Unified approach: On the Nipah outbreak in Kerala and a One Health approach

An integrated approach to health can prevent zoonotic spillover

Lightning is unlikely to strike the same place twice, but the Nipah virus is again wreaking havoc in Kozhikode, the fourth outbreak of the disease in Kerala over the last five years. Caused by a zoonotic spillover, the transmission of pathogens from animals to humans, the closest reservoir of the virus is fruit bats. With two persons dying of Nipah this week in Kozhikode, and three more persons, two of them relatives of one of the victims, testing positive, and being hospitalised, disturbing memories from the terrifying outbreak of 2018, in which 21 of 23 infected people died, have surfaced. The situation remains very much the same, in terms of treatment options: there is no cure, and supportive care remains the only way to handle Nipah infection even in a hospital setting. Kerala's Health Minister Veena George said hundreds of people on the contact list of the deceased had been put under medical observation. One of them, a nine-year-old child, is on ventilator support. A control room has been opened in Kozhikode to monitor the situation, and all the hospitals in the district would be asked to follow infection control protocols. Sixteen teams have been formed to take forward appropriate containment protocols. A central team has also been sent to Kerala to assist the State government. Neighbouring States have taken preparatory steps to ensure that porous borders do not bring the infection across from Kerala. The State's Chief Minister assured the people via a video message that the State was taking the issue very seriously.

While experiences from the prior outbreaks (2018, 2019, 2021) have given medical teams a toolkit of protocols, across the sectors — management, isolation, containment, and treatment — constant vigil can be the only guard against such outbreaks. The biggest lesson though, from global outbreaks, is likely unlearnt yet. Research has shown that anthropogenic activity has a definite hand to play in zoonotic spillovers. In the case of Nipah, rapid expansion of agricultural activity in original habitat zones of the fruit bats has repeatedly shown up on post-factor analyses. As governments mount strategic efforts to control outbreaks and deaths due to infectious diseases, it is increasingly clear that the State needs to initiate a One Health approach on the way forward. The COVID-19 pandemic has led to a deeper appreciation of the One Health concept, which is an integrated, unifying approach to balancing and optimising the health of people, animals and the environment, with the conviction that humans live in symbiosis and that the health of one impacts that of another significantly. [Practice]

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

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Vocabulary

- Unified (adjective) United, combined, integrated, joined, cohesive एकीकृत
- Outbreak (noun) Eruption, flare-up, sudden increase, explosion, upsurge प्रकोप
- Integrated (adjective) Combined, unified, amalgamated, incorporated, cohesive एकीकृत
- 4. **Zoonotic** (adjective) Relating to a disease which can be transmitted from animals to humans
- 5. **Spillover** (noun) Overflow, aftermath, consequence, repercussion, knock-on effect अप्रत्यक्ष प्रभाव
- Lightning never strikes twice (phrase) said to show that it is unlikely that something bad or unusual will happen to the same person twice
- 7. **Wreak havoc** (phrase) Cause great damage, create chaos, bring disaster, unleash destruction, inflict distress कहर बरपाना
- 8. **Transmission** (noun) spread, communication, diffusion, conduction प्रसार
- 9. **Pathogen** (noun) A biological agent that causes disease or illness to its host. रोगजनक
- 10. Reservoir (noun) source of something. स्रोत
- 11. **Terrifying** (adjective) Frightening, horrifying, scary, dreadful, alarming भयंकर

