

## Silent killer: On hypertension and the first WHO report on the subject

India must get more people to keep blood pressure under control

Globally, **hypertension** affects one in three individuals and four out of five do not have it adequately controlled, according to the first World Health Organization (WHO) report on hypertension released on September 19. It is a **grim** reminder that countries have done little to **keep the biggest risk factor for death and disability under check** despite the easy availability of **inexpensive** medicines. Uncontrolled blood pressure (over 140/90) is a main risk factor for **cardiovascular diseases** such as heart attacks and **stroke**, and the most common cause of disease and death. It is important to note that **health risks associated** with hypertension **do** not begin at over 140/90. Instead, they operate in a **continuum** even below what is **classified** as clinical hypertension, especially in people who are diabetic, are **obese**, and those who consume tobacco and alcohol. Hence, **reports** on hypertension levels in the population **underestimate** the **cumulative** risk of high blood pressure. In the WHO report that **relies** on 2019 data, 188 million Indians adults aged 30-79 years have hypertension. Of them, the condition has been **diagnosed** only in 37%, 30% are treated and a **meagre** 15% of people have hypertension under control. Women appear to be **marginally** better than men in having the condition diagnosed, treated and controlled. Based on **sketchy** data from parts of India, stroke **incidence** was found to be 108-172 per 1,00,000 people per year and the one-month case **fatality** rate was 18%-42%, as per a February 2022 study. In the Global Burden of Disease report, in 2019, heart attack was the leading cause of death and disability in India.

Studies have shown that excess salt consumption (over five grams a day) is responsible for 17%-30% of hypertension. While member States are required to achieve a 30% relative reduction in mean population **intake** of salt by 2025, India is yet to implement many components of WHO's prescription to **cut down** salt intake. A **study** in four Indian States **published** in 2021 found high salt and sugar content in packaged food items. **Making** front-of-pack nutrition **labelling** mandatory, encouraging **reformulation** of foods to cut down salt, and raising awareness in people to reduce salt intake **should** be urgently **undertaken**. India has, however, done well in improving blood pressure control in people with hypertension through the **novel** India Hypertension Control Initiative (IHCI). Launched in 2018, the IHCI has successfully **enrolled** 5.8 million **hypertensive** patients for treatment in 27 States, as of June 2023. Importantly, 48% of patients enrolled at primary health centres and 55% at health wellness centres achieved blood pressure control as of March 2021. It is now important to greatly increase the number of hypertensive people on treatment and keep blood pressure under control. **[Practice Exerc.]**

- Red/blue coloring of words in the sentence indicates subject verb relationship; where 'red' denotes 'subject' and 'blue' denotes 'verb'.
- **keep under check** (phrase) – to keep (something) under control नियंत्रण में रखना

## Vocabulary

1. **Hypertension** (noun) – High Blood Pressure, उच्च रक्तचाप
2. **Grim** (adjective) – Bleak, Dire, Dismal, Ghastly, Harsh, भयंकर, विकट
3. **Inexpensive** (adjective) – Cheap, Affordable, Low-cost, Economical, Reasonable, सस्ता
4. **Cardiovascular disease** (noun) – A class of diseases that involve the heart or blood vessels, such as coronary artery disease, heart failure, valvular heart disease, etc. हृदय रोग
5. **Stroke** (noun) – Paralysis, Seizure, लकवा
6. **Associated** (with) (adjective) – Connected, Related, Linked, संबंधित
7. **Continuum** (noun) – A continuous sequence in which adjacent elements are not perceptibly different from each other, although the extremes are quite distinct. अबाध क्रम, सतति
8. **Classify** (verb) – Categorize, Sort, Arrange, वर्गीकृत करना
9. **Obese** (adjective) – Overweight, Fat, Corpulent, अत्यधिक मोटा
10. **Underestimate** (verb) – Undervalue, Underrate, Disregard, कम समझना
11. **Cumulative** (adjective) – Combined, Aggregate, Total, संचयी
12. **Rely** (on) (verb) – Depend (on), Count (on), Trust (in), निर्भर करना
13. **Diagnose** (verb) – Identify, Detect, Find, रोग का पता लगाना
14. **Meagre** (adjective) – Scanty, Sparse, Limited, थोड़ा
15. **Marginally** (adverb) – Slightly, Somewhat, थोड़ा सा
16. **Sketchy** (adjective) – Incomplete, Rudimentary, Imperfect, अधूरा
17. **Incidence** (noun) – Occurrence, Frequency, Rate, घटनावृत्ति
18. **Fatality** (noun) – Death, Casualty, Mortality, मौत
19. **Intake** (noun) – Consumption, Ingestion, Input, सेवन
20. **Cut down** (phrasal verb) – Reduce, Decrease, Lessen, कम करना
21. **Label** (verb) – Tag, Mark, Designate, चिह्नित करना
22. **Reformulation** (noun) – The process of changing, altering, or amending the composition or structure of something. पुनर्निर्माण

