

## Maintain good relations for social well-being

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Social well-being is not just about social **interactions** but also about maintaining healthy connections with everyone around

As an individual are you the one who is keeping regular contact with your friends and families; spending quality time with them; participating in community events; celebrating your traditions and culture; keeping yourself engaged in **volunteer** work or has joined a group based on your interests? If the answer is yes then, as an individual you are socially **well defined**.

**Wellness** is the active **pursuit** of activities, choices and lifestyles that **leads to** an individual's overall well-being. Social well-being or social **wellness** (as referred to **at times**), is the development and maintenance of positive interactions which allows a person to feel valued and build a sense of **belongingness** at the workplace. It is one of the 8 **pillars** of health and wellness that is required for individual **holistic** development.

In the words of Aristotle "Man is by nature a social animal." Human beings are mutually dependent social creatures who need to love and be loved. Social and emotional well-being is a holistic concept that **encompasses** how an individual thinks and feels about themselves and others. It helps in developing and maintaining positive interactions with people and with local and global communities. Also, social well-being affects physical health. **People** with meaningful social relationships and good social connections **tend** to be happier, healthier and even live longer than those who don't.

During COVID, when **remote** working and flexible work **arrangements** became the **norm** – there was a **considerable** need for **dispersed** employees to feel connected, engaged and supported. It is only the act of social well-being that helps the employees to stay connected and well-defined. Also, **in the long run**, both the employees and the workplace are benefitted due to social well-being as it gives a sense of belonging. When a person is socially **inclined** it makes the individual feel valued as a member and feel connected to a wider social environment.

Social well-being is an important **tenet** of overall well-being. It is not just about social interactions but also about maintaining healthy relationships with everyone. At times, these social interactions have an impact on an individual's mental and physical health including increased happiness with others. Being in love with loved ones, spending quality time with family and friends, being active in the community and volunteering at times are some of the ways that boost this social pillar of health.

**On the contrary**, **the lack** of a positive social network **can** be highly **detrimental** to an individual's health along with some **dramatic** consequences. In a recent **statistical** survey, it was found that approximately 4 million adults in the UK and the US suffer from **chronic loneliness**. **People** with few social **ties end up** having health issues due to poor social health. The risk of heart disease and heart attack; chronic diseases; high blood pressure; **elevated** stress hormones; Cancer; Poor mental health; **Anxiety** and

**depression** and at times even suicide. Social well-being is a real and important piece of an individual's overall well-being.

Our health is **multidimensional**. Good social well-being includes not only having good and healthy relationships but also behaving appropriately in these relationships and maintaining acceptable social standards. There are **numerous** benefits when a person is inclined towards social connections and good mental health. Studies and statistics have proven that when a person is socially inclined there is a lower rate of anxiety and depression, greater **empathy**, high **self-esteem** and more trusting and cooperative relationships. Also, it helps to reduce stress and other heart-related risks, **thereby** improving an individual's ability to **fight off** germs and giving a more positive **outlook** on life along with **formulation** of bonds and relationships with others thus improving the quality of life and helping in **strengthening** communities.

[Practice Exercise]

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

## Vocabulary

1. **Well-being** (noun) – Happiness, comfort, good, welfare, health खैरियत
2. **Interaction** (noun) – Communication, contact, connection, exchange, dialogue संवाद/ बातचीत
3. **Volunteer** (adjective) – Unpaid, willing, unforced, enthusiastic, spontaneous स्वेच्छापूर्वक
4. **Well-defined** (adjective) – Clear, distinct, definite, unambiguous, unmistakable स्पष्ट
5. **Wellness** (noun) – Healthiness, well-being, fitness, wholeness, vitality स्वास्थ्य
6. **Pursuit** (noun) – Endeavor, quest, chase, aspiration, ambition लक्ष्य
7. **Lead** (to) (verb) – Result in, cause, bring about, produce, create वजह बनना
8. **At times** (phrase) – Occasionally, sometimes, now and then, from time to time कभी कभी
9. **Belongingness** (noun) – Acceptance, inclusion, attachment, connectedness, affinity अपनापन
10. **Pillar** (noun) – Support, foundation, mainstay, backbone, cornerstone स्तंभ
11. **Holistic** (adjective) – Comprehensive, all-inclusive, integrated, complete, all-encompassing समग्र
12. **Encompass** (verb) – Include, embrace, cover, involve, incorporate शामिल करना
13. **Tend** (to) (verb) – Be inclined, have a tendency, be likely, be prone प्रवृत्त होना
14. **Remote** (adjective) – Distant, far-off, far-flung, isolated, removed दूरस्थ
15. **Arrangement** (noun) – Plan, organization, setup, system, structure व्यवस्था
16. **Norm** (noun) – Standard, rule, guideline, principle, convention मानदंड
17. **Considerable** (adjective) – Substantial, significant, sizable, major, noteworthy काफी
18. **Dispersed** (adjective) – Scattered, spread out, distributed, separated, ungrouped बिखरा हुआ
19. **In the long run** (phrase) – Eventually, ultimately, in the end, over time, in the fullness of time लंबे समय में
20. **Incline** (verb) – Lean, tilt, slope, slant, be disposed झुकना
21. **Tenet** (noun) – Principle, belief, doctrine, dogma, credo सिद्धांत
22. **On the contrary** (phrase) – Conversely, in opposition, contrarily, oppositely इसके विपरीत