- 12. **Surface** (verb) Emerge, appear, come up, materialize, come to light प्रकट होना
- 13. **In terms of** (phrase) With regard to, concerning, in the matter of, in relation to के संदर्भ में
- 14. **Setting** (noun) Surroundings, environment, backdrop, context, scenario परिवेश
- 15. **The deceased** (noun) a person who has recently died मृत व्यक्ति
- 16. **Monitor** (verb) Observe, supervise, track, oversee, scrutinize निगरानी करना
- 17. **Containment** (noun) Restriction, confinement, restraint, limitation रोकथाम
- 18. **Protocol** (noun) Procedure, code, convention, etiquette, guideline प्रोटोकॉल
- 19. **Assist** (verb) Help, aid, support, facilitate, lend a hand सहायता करना
- 20. **Neighbouring** (adjective) Adjacent, nearby, surrounding, adjoining पड़ोसी
- Porous (adjective) not protected enough to stop people going through
- 22. **Assure** (verb)- Guarantee, promise, affirm, assert, vow आश्वस्त करना
- 23. **Isolation** (noun) Separation, segregation, detachment, quarantine अलगाव

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- 24. **Constant** (adjective) Unchanging, steady, stable, unvarying, persistent स्थिर
- 25. **Vigil** (noun) Watch, surveillance, monitoring निगरानी
- 26. **Guard** (verb) Protection, watch, safeguard, shield स्रक्षा
- 27. **Likely** (adjective) Probable, plausible, possible, anticipated, expected संभावित
- 28. **Anthropogenic** (adjective) Humaninduced, man-made, human-caused मानव-निर्मित
- 29. **Definite** (adjective) Certain, clear, distinct, specific, unequivocal निश्चित
- 30. **Expansion** (noun) Extension, enlargement, growth, spread, development विस्तार
- 31. **Show up** (phrasal verb) Appear, turn up, arrive, manifest, come forward प्रकट होना
- 32. **Mount** (verb) Launch, initiate, commence, begin, set in motion प्रारंभ करना
- 33. **Strategic** (adjective) Tactical, planned, calculated, deliberate योजनाबद्ध

- 34. **Infectious** (adjective) Contagious, transmittable, communicable, spreadable संक्रामक
- 35. **Initiate** (verb) Start, commence, begin, launch, instigate प्रारंभ करना
- 36. **The way forward** (phrase) Direction for progress, path to success, next steps for advancement आंगे का मार्ग
- 37. **Lead** (to) (verb) Result in, cause, bring about, give rise to वजह बनना
- 38. **Appreciation** (noun) a full understanding of a situation.
- 39. **Unifying** (adjective) Integrating, combining, merging, consolidating, uniting एकीकृत
- 40. **Optimise** (verb) make the best or most effective use of (a situation or resource).
- 41. **Conviction** (noun) Belief, confidence, assurance, faith विश्वास
- 42. **Symbiosis** (noun) a mutually beneficial relationship between different people or groups. सहजीवन
- 43. **Significantly** (adverb) Notably, importantly, meaningfully, remarkably महत्वपूर्ण रूप से

Summary of the Editorial

- 1. The Nipah virus has caused its fourth outbreak in Kozhikode, Kerala in the last five years.
- 2. Nipah is a result of zoonotic spillover, with fruit bats being the closest reservoir.
- 3. Two people died this week in Kozhikode due to Nipah.
- 4. Three more individuals, two related to one victim, have tested positive and are hospitalized.
- 5. The 2018 outbreak resulted in 21 of 23 infected individuals dying.
- 6. No cure exists for Nipah; supportive care is the only available treatment.
- 7. Kerala's Health Minister announced that hundreds who came into contact with the deceased are under medical observation.
- 8. A control room has been set up in Kozhikode, and infection control protocols are in place in hospitals.
- 9. Sixteen teams are established for containment, and a central team is assisting the State.
- 10. Neighboring states are taking precautions against the spread from Kerala.
- 11. Past outbreaks have provided protocols for management, isolation, and treatment.
- 12. Anthropogenic activities contribute to zoonotic spillovers.
- 13. Agricultural expansion in fruit bat habitats is linked to the Nipah outbreaks.
- 14. Governments should adopt a One Health approach, considering health integration of humans, animals, and the environment.
- 15. The COVID-19 pandemic emphasized the importance of the One Health concept, recognizing the interconnectedness of health between species and the environment.