23. **Undertake** (verb) – Embark on, Take on,  
Commit to, करना

24. **Novel** (adjective) – New, Original,  
Innovative, नया

25. **Enroll** (verb) – Register, Sign up, Join, भर्ती  
करना

26. **Hypertensive** (adjective) – Relating to or  
affected by hypertension. उच्च रक्तचाप  
संबंधित

## Summary of the Editorial

1. Hypertension affects one in three individuals globally as per the first WHO report on the subject.
2. Four out of five individuals with hypertension do not have it adequately controlled, pointing to a global health concern.
3. Uncontrolled blood pressure is a leading risk factor for cardiovascular diseases and is the most common cause of disease and death globally.
4. Health risks associated with hypertension operate in a continuum, affecting people even below the clinical hypertension level, especially those who are diabetic, obese, or consume tobacco and alcohol.
5. The WHO report, based on 2019 data, states 188 million Indian adults aged 30-79 years have hypertension, but the condition has been diagnosed only in 37% of them.
6. In India, 30% of people with diagnosed hypertension are treated, and only 15% have it under control, with women fairing marginally better than men.
7. Excess salt consumption, over five grams a day, is responsible for 17%-30% of hypertension.
8. India is lagging in implementing WHO's recommendations for reducing salt intake, impacting hypertension control negatively.
9. A 2021 study found high salt and sugar content in packaged food items sold in four Indian states, highlighting the need for improved food regulation.
10. India has made strides through the India Hypertension Control Initiative (IHCI) launched in 2018, enrolling 5.8 million patients for treatment in 27 states by June 2023.
11. The IHCI has achieved blood pressure control in 48% of patients at primary health centers and 55% at health wellness centers as of March 2021.
12. Despite easy availability of inexpensive medicines, countries, including India, have not made sufficient progress in controlling hypertension.
13. Implementing mandatory front-of-pack nutrition labelling and encouraging reformulation of foods to reduce salt are urgent needs.
14. Stroke incidence in India, based on data from parts, is 108-172 per 100,000 people per year, with an 18%-42% one-month case fatality rate.
15. It's crucial for India to increase the number of hypertensive people on treatment and ensure better blood pressure control to mitigate the associated health risks.