23. **Detrimental** (adjective) – Harmful, damaging, injurious, adverse, deleterious  
हानिकारक
24. **Statistical** (adjective) – Numerical, quantitative, data-based, mathematical, measurable  
सांख्यिकीय
25. **Chronic** (adjective) – Persistent, long-lasting, long-term, continuous, constant  
स्थायी
26. **Loneliness** (noun) – Isolation, solitude, seclusion, alienation, desolation  
अकेलापन
27. **Ties** (noun) – Connections, relationships, bonds, links, associations  
संबंध
28. **End up** (phrasal verb) – Conclude, finish, result in, lead to, terminate  
आखिर में
29. **Elevated** (adjective) – Raised, heightened, increased, uplifted, boosted  
बढ़ाया
30. **Anxiety** (noun) – Worry, concern, unease, apprehension, nervousness  
चिंता
31. **Depression** (noun) – Sadness, unhappiness, despondency, despair, melancholy  
उदासी
32. **Multidimensional** (adjective) – Complex, multifaceted, manifold, versatile, diverse  
बहुआयामी
33. **Numerous** (adjective) – Many, multiple, a lot of, countless, manifold  
अनेक
34. **Empathy** (noun) – Compassion, understanding, sympathy, sensitivity, care  
सहानुभूति
35. **Self-esteem** (noun) – Self-respect, self-worth, self-regard, confidence, dignity  
आत्मसम्मान
36. **Thereby** (adverb) – Consequently, as a result, thus, so, in that way  
जिसके चलते
37. **Fight-off** (verb) – Defend against, repel, resist, fend off, ward off  
खदेड़ देना
38. **Outlook** (noun) – Perspective, viewpoint, attitude, approach, standpoint  
दृष्टिकोण
39. **Formulation** (noun) – Development, creation, establishment, setting up, design  
निर्माण
40. **Strengthen** (verb) – Reinforce, fortify, bolster, support, enhance  
मजबूत करना

## Summary of the Editorial

1. Social well-being involves maintaining healthy connections with others.
2. It includes spending quality time with friends and family, participating in community events, and engaging in volunteer work.
3. Wellness is the pursuit of activities and lifestyles contributing to overall well-being, with social well-being being one of its eight pillars.
4. Aristotle emphasized the social nature of human beings, who need to love and be loved.
5. Social and emotional well-being is holistic, encompassing thoughts and feelings about oneself and others.
6. Meaningful social relationships contribute to happiness, health, and longevity.
7. During COVID, remote work highlighted the importance of social well-being for employee engagement and support.
8. Social well-being benefits both employees and workplaces by fostering a sense of belonging.
9. It is crucial for overall well-being, affecting mental and physical health, and happiness.
10. Participating in community activities and volunteering can boost social well-being.
11. A lack of social connections can lead to chronic loneliness and poor health, including heart disease, high blood pressure, and mental health issues.
12. Good social well-being includes appropriate behavior in relationships and adherence to social standards.
13. Social connections contribute to lower rates of anxiety and depression, greater empathy, and higher self-esteem.
14. Improved social well-being reduces stress, promotes a positive outlook on life, and strengthens communities.
15. Focusing on social well-being can improve overall health and quality of life.