Practice Exercise: SSC Pattern based

1. What is the primary cause of the Nipah virus transmission as mentioned in the passage?

A. Transmission through water

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- B. Pathogens transmitted from humans to animals
- C. Zoonotic spillover from animals to humans
- D. Transmission through contaminated food

2. Which of the following statements is true regarding the treatment options for the Nipah infection as described in the passage?

- A. There is a specific cure available for Nipah infection.
- B. The only treatment available for Nipah infection is supportive care in a hospital setting.
- C. The infection can be treated using traditional remedies.
- D. Hospitals in the district are not following any specific infection control protocols.

3. What can be inferred about the role of anthropogenic activity in the context of zoonotic spillovers?

- A. Anthropogenic activity has no significant role in zoonotic spillovers.
- B. Anthropogenic activity can lead to a decline in zoonotic spillovers.
- C. Anthropogenic activity, particularly rapid agricultural expansion, has contributed to zoonotic spillovers.
- D. Anthropogenic activity only impacts the health of animals, not humans.

4. What does the "One Health" concept emphasize?

- A. Focusing solely on the health of humans.
- B. The importance of prioritizing agricultural expansion.
- C. The interconnectedness of the health of people, animals, and the environment.
- D. The need for a unified approach only in case of global pandemics.

5. Which of the following best describes the tone of the passage?

- A. Humorous
- B. Sarcastic
- C. Concerned
- D. Indifferent

6. Arrange the following sentences to form a coherent paragraph

- **P.** The development came after a request from the Vatican in this regard.
- **Q.** The Vatican clarified that the move was not a disciplinary action but done 'for the good' of the diocese. With Pope Francis accepting Franco's resignation, the way has been cleared for a new incumbent.
- **R.** However, the bestowing on Franco of the status of bishop emeritus which does not impose canonical restrictions on his ministry does undermine the Vatican's stand on stripping him of a bishop's privileges.
- **S.** In a welcome move, Franco Mulakkal has at last resigned from the post of bishop of the Jalandhar diocese.
 - A. SPQR B.PQSR C.RPSQ D.SPRQ
- 7. Arrange the following sentences to form a coherent paragraph

- P. New-Age crimes in the cyber world are leaving the cops huffing and puffing as thieves seem to run miles ahead of them with smarter and ingenious methods of breaching and misusing digital data to loot more and more vulnerable victims
- **Q.** As reliance on technology, remote work and automation picks pace and billions of people become digitally savvy, the scope for online trickery and scams has grown exponentially.
- **R.** Thus, the task of cyber security is a constant work in progress, involving many inter- and intra-governmental agencies across not only the country but also the globe.
- S. Cutting across geographical borders, a cyber criminal may be striking at a victim from any remote corner.
 - A. PQRS
- **B.PQSR**
- C.RPSQ
- D.SPRQ

8. Arrange the following sentences to form a coherent paragraph

- P. Yet again, the authorities have been caught napping on this pressing issue that crops up twice a year.
- **Q.** The Batala mishap is a horrifying reminder of the hazards of setting crop residue ablaze.
- **R.** It's nothing short of a miracle that a major tragedy did not happen.
- **S.** Two students were injured after a school bus caught fire from flames emanating from a freshly harvested wheat field.
 - A. PQRS
- **B.QPSR**
- C.QSRP
- D.SPRQ

9. Arrange the following sentences to form a coherent paragraph

- P. A nationwide surge in electricity demand has triggered a power crisis, putting coal supplies under considerable strain.
- Q. Agriculture, the most resilient sector during the Covid-19 pandemic, is struggling to withstand the tough conditions, with wheat yields dropping alarmingly due to the inclement weather.
- **R.** Many parts of the country are in the grip of a severe heatwave that is impacting millions of lives as well as livelihoods.
- S. Barely two months after a report by the Intergovernmental Panel on Climate Change redflagged India's vulnerabilities to extreme heat, the inevitable seems to be happening — far earlier than feared.
 - A. SRPQ
- **B.QPSR**
- C.SRQP
- D.SPRQ