### Practice Exercise: SSC Pattern Based

1. **Based on the passage, which of the following statements most likely reflects the accuracy of the current reporting on hypertension levels in the population?** [Editorial Page]
  - A. Hypertension levels are overestimated due to the cumulative risk of high blood pressure.
  - B. The reporting on hypertension levels accurately reflects the cumulative risk of high blood pressure.
  - C. Hypertension levels are underestimated due to not considering the cumulative risk of high blood pressure.
  - D. The reporting on hypertension levels is exaggerated as a result of the cumulative risk of high blood pressure.
2. **What can be inferred about the gender disparity in relation to hypertension diagnosis and treatment in India based on the passage?**
  - A. Men are marginally better than women in having the condition diagnosed, treated, and controlled.
  - B. Both men and women have equal chances of getting their hypertension diagnosed, treated, and controlled.
  - C. Women are marginally better than men in having the condition diagnosed, treated, and controlled.
  - D. There is no mention of any gender disparity in relation to hypertension diagnosis and treatment in the passage.
3. **Based on the passage, which of the following inferences can be drawn regarding the approach of India to address hypertension?**
  - A. India has fully implemented WHO's prescription to cut down salt intake.
  - B. There is a lack of awareness among Indians about the need to control blood pressure.
  - C. India Hypertension Control Initiative (IHCI) has been unsuccessful in enrolling hypertensive patients.
  - D. All packaged food items in India have high salt and sugar content.
4. **Considering the passage, which inference can be made about the relationship between salt consumption and hypertension control efforts in India?**
  - A. High salt consumption has no significant impact on the prevalence of hypertension in India.
  - B. Efforts to control hypertension are primarily focused on reducing salt intake.
  - C. Excessive salt consumption is a major obstacle in controlling hypertension in India.
  - D. India has been successful in achieving a 30% relative reduction in mean population intake of salt.
5. **Based on the given passage, which of the following best describes the tone of the author?**
  - A. Optimistic
  - B. Ambivalent
  - C. Critical
  - D. Supportive
6. **Which of the following best describes the main theme of the passage?**
  - A. The efficiency of WHO's initiatives in India

- B. The global and national impacts of hypertension and the steps taken in response  
C. The importance of dietary control in managing hypertension  
D. The success of India Hypertension Control Initiative (IHCI) in controlling hypertension
7. **Select the INCORRECTLY spelt word.**  
A. Dearth  
B. Acceptible  
C. Corrupt  
D. Barely
8. **Select the INCORRECTLY spelt word.**  
A. Sufficeint  
B. Syrup  
C. Superior  
D. Shrubbery
9. Select the most appropriate **ANTONYM** of the underlined word.  
My niece is an amateur artist. I hope she becomes famous one day.  
A. Boring  
B. Freelancing  
C. Expert  
D. Decent
10. **Select the most appropriate option to substitute the underlined segment in the given sentence.**  
The secretary to my boss is very efficient as he not only gives him the required information also and handles correspondence independently  
A. yet also handles  
B. but also handles  
C. along with also handles  
D. not also handles
11. **Sentences of a paragraph are given below in jumbled order. Arrange the sentences in the correct order to form a meaningful and coherent paragraph.**  
A. My grandmother always went to school with me because the school was attached to the temple.  
B. When we both finished, we would be back together.  
C. While the children sat in rows on either side of the verandah singing the alphabet or prayer in chorus, my grandmother sat inside reading the scriptures.  
D. The priest taught us the alphabet and the morning prayer.  
A. ACBD  
B. ABDC  
C. ADCB  
D. ADBC
12. Select the most appropriate **synonym** to substitute the underlined word.  
The weather forecast mentioned that there would be a cloud burst this afternoon.  
A. rainstorm

- B. sandstorm
- C. famine
- D. snowfall

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

Keats and Shelly were poets of the same period; in other words, they were \_\_\_\_\_.

- A. contemporaries
- B. co-writers
- C. colleagues
- D. associates

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

- P. The silver medal in the Chess World Cup did not glitter like gold for 18-year-old R Praggnanandhaa.
- Q. The second-place finish puts him in Candidates Tournament, the winner of which will wrestle for the World Championship title with Ding Liren, the throne's latest occupant.
- R. Only he could fathom the hurt of losing the final after beating a raft of big shots and stretching the unflappable Norwegian to the tiebreakers.
- S. He hid his disappointment, though the words of consolation that he lost to arguably the greatest chess player of all time, Magnus Carlsen, would have rung hollow.