### Practice Exercise: SSC Based

1. **According to the passage, what is the relationship between social well-being and physical health?**
  - A. Social well-being has no impact on physical health.
  - B. Social well-being negatively affects physical health.
  - C. Social well-being has a minor effect on physical health.
  - D. Social well-being positively affects physical health.
2. **What is the definition of social well-being or social wellness as described in the passage?**
  - A. Social well-being is about attending parties and social gatherings.
  - B. Social well-being is the development and maintenance of positive interactions, valuing oneself, and building a sense of belongingness, particularly at the workplace.
  - C. Social well-being is about only maintaining relationships with friends and families.
  - D. Social well-being is solely dependent on an individual's physical health.
3. **What does the passage mainly emphasize regarding social well-being?**
  - A. It affects mental health.
  - B. It's about spending time with family.
  - C. It pertains to community involvement.
  - D. It's an integral part of overall well-being and includes maintaining healthy relationships, positively affecting both mental and physical health.
4. **Based on the passage, what are some consequences of poor social health?**
  - A. Increased risk of heart disease, chronic loneliness, anxiety, and depression.
  - B. Improved self-esteem and empathy.
  - C. Greater connection with family and friends.
  - D. Increased volunteering in the community
5. **What is the tone of the passage?**
  - A. Pessimistic
  - B. Dismissive
  - C. Informative
  - D. Sarcastic
6. **What is the main theme of the passage?**
  - A. The Economic Benefits of Socializing
  - B. The Importance of Physical Health
  - C. The Significance of Social Well-being in Overall Wellness
  - D. The Influence of Technology on Social Relationships
7. **Select the option that expresses the given sentence in direct speech**

Naina inquired how I was doing being all alone in my house.

  - A. Naina said to me, "Are you doing fine being all alone in your house."
  - B. Naina said to me, "How are you doing being all alone in my house."
  - C. Naina said to me, "How are you doing being all alone in your house?"
  - D. Naina said to me, "How you are doing being all alone in your house?"
8. **Select the option that expresses the given sentence in active voice.**

The canons are being fired continuously by them.

- A. They fired canons continuously.
- B. They are firing the canons continuously.
- C. They have fired the canons continuously.
- D. The canons fire continuously

9. Select the most appropriate **ANTONYM** of the underlined word

The colossal building stood amidst the ruins bearing signs of Victorian architecture

- A. Enormous
- B. Extraordinary
- C. Quaint
- D. Tiny

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

The friends decided to play cards to \_\_\_\_\_ time while waiting for the cab.

- A. ignore
- B. kill
- C. move
- D. ease

### Comprehension

Budget FY24 has presented a mixed bag for the social sector. There seems to have been some \_\_\_\_\_1\_\_\_\_\_ on allocations, as an IndiaSpend analysis of the social sector budgets over 2009 to 2023 shows. As a percentage of the Centre's overall spending, it has fallen below 20% for the first time in this period. Crucially, the \_\_\_\_\_2\_\_\_\_\_ for the health and education ministries, as a percentage of the gross domestic product (GDP), has remained flat compared with the revised estimates for the current fiscal. The overall government (the Centre and states) spending on health, at 2.1% of the GDP in FY23, is still \_\_\_\_\_3\_\_\_\_\_ the 2.5% goal the National Health Policy 2017 has set for public spending, though it has moved closer to this following the pandemic. For education, the scenario is a lot more \_\_\_\_\_4\_\_\_\_\_, with government spending at a mere 2.9% in FY23 against the National Education Policy 2020's goal of 6%. On both these fronts, the Centre and the states need to significantly step up their commitment

Fill in the blanks with the most appropriate combinations of words

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

- A. Effervescence
- B. Backpedalling
- C. Repercussion
- D. Disassembly

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

- A. Feature
- B. Outlays
- C. Span
- D. Extent

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

- A. Of course
- B. In contrast
- C. Short of
- D. In place

14. Select the most appropriate option to fill in blank 4.

- A. Diverging
- B. Concerning
- C. Contrasting
- D. Varying

15. Some sentences are given below. While the first and the last sentences (1 and 2) are in the correct order, the sentences in between are jumbled up. Arrange the sentences in the correct order to form a meaningful and coherent paragraph

1. Every job in this world relies on a certain amount of trust between the seller and the buyer.
  - A. Let it be a teacher, coffee shop owner, elected representative of legislature or police officer, the person seeking their service trusts them.
  - B. Though several mechanisms exist to ascertain the efficiency and reliability of the seller, it all boils down to trust when the final transaction happens.
  - C. Among all these, the highest level of trust is bestowed when a patient offers his or her body to a surgeon to cut open, repair organs and return their bodies in a better shape when they come out of anaesthesia.
  - D. In a normal state, no one would imagine, even in their wildest dreams, that someone can rip through their chest wall and handle their heart and lungs.
2. But it routinely happens in a cardiothoracic theatre during heart bypass surgeries.
  - A. CBAD
  - B. DBCA
  - C. ABCD
  - D. BCAD