10. Arrange the following sentences to form a coherent paragraph

- P. Since they have legal and administrative controls, state governments have different rules for awarding, regulating and administering sand mining.
- Q. Rapid industrialisation has made sand the most mined material on the planet, and its plunder is a messy business all across the globe, not just India.
- **R.** Sand that is ideal for construction comes from shorelines and the beds of rivers and lakes, and the unregulated and wanton extraction has huge ecological consequences.
- S. The challenge is universal, too: monitoring and managing the industry in a way that discourages miners from becoming criminals.
 - A. QRSP
- **B.QPSR**
- C.QSRP
- D.SPRQ

Comprehension

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The Reserve Bank of India's Monetary Policy Committee (MPC) has unanimously and wisely decided to apply a temporary pause to its inflation-battling monetary tightening by keeping the
repo rate unchanged. RBI Governor Shaktikanta Das wasin stressing that the
decision to pause was "for this meeting only", underlining the commitment to ensuring that retail
inflation is2 aligned to the mandated target of 4%. Clearly, developments in the
global financial system, particularly the banking sector3 and the volatility and
uncertainty they have triggered, have weighed heavily4 policymakers' decision to
wait and watch. Notwithstanding his assertions that India's 'banking and non-banking financial
service sectors remain healthy and economic activity remains resilient', it is the5 of
rising credit costs posing risks to both consumption demand and private investment that was a key
factor in the World Bank's calculus earlier this week, when it cut India's 2023-24 growth forecast
to 6.3%.
Fill in the blanks with the most appropriate combinations of words
11. Select the most appropriate option to fill in blank 1
A. Pragmatic
B. Untenable
C. Emphatic
D. Divisive
12. Select the most appropriate option to fill in blank 2
A. Progressively
B. Reportedly
C. Periodically
D. Potentially
13. Select the most appropriate option to fill in blank 3
A. Turmoil
B. Vigil
C. Marginal
D. Threshold
14. Select the most appropriate option to fill in blank 4
A. Of
B. By
C. Into
D. On
15. Select the most appropriate option to fill in blank 5
A. Fairness
B. Incentive
C. Spectre
D. Concern
Find out the error, if any:
16. He is (A)/ so foolish (B)/ to act. (C)/ No Error(D)
17. He is too much worried (A)/ about his friend's reaction (B)/ to his statement. (C)/ No Error(D)
18. It upset him (A)/ at seeing his son (B)/ in such pain. (C)/ No Error(D)

September 15, 2023 **JOIN TELEGRAM CHANNEL: ENGLISH MADHYAM** 19. My sister and myself (A)/ are pleased to accept (B)/your invitation to dinner. (C)/No Error(D) 20. We have made plans (A)/ to go very recently (B)/ to Delhi and Agra. (C)/ No Error (D)

Answers

1. C 8.C 2.B 3.C 4. C 5. D 6. A 7. B 9.A 10.C 11. C

12. A 13.A 14.D 15. C 16.C 17.B 18.B 19.A 20.B [Practice Exercise]

Explanations

1. C) Zoonotic spillover from animals to humans

The passage mentions, "Caused by a zoonotic spillover, the transmission of pathogens from animals to humans," indicating that the Nipah virus transmission is due to a zoonotic spillover from animals to humans

- 2. B) The only treatment available for Nipah infection is supportive care in a hospital setting. The passage clearly states, "The situation remains very much the same, in terms of treatment options: there is no cure, and supportive care remains the only way to handle Nipah infection even in a hospital setting." This suggests that the only way to treat the Nipah infection, even in hospitals, is through supportive care.
- 3. C) Anthropogenic activity, particularly rapid agricultural expansion, has contributed to zoonotic spillovers.

The passage states that research has shown anthropogenic activity has a definite role in zoonotic spillovers. Furthermore, the expansion of agricultural activity in fruit bat habitat zones is cited as a significant factor.