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

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

- P. 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
- Q. That there's more to it than meets the eye
- R. The annual data from Switzerland's central bank says funds deposited by Indian nationals and firms in Swiss banks
- S. Rose to a 14-year-high of over Rs 30,500 crore in 2021

- A. PSQR      B.PQSR      C.PRSQ      D.PQRS

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

- P. Infosys founder N R Narayana Murthy once famously recounted how he had to wait for three years and undertake several trips to Delhi
- Q. In the pre-1991 era, Indian governments routinely relied on repressive policies
- R. To import a computer because of the strict licensing regime
- S. Such as quotas and higher tariffs in order to curb imports

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

**Comprehension**

The Asia Cup, a tournament originally launched to promote Asian solidarity in cricket, \_\_\_\_\_1\_\_\_\_\_ often caught between the fissures that define Indian subcontinental history. Started in 1984 with \_\_\_\_\_2\_\_\_\_\_ between the big three — India, Pakistan and Sri Lanka — the championship soon became \_\_\_\_\_3\_\_\_\_\_ to the political issues that \_\_\_\_\_4\_\_\_\_\_ between these nations with the India-Pakistan narrative being the primary basis for grudges.

Fill in the blanks with the most appropriate combinations of words

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

- A. Is
- B. Are
- C. Was
- D. Were

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

- A. Witness
- B. Facie
- C. Bonhomie
- D. Convenient

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

- A. Elusive
- B. Imperative
- C. Captive
- D. Inactive

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

- A. End up
- B. Push up
- C. Contingent on
- D. Cropped up



## Answers

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

[Practice Exercise]

## Explanations

1. **C) Hypertension levels are underestimated due to not considering the cumulative risk of high blood pressure.**

The passage states that "reports on hypertension levels in the population underestimate the cumulative risk of high blood pressure" as health risks associated with hypertension operate in a continuum, impacting even those below what is clinically classified as hypertension. This indicates that the cumulative risk is not fully accounted for in the reports, leading to an underestimation of hypertension levels.

2. **C) Women are marginally better than men in having the condition diagnosed, treated, and controlled.**

The passage explicitly mentions that "Women appear to be marginally better than men in having the condition diagnosed, treated, and controlled." This suggests a gender disparity in which women have a slight advantage over men in terms of diagnosis, treatment, and control of hypertension in India.

3. **B) There is a lack of awareness among Indians about the need to control blood pressure.**

In passage India's effort through the India Hypertension Control Initiative (IHCI) to control blood pressure, which has been relatively successful in enrolling hypertensive patients and improving blood pressure control. However, the passage also notes that India has yet to implement many components of WHO's prescription to cut down salt intake, and that raising awareness in people to reduce salt intake should be urgently undertaken. Hence, the inference that there is a lack of awareness among Indians about the need to control blood pressure is supported by the passage.

4. **C) Excessive salt consumption is a major obstacle in controlling hypertension in India.**

The passage states that studies have shown that excess salt consumption is responsible for a significant percentage of hypertension cases and that India is yet to implement many components of WHO's prescription to cut down salt intake. Furthermore, the passage mentions that there is high salt content in packaged food items in India and suggests that measures like making front-of-pack nutrition labelling mandatory and encouraging reformulation of foods to cut down salt should be urgently undertaken. This implies that excessive salt consumption is indeed a major obstacle in controlling hypertension in India.

5. **C) Critical**

The author presents various statistics and facts to highlight the severity and prevalence of hypertension, pointing out the inadequacies in global and national efforts to control it. The author is critical of the lack of substantial progress despite the availability of inexpensive medicines and emphasizes the need for more action, especially in India. While there is a

mention of some progress made via the India Hypertension Control Initiative (IHCI), the overall tone remains critical due to the focus on areas that need improvement and the persistent issues related to hypertension and its management.