16. Arrange the following sentences to form a coherent paragraph.

- P. In 2020, Manipal Academy of Higher Education acquired Srishti Institute of Art, Design & Technology in Bengaluru.
  - Q. Over the past few years, other private universities have taken the plunge into design.
  - R. Anant National University (ANU) and J. K. Lakshmi Pat University (JKLU) have also launched undergraduate degrees in design.
  - S. It is not a coincidence that this year, three leading Indian private universities, all relatively new — Shiv Nadar University (SNU), Jindal Global University (JGU) and FLAME University — have launched undergraduate programmes in design.
- A. SPQR
  - B. PSRQ
  - C. SQPR
  - D. PRQS

17. Arrange the following sentences to form a coherent paragraph.

- P. However, they face challenges that are related to economic sustainability, market access, the digital divide, crime in the art world and preservation
- Q. An ecosystem of innovative technology-based start-ups, providing guidance, technical support, infrastructure, access to investors, and networking opportunities
- R. A collaborative model promoting cultural economy can help encourage India's soft power by creating



S. Digital platforms and technology have enabled Indian artists and artisans to reach wider audiences

A. RPQS                      B.RSPQ                      C.SRQP                      D.SPRQ

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

P. That can make a profound difference between life and death

Q. In the relentless battle against highly drug-resistant infections, a team of doctors recently witnessed a glimmer of hope amid the challenges they faced

R. This is not just a story; it is an earnest plea for Emergency Use Authorisation (EUA) for essential antibiotics

S. Their extraordinary efforts and the life they saved highlight the critical need for action

A. SPRQ                      B.SRQP                      C.QSRP                      D.PQSR

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

P. The Bonn Climate Change Conference was the last big milestone in climate negotiations before the first Global Stocktake under the Paris Agreement at COP28 (Conference of the Parties 28) in Dubai in December.

Q. The outcome of the Global Stocktake will inform countries on how to update and enhance their actions.

R. This includes progress on greenhouse gas reduction, building resilience to climate impacts, and securing finance to address climate crisis.

S. The Global Stocktake is mandated under Article 14 (1) of the Paris Agreement to assess collective progress towards long-term global goals.

A. QSPR                      B.PSRQ                      C.QSRP                      D.PQSR

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

P. The result is palatability and celebration of the taste-buds.

Q. Cooking is no joke.

R. This is a general idea.

S. Talent and skill brewed into a recipe makes good cooking.

QSPR                      B.PSRQ                      C.QSRP                      D.PQSR

## Answers

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

## Explanations

**1. D) Social well-being positively affects physical health.**

The passage explicitly states that social well-being affects physical health and that people with meaningful social relationships and good social connections tend to be happier, healthier, and even live longer than those who don't. This confirms the positive relationship between social well-being and physical health.

**2. B) Social well-being is the development and maintenance of positive interactions, valuing oneself, and building a sense of belongingness, particularly at the workplace.**

The passage explicitly describes social well-being or social wellness as the development and maintenance of positive interactions that allow a person to feel valued and build a sense of belongingness at the workplace. This definition aligns directly with option B, and therefore, it is the correct answer. The other options are not supported

**3. D) The passage emphasizes that social well-being is not just about one aspect of life but is a crucial part of overall well-being. It includes maintaining healthy relationships and has a positive impact on both mental and physical health.**

**4. A) The passage specifically mentions the detrimental effects of a lack of positive social network, including chronic loneliness, the risk of heart disease, anxiety, depression, and other health issues. Option A is the correct choice, as it encapsulates these negative consequences. The other options refer to positive aspects of social well-being or general activities associated with it, which are not the focus of this particular question.**

**5. C) Informative**

The tone of the passage is informative as it provides detailed information about social well-being, its importance, its effects on mental and physical health, and the significance of maintaining good social relationships. There is no sign of sarcasm, dismissal, or pessimism in the way the information is presented. Rather, the passage aims to educate the reader on the subject matter in a clear and comprehensive way.

**6. C) The Significance of Social Well-being in Overall Wellness**

The main theme of the passage is the significance of social well-being in an individual's overall wellness. It emphasizes the importance of maintaining healthy connections, being active in community events, and how social well-being affects physical health and mental wellness. While there are mentions of physical health and other aspects, the central focus of the passage is clearly on the role of social well-being as a crucial aspect of overall health and well-being.