4. C) The interconnectedness of the health of people, animals, and the environment. The passage mentions that the One Health concept is an integrated approach that aims to optimize the health of people, animals, and the environment. It underscores the idea that humans live in symbiosis and that the health of one impacts that of another significantly.

5. **C) Concerned**

The tone of the passage can be described as 'concerned' due to the seriousness with which it discusses the repeated outbreaks of the Nipah virus in Kerala, the challenges of treatment, and the need for a unified health approach.

6. A) **SPQR**

S: The sequence starts with S. It provides the base for the situation, describing that Franco Mulakkal has resigned from the post of bishop

P: After the announcement of resignation in S, P logically follows, stating that this development happened after a request from the Vatican.

Q: Then, in Q, we learn more details about the Vatican's clarification regarding this move and that Pope Francis has accepted Franco's resignation, paving the way for a new person.

R: R seems to be a closing sentence, contrasting the previous actions with the fact that Franco has been bestowed the status of bishop emeritus, which goes against the Vatican's stand.

7. B) **PQSR**

P: Q starts by setting up the context, explaining how the increasing reliance on technology and the growth in the number of digitally savvy people have expanded the scope for online trickery and scams.

- **Q:** P builds upon Q's idea, providing a concrete example of how new-age cyber crimes have evolved, leaving the law enforcement behind
- **S:** S extends the idea in P, showing how these cyber crimes are not limited by geography. A cyber criminal can strike a victim from any remote corner
- **R:** Finally, R concludes the paragraph by suggesting that due to these issues, cyber security is a constant work in progress and involves inter- and intra-governmental agencies globally.

8. C) **QSRP**

- **Q:** "The Batala mishap is a horrifying reminder of the hazards of setting crop residue ablaze." This statement introduces the topic and the main incident: a mishap in Batala due to crop residue burning.
- **S:** "Two students were injured after a school bus caught fire from flames emanating from a freshly harvested wheat field." This statement provides more specific details about the incident introduced in Statement Q, making it logical to place S after Q.
- **R:** "It's nothing short of a miracle that a major tragedy did not happen." This statement comments on the incident described in Statements Q and S, suggesting that the consequences could have been even worse, which makes sense to come after Statement S.
- **P:** "Yet again, the authorities have been caught napping on this pressing issue that crops up twice a year." This statement concludes the paragraph by critiquing the authorities' response to the issue that led to the incident, thus logically follows after the description and commentary of the incident (Statements Q, S, and R).

9. A) **SRPQ**

- **S:** "S" sets up the context by mentioning a report by the Intergovernmental Panel on Climate Change that warns of India's vulnerability to extreme heat.
- **R:** "R" follows on from "S", describing the current situation of a severe heatwave affecting many parts of the country, which is precisely the kind of event warned about in the IPCC report
- **P:** "P" builds on the problems caused by the heatwave mentioned in "R" by stating the impact on electricity demand and the pressure on coal supplies
- **Q:** Lastly, "Q" describes another consequence of the crisis (although not directly tied to the heatwave), the agriculture sector is struggling and wheat yields are dropping alarmingly due to adverse weather. This paragraph extends the crisis from not only a human comfort and energy perspective, but also a food production perspective.

10. C) **QSRP**

- **Q:** This sentence presents a broad view of sand mining's global scale, serving as an ideal starting point. This sentence introduces the topic, making it the most logical choice for the first position.
- **S:** This sentence can be inferred as a follow-up to the previous one. After discussing the scale of sand mining worldwide, the natural progression is to discuss the challenges associated with it. Thus, 'S' should follow 'Q'.