6. **B) The global and national impacts of hypertension and the steps taken in response**

The passage discusses the global prevalence of hypertension and specifically explores its impacts and management in India. It provides a detailed overview of the statistics related to hypertension and the consequent risks. It mentions the measures taken to control hypertension like the India Hypertension Control Initiative (IHCI) and emphasizes the need for more action in this area, including controlling salt intake. While other elements like dietary control and WHO's initiatives are discussed, they are components of the broader theme focusing on the impacts of hypertension and the response to it.

7. B) The incorrectly spelled word is 'Acceptible'. The correct spelling is '**Acceptable**', which means "capable or worthy of being accepted" or "pleasing to the receiver." स्वीकार्य, मान्य.

8. A) The incorrectly spelt word is 'Sufficeint'. The correct spelling is '**Sufficient**' which means "adequate for the purpose; enough" सम्पूर्ण, पर्याप्त.

9. C) **Amateur** (adjective) – Engaging in a particular activity as a pastime rather than as a professional; non-professional, non-specialist, layperson. शौकिया

**Antonym: Expert** (adjective) – Having or showing special skill or knowledge derived from training or experience; proficient, skilled, adept. विशेषज्ञ

- **Boring** (adjective) – Not interesting; tedious, dull, monotonous. उबाऊ

- **Freelancing** (adjective) – Working for different companies at different times rather than being permanently employed by one company; independent, self-employed. स्वतंत्र पेशेवर

- **Decent** (adjective) – Conforming with generally accepted standards of respectable or moral behavior; proper, respectable, honorable. सभ्य

10. B) 'also and handles' के बदले '**but also handles**' का प्रयोग होगा, क्योंकि "not only ... but also" एक correlative conjunction है जो समान महत्व के दो विचारों को जोड़ने के लिए प्रयुक्त होता है।

उदाहरण स्वरूप— He is not only intelligent but also hard-working.

- **but also handles**' will be used instead of 'also and handles' because "not only ... but also" is a correlative conjunction that is used to connect two ideas of equal importance. Like— He is not only intelligent but also hard-working.

11. C) **ADCB**

**A:** Sentence A seems to be a logical starting point because it provides a setting and introduces the main characters, i.e., the narrator and their grandmother.

**D:** Sentence D provides information about what happens at school, i.e., learning the alphabet and the morning prayer from the priest. A mentioned going to school, D logically follows A

**C:** After introducing the school and what the children were taught there in sentence D, sentence C further describes the scene at the school and the parallel activities of the children and the grandmother.

**B:** Finally, sentence B seems to be the logical conclusion as it refers to the completion of the activities mentioned in the previous sentences. The use of the word "finished" suggests a conclusion to the actions described in the previous sentences

12. A) **Cloud burst** (noun) – A sudden, intense rainfall that can lead to rapid flooding, typically lasting a short duration. बादल फटना

**Synonym: Rainstorm** (noun) – A period of heavy and continuous rain. वर्षा-तूफान

- **Sandstorm** (noun) – A strong wind that carries clouds of sand through the air, typically found in deserts. रेतीला तूफान
- **Famine** (noun) – Extreme scarcity of food. अकाल
- **Snowfall** (noun) – Precipitation in the form of flakes of crystalline water ice that falls from clouds. हिमपात

13. A) 'Contemporaries' का प्रयोग होगा क्योंकि "contemporaries" का अर्थ होता है एक ही समयकाल में जीवन बिताने वाले लोग। Keats और Shelly एक ही समयकाल के कवि थे, इसलिए यह शब्द उपयुक्त है। 'Co-writers' का अर्थ है सह-लेखक, 'Colleagues' का अर्थ है सहकर्मी, और 'Associates' का अर्थ है सहयोगी, जो इस context में सही नहीं है।

14. B) **PSRQ**

**P:** It introduces the main character, R Praggnanandhaa, and gives context about him winning a silver medal in the Chess World Cup. So it's logical to assume that P comes first

**S:** Sentence S mentions "he" hid his disappointment and refers to losing to Magnus Carlsen. The pronoun "he" logically refers to R Praggnanandhaa introduced in Sentence P, and Magnus Carlsen is introduced as someone who is arguably the greatest chess player of all time. Since Sentence S introduces Magnus Carlsen and describes the event where R Praggnanandhaa lost to him, it is logical for S to come after P