**7. C) Naina said to me, "How are you doing being all alone in your house?"**

**8. B) They are firing the canons continuously**

**9. D) Tiny (adjective) – Minute, miniature, miniscule, small, little छोट**

- **Colossal** (adjective) – Massive, gigantic, immense, monumental, mammoth विशाल
  - **Enormous** (adjective) – Vast, huge, immense, tremendous, gargantuan बहुत बड़ा
  - **Extraordinary** (adjective) – Remarkable, exceptional, amazing, incredible, astounding असाधारण
  - **Quaint** (adjective) – Charming, picturesque, old-fashioned, unusual, unique निराला
10. B) **Kill the time** (phrase) – to spend time doing something while one is waiting समय बिताना
11. B) 'Backpedalling' का प्रयोग होगा क्योंकि इसे समझाया जा सकता है कि सरकार ने सामाजिक क्षेत्र की आवंटन में कटौती की है। 'Effervescence', 'Repercussion', और 'Disassembly' इस संदर्भ में सही नहीं हैं क्योंकि वे इस परिस्थिति को व्याप्त नहीं करते हैं।
- 'Backpedalling' should be used because it can be interpreted that the government has cut back on the allocations in the social sector. 'Effervescence', 'Repercussion', and 'Disassembly' do not fit in this context because they do not encompass this situation
12. B) 'Outlays' का प्रयोग होगा क्योंकि यहाँ बात चल रही है स्वास्थ्य और शिक्षा मंत्रालय की वित्तीय योजना की। 'Feature', 'Span', और 'Extent' इस संदर्भ में सही नहीं हैं क्योंकि वे वित्तीय आवंटन को स्पष्ट नहीं करते हैं।
- 'Outlays' should be used because it's talking about the financial planning for the health and education ministries. 'Feature', 'Span', and 'Extent' do not fit in this context as they don't clearly refer to the financial allocation.
13. C) Short of का प्रयोग होगा क्योंकि इसे समझाया जा सकता है कि व्यय अभी भी राष्ट्रीय स्वास्थ्य नीति 2017 के लक्ष्य से कम है। 'Of course', 'In contrast', और 'In place' इस संदर्भ में सही नहीं हैं।
- 'Short of' should be used because it can be interpreted that the expenditure is still below the goal set by the National Health Policy 2017. 'Of course', 'In contrast', and 'In place' do not fit in this context.
14. B) 'Concerning' का प्रयोग होगा क्योंकि शिक्षा के लिए सरकारी व्यय चिंताजनक हो सकता है, जैसा कि राष्ट्रीय शिक्षा नीति 2020 के लक्ष्य के साथ तुलना में दिखाया गया है। 'Diverging', 'Contrasting', और 'Varying' इस संदर्भ में सही नहीं हैं।
- 'Concerning' should be used because government spending on education may be concerning, as shown in comparison to the goals of the National Education Policy 2020. 'Diverging', 'Contrasting', and 'Varying' do not fit in this context.
15. C) **ABCD**
- 1:** Starting with Sentence 1, it's a general statement about trust between the seller and buyer in any job.
- A:** Mentions various roles (teacher, coffee shop owner, etc.) and how the person seeking their service trusts them. This seems to logically expand on the idea introduced in Sentence 1.
- B:** Further discusses trust, mentioning mechanisms to ascertain efficiency and reliability but

emphasizing trust. The reference to "the seller" connects directly with Sentence A's explanation of various roles (teachers, coffee shop owners, etc.).

**C:** Expands on trust by presenting a specific example of trust between a patient and a surgeon. This seems like a natural extension of the general discussion of trust in Sentence B.

**D:** Introduces the dramatic notion of someone handling one's heart and lungs, which builds on the idea of trust in a medical context mentioned in Sentence C.

**2:** Details a specific medical procedure that aligns with the scenario described in Sentence D, so it follows naturally.

16. **C) SQPR**

**Start with S:** Since S mentions "this year" and refers to three universities launching undergraduate programmes in design, it sets a current context, possibly relating to a current trend in education.

**Q comes after S:** In Q, we see the phrase "Over the past few years." This general statement follows the specific situation in S. It makes sense to describe the broader trend after mentioning specific recent instances.

**P comes after Q:** P mentions a specific event that took place in 2020, which is part of the trend mentioned in Q. This sentence narrows the focus from the general trend in Q to a specific instance of one university acquiring another in the field of design. The Time Sequence here helps to connect the statements.