- **R:** This sentence is expanding on the challenge mentioned in 'S'. It goes into detail about where sand is mined from and the consequences of its unregulated extraction. Therefore, 'R' logically follows 'S'.
- **P:** Finally, 'P' is a natural conclusion as it discusses potential solutions or interventions to the problem outlined in the previous sentences the role of state governments. Hence, 'P' should be the last sentence
- 11. C) 'Emphatic' का use होगा क्योंकि "emphatic" का अर्थ होता है किसी बात को स्पष्टता से और जोर से कहना। Sentence में mention किया गया है कि RBI Governor Shaktikanta Das ने स्पष्ट रूप से बताया कि यह निर्णय केवल इस meeting के लिए है, इसलिए 'emphatic' यहाँ सही है। 'Pragmatic' का अर्थ होता है व्यावासिक या यथार्थवादी, 'Untenable' का अर्थ है जिसे समर्थन नहीं किया जा सके, और 'Divisive' का अर्थ है विभाजनकारी, जो इस context में सही नहीं हैं।
 - 'Emphatic' should be used because it means expressing something clearly and forcefully. The sentence mentions that RBI Governor Shaktikanta Das was clear in stating that this decision was for this meeting only, making 'emphatic' fitting here. Whereas, 'Pragmatic' means practical or realistic, 'Untenable' means not able to be maintained, and 'Divisive' means causing disagreement or division, which don't fit in this context.
- 12. A) 'Progressively' का use होगा क्योंकि "progressively" का अर्थ होता है धीरे-धीरे या क्रमशः। Sentence में बताया गया है कि retail inflation को mandated target of 4% के अनुसार adjust किया जाना चाहिए। इसलिए 'progressively' यहाँ सही है। 'Reportedly' का अर्थ होता है 'कहे जाने पर', 'Periodically' का अर्थ है 'समय-समय पर' और 'Potentially' का अर्थ है 'संभावना से', जो इस context में सही नहीं है।
 - 'Progressively' should be used because it means gradually or in stages. The sentence
 discusses adjusting retail inflation to be aligned with the mandated target of 4%, making
 'progressively' the right choice here. On the other hand, 'Reportedly' means 'as said by
 others', 'Periodically' means 'at intervals', and 'Potentially' means 'possibly', which don't fit
 in this context.
- 13. A) 'Turmoil' का use होगा क्योंकि "turmoil" का अर्थ होता है अशांति या अस्थिरता। Sentence में mention किया गया है कि वैश्विक वितीय प्रणाली में, विशेष रूप से बैंकिंग क्षेत्र में हो रही developments के कारण volatility और uncertainty बढ़ गई है, इसलिए 'turmoil' यहाँ सही है। जबकि 'Vigil' का अर्थ होता है जागरूकता, 'Marginal' का अर्थ होता है सीमांत, और 'Threshold' का अर्थ है देहलीज़ या सीमा, जो इस context में सही नहीं है।
 - 'Turmoil' should be used because it means a state of great disturbance, confusion, or uncertainty. The sentence mentions that developments in the global financial system, especially in the banking sector, have led to increased volatility and uncertainty, making 'turmoil' apt in this context. On the other hand, 'Vigil' means staying alert, 'Marginal' means minor or borderline, and 'Threshold' means a point of entry or beginning, which don't fit in this context