**R:** The pronoun "he" is used, which should refer back to R Praggnanandhaa, and "the unflappable Norwegian" is mentioned, which is a clear reference to Magnus Carlsen, introduced in Sentence S. Since Carlsen is explicitly named in S and only indirectly referred to in R, R should logically follow S

**Q:** Sentence Q talks about the consequence of the second-place finish, i.e., it puts him in the Candidates Tournament. The pronoun "him" can refer back to R Praggnanandhaa introduced in Sentence P.

15. D) **PQRS**

**P:** This serves as an introduction mentioning Arun Jaitley's remark and providing a context about Swiss bank money, hence logically this seems to come first

**Q:** This sentence is expanding on the “notion” mentioned in sentence P. “That” is serving as a connector pronoun, referring to the notion mentioned in sentence P. Hence, it’s logical that Q comes after P

**R:** This sentence introduces new information or provides evidence supporting the “notion” mentioned in sentence P and elaborated in sentence Q. The annual data is providing specific details which give a more concrete picture about the notion discussed in sentences P and Q.

**S:** This sentence is clearly giving a concluding figure to the information started in sentence R, specifying the amount and time which are crucial details about the funds deposited. Hence, S logically follows R.

16. A.) **QSPR**

**Q:** Sentence Q starts with “In the pre-1991 era”, providing a specific timeframe and setting up historical context. So, it logically comes first

**S:** Sentence S starts with “Such as”, which typically follows a noun or phrase it is giving examples of. Here, examples of the repressive policies mentioned in sentence Q, indicating that S should follow Q

**P:** Sentence P is about Narayana Murthy and his experience, which seems to be a specific illustration of the general scenario described in Q and S, so it should follow S.

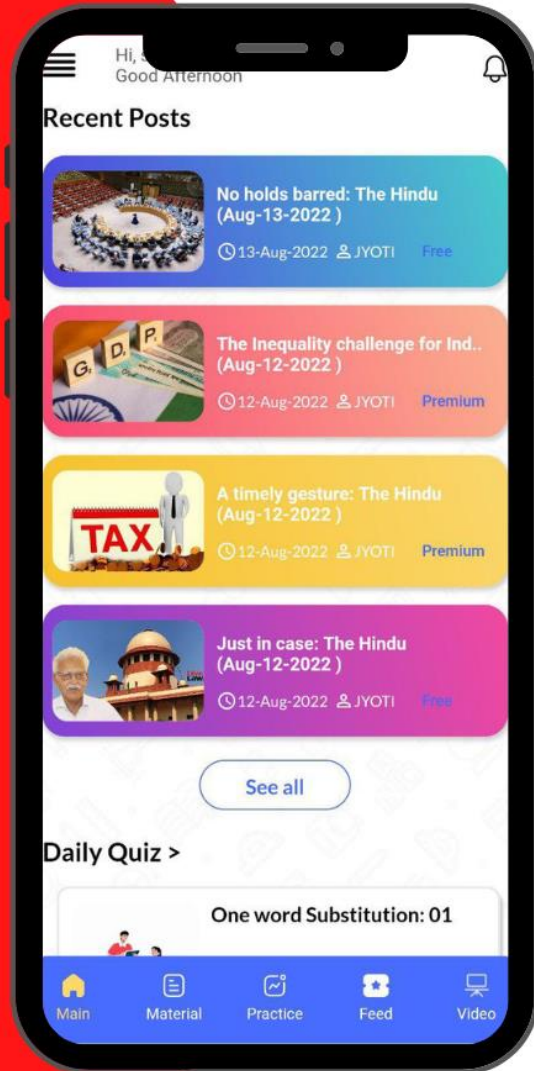
**R:** Sentence R starts with “To import a computer...”, which is continuing the information from sentence P, as it's describing why Narayana Murthy had to wait. So, R should follow P