**R comes after P:** In R, two universities are mentioned, and they have also launched undergraduate degrees in design. This sentence can logically follow P as it continues the narrative of universities' involvement in the field of design, creating a coherent flow.

17. **D) SPRQ**

**S:** This sentence introduces the main subject, digital platforms, and technology helping Indian artists.

**P:** This sentence naturally follows S, discussing the challenges "they" (the artists and artisans) face after digital platforms have enabled them.

**R:** This idea could follow the challenges, proposing a solution to them.

**Q:** This seems to explain the "collaborative model" mentioned in R, detailing how it might be created.

18. **C) QSRP**

**Q:** The statement sets the context, discussing the battle against drug-resistant infections and introducing the team of doctors and the situation they are in.

**S:** This statement refers to the "team of doctors" from sentence Q by using the pronoun "their." It describes what the doctors did and why it's significant, so it logically follows Q.

**R:** The opening word "this" refers back to what was previously mentioned, namely, the efforts of the doctors and the situation. Therefore, this sentence should follow S, connecting the real-life incident with a call to action.

**P:** The pronoun "That" likely refers to the Emergency Use Authorisation (EUA) for essential antibiotics or the critical need for action. Since R is an earnest plea for the EUA, it logically follows that P would come after R, concluding the passage by emphasizing the gravity of the situation.

19. B) **PSRQ**

**P:** Sentence P talks about the Bonn Climate Change Conference and its relation to the first Global Stocktake under the Paris Agreement at COP28.

**S:** Sentence S follows P, explaining what the Global Stocktake is, as it is mandated under the Paris Agreement. This gives context to what the Global Stocktake is before going into further details

**R:** Sentence R follows S because it provides specific details about what the Global Stocktake includes.

**Q:** Sentence Q comes last, as it tells us about the outcome of the Global Stocktake, logically following the details in sentence R.

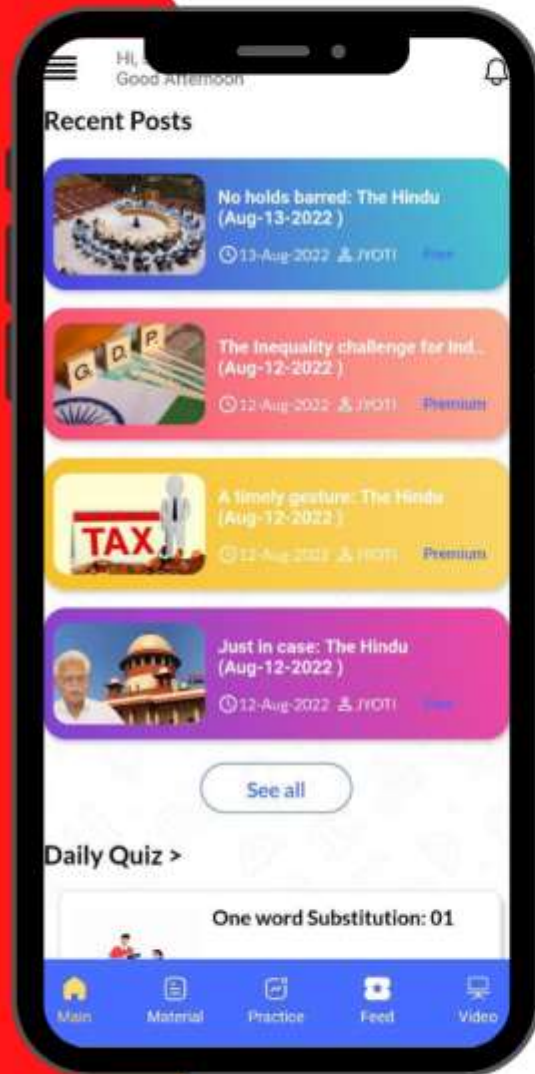
20. A) **QSPR**

**Start with Q:** The statement "Cooking is no joke." is a general statement that seems like a suitable beginning for the passage. It sets the stage for a discussion about cooking.

**Q is followed by S:** Sentence S, "Talent and skill brewed into a recipe makes good cooking," expands on the idea presented in Q by describing what is required for good cooking. The connection is between the subject of cooking.

**S is followed by P:** Sentence P, "The result is palatability and celebration of the taste-buds," describes the outcome of good cooking (as mentioned in S). So it logically follows S.

**P is followed by R:** Sentence R, "This is a general idea," serves as a conclusion that sums up the previously mentioned concepts.



# Learn Vocabulary Through Reading Articles

English Madhyam