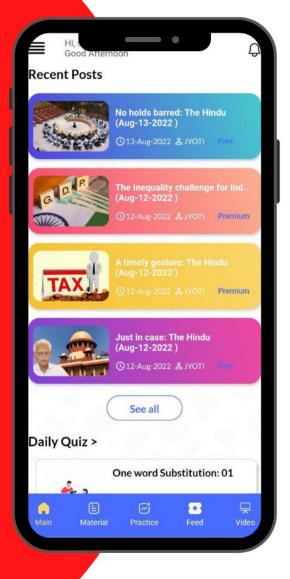
- 14. **D)** On' का use होगा क्योंकि sentence में बताया गया है कि global financial system की developments और उसके uncertainty और volatility ने policymakers के decision पर भारी पड़ा। इस context में 'on' का अर्थ होता है 'असर करना', जो यहाँ पर सही है। जबकि 'Of' एक possession या association दिखाने के लिए होता है, 'By' का अर्थ होता है 'द्वारा' और 'Into' का अर्थ होता है 'में' या 'की दिशा में', जो इस context में सही नहीं है।
 - 'On' should be used because the sentence mentions how the developments and their resultant uncertainty and volatility have had an impact on the policymakers' decision. In this context, 'on' means 'affecting' or 'in relation to', which fits here. Whereas, 'Of' indicates possession or association, 'By' means 'through the means or agency of', and 'Into' indicates movement or transformation, which don't fit in this context.
- 15. C) Spectre' का use होगा क्योंकि "spectre" का अर्थ होता है एक डर या चिंता जो आने वाले समय में सामने आ सकती है। Sentence में mention किया गया है कि rising credit costs की समस्या दोनों consumption demand और private investment के लिए जोखिम डाल सकती है, इसलिए 'spectre' यहाँ सही है। जबकि 'Fairness' का अर्थ है न्यायपूर्णता, 'Incentive' का अर्थ है प्रोत्साहन और 'Concern' का अर्थ है चिंता, जो इस context में सही नहीं है।
 - 'Spectre' should be used because it refers to a looming threat or concern that might arise
 in the future. The sentence indicates the issue of rising credit costs posing risks to both
 consumption demand and private investment, making 'spectre' the right choice here.
 Whereas, 'Fairness' implies justice, 'Incentive' means a form of encouragement, and
 'Concern' generally denotes worry or anxiety, which don't fit in this context.
- 16. (B) 'so' के बदले 'too' का प्रयोग होगा क्योंकि Part (C) में 'to' का प्रयोग है और 'too' के साथ 'to + V1' का प्रयोग होता है, जैसे- She is too honest to take a bribe.
 - 'too' is used instead of 'so' because 'to' is used in Part (C) and 'too' is used with 'to + V1'As-She is too honest to take a bribe.
- 17. (A) 'too much' के बदले 'much too' का प्रयोग होगा क्योंकि 'too much + Noun' का प्रयोग होता है जबकि 'much too + Adjective/Adverb का;
 - i. My wound gives me too much pain.['pain' Noun]
 - ii. The process of growing up is much too painful.['painful-Adjective]
 - iii. She drives the car much too fast.['fast'- adverb]
 - 'much too' will be used instead of 'too much' because 'too much + Noun' is used while 'much too + Adjective/Adverb'
- 18. (B) 'at seeing' के बदले 'to see' का प्रयोग होगा क्योंकि 'upset' के बाद 'to + V1' अर्थात् Infinitive का प्रयोग होता है। देखें
 - i. It upset me to think of her all alone in that big house.

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- 'to see' will be used instead of 'at seeing' because 'to + V1' i.e. Infinitive is used after 'upset'. see
 - i. It upset me to think of her all alone in that big house.
- 19. (A) 'My sister and myself' के बदले 'My sister and I' प्रयोग होगा क्योंकि 'myself' एक Reflexive Pronoun है जो किसी Verb या Preposition के Object का काम करता है, किन्तु Subject का काम 'I' करता है; जैसे
 - i. I hurt myself.
 - ii. I laughed at myself.
 - 'My sister and myself' will be replaced with 'My sister and I' because 'myself' is a reflexive pronoun which acts as an object of a Verb or Preposition, but 'I' acts as a subject
- 20. (B) 'very recently' के बदले 'soon' का प्रयोग होगा क्योंकि 'recently' का प्रयोग 'हाल ही में' के अर्थ में past action के लिए होता है जबकि 'soon' का प्रयोग 'शीघ्र' के अर्थ में future action के लिए; जैसे
 - i. I have not seen him recently. [recently = in the recent past]
 - ii. I have to go soon. [soon = quickly, early]
 - 'soon' will be used instead of 'very recently' because 'recently' is used for past action in the sense of 'recently' while 'soon' is used for 'soon' in the sense of future for action

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