 'was' because 'you' is always used with Plural Verb.

17. (C) 'one another' के बदले 'one another's' का प्रयोग होगा क्योंकि तुलना 'their tastes' तथा 'one another's tastes' के बीच है; जैसे- Their ideas vary from one another's.

- 'one another' shall be substituted for 'one another's' as the comparison is between 'their tastes' and 'one another's tastes'; like- Their ideas vary from one another's.

18. (C) 'will be expired' के बदले 'would expire' का प्रयोग होगा क्योंकि पहली बात कि यदि Indirect Narration में Reporting Verb Past Tense में हो तो Reported Speech में 'will' के बदले 'would' का प्रयोग होता है, दूसरी बात कि 'expire' (come to an end= अंत होना) एक Intransitive Verb है जिसका Passive Voice नहीं बनाया जा सकता है; जैसे-

- His term of office as Chief Minister expires next month.
- She said that her visa would expire in a month.

- 'would expire' will be used instead of 'will be expired' because the first thing is that if the Reporting Verb is in Past Tense in Indirect Narration, then 'would' is used instead of 'will' in the Reported Speech, Secondly, 'expire' (come to an end= to end) is an Intransitive Verb whose Passive Voice cannot be formed; like-

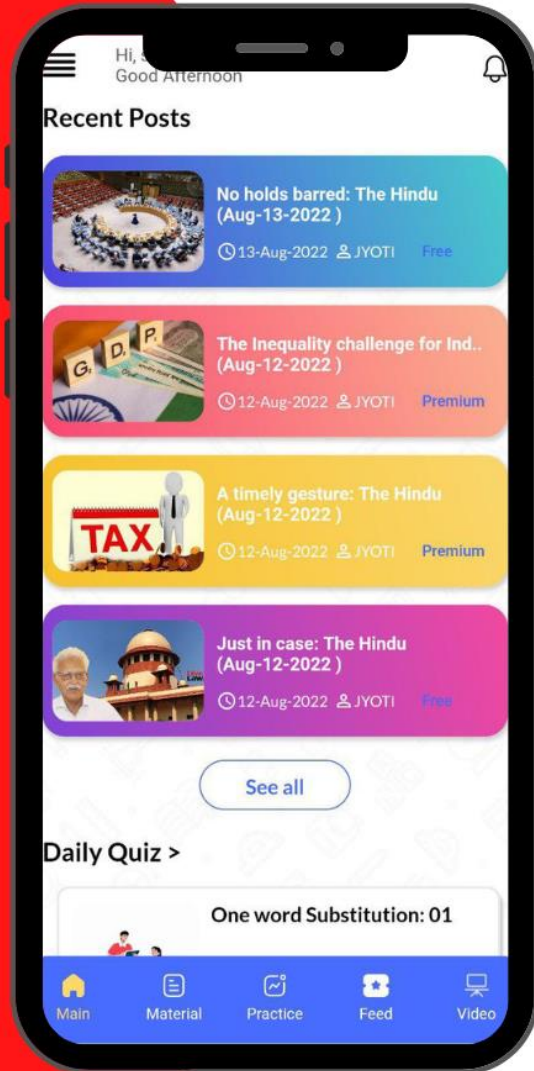
- His term of office as Chief Minister expires next month.
- She said that her visa would expire in a month

19. (A) 'shall see' के बदले 'see' का प्रयोग होगा।

- 'see' will be used instead of 'shall see'.

20. (B) 'are' के बदले 'is' का प्रयोग होगा क्योंकि वाक्य का Subject 'action' Singular है, जिसके लिए Singular Verb का प्रयोग होगा।

- 'is' will be used instead of 'are' because the subject 'action' of the sentence is singular, for which Singular Verb will be used.



# Learn Vocabulary Through Reading Articles

English Madhyam