17. A) 'Is' का use सही है क्योंकि 'The Asia Cup' एक singular noun है, और इसलिए इसके साथ singular verb का प्रयोग होगा। Sentence में 'The Asia Cup' को एक singular subject के रूप में परिभाषित किया गया है, जिसका उपयोग एक विशिष्ट क्रिकेट टूर्नामेंट को दर्शाने के लिए किया गया है, इसलिए 'is' यहाँ पर सही है। 'Are', 'Was', और 'Were' का प्रयोग गलत है क्योंकि ये plural subjects या past tense के लिए होते हैं, जो कि इस context में सही नहीं है।

- 'Is' is the correct answer because 'The Asia Cup' is a singular noun, and therefore, it will take a singular verb. In the sentence, 'The Asia Cup' is defined as a singular subject representing a specific cricket tournament, making 'is' appropriate here. 'Are', 'Was', and 'Were' are incorrect as they are used for plural subjects or are in the past tense, which is not suitable in this context.

18. C) 'Bonhomie' का उपयोग होगा क्योंकि "bonhomie" का अर्थ होता है दोस्ती और अच्छे संबंध। Sentence में mention किया गया है कि इस championship का आरंभ भारत, पाकिस्तान, और श्रीलंका के बीच हुआ था, इसलिए 'bonhomie' यहाँ पर सही है। जबकि 'Witness' का अर्थ होता है देखना या गवाही देना, 'Facie' गलत है क्योंकि यह कोई व्याकरणिक रूप में सही शब्द नहीं है, और 'Convenient' का अर्थ होता है सुविधाजनक, जो इस context में सही नहीं है।

- 'Bonhomie' should be used because it means a friendly or warm relationship. The sentence mentions that the championship started with the involvement of India, Pakistan, and Sri Lanka, making 'bonhomie' the correct choice here. Whereas, 'Witness' means to see or to bear witness, 'Facie' is incorrect as it is not a valid word in grammatical terms, and 'Convenient' means easy to use or suited to the needs or circumstances, which are not fitting in this context
19. C) 'Captive' का use होगा क्योंकि "captive" का अर्थ होता है किसी चीज़, स्थिति, या विचार के प्रति बंधित होना। Sentence में mention किया गया है कि championship इन देशों के बीच पोलिटिकल मुद्दों के प्रति बंधित हो गया है, इसलिए 'Captive' यहाँ सही है। 'Elusive' का अर्थ है मुश्किल से प्राप्त होना, 'Imperative' का अर्थ है आवश्यक, और 'Inactive' का अर्थ है निष्क्रिय, जो इस context में सही नहीं है।
- 'Captive' should be used because it means being held or entrapped by a situation, idea, or condition. The sentence mentions that the championship became bound to the political issues that exist between these nations, making 'Captive' fitting here. Whereas, 'Elusive' means hard to attain or achieve, 'Imperative' means necessary or of utmost importance, and 'Inactive' means not active or in operation, which don't fit in this context
20. D) 'Cropped up' का उपयोग होगा क्योंकि "cropped up" का अर्थ होता है अचानक उत्पन्न होना या सामने आना। Sentence में उल्लेख किया गया है कि इन देशों के बीच राजनीतिक मुद्दे उत्पन्न हो गए हैं, इसलिए 'cropped up' यहाँ सही है। जबकि 'End up' का अर्थ है अंत में होना, 'Push up' का अर्थ है ऊपर उठाना या बढ़ाना, और 'Contingent on' का अर्थ है निर्भर करना, जो इस context में सही नहीं है।
- 'Cropped up' should be used because it means to appear or occur suddenly or unexpectedly. The sentence mentions that political issues have arisen between these countries, making 'cropped up' the most fitting here. Whereas, 'End up' means to finally be in a particular place or situation, 'Push up' means to increase or raise, and 'Contingent on' means dependent on, which do not fit in this context



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