

## In Bihar, an attempt to address the mental health needs of teachers

Where do they feel greater stress, at home or in school? Are they able to complete the syllabus on time? How does stress impact their teaching? These are some of the questions that the over four lakh teachers in Bihar's government schools will be asked as part of a mental health survey to be conducted by the end of the month. The State Council of Educational Research and Training has been **tasked** with this job in response to the growing number of complaints about rising teacher **absenteeism** and inability to teach the syllabus in time as well as reports of **corporal** punishment **meted out** to students.

While the **challenges** that teachers face, especially in government schools, **are** well known, any policy that **seeks** to relieve some of their pressure would require identifying the factors involved.

The Bihar government's survey is an important step towards that. Teachers have **pointed to** the demands of non-teaching **assignments** such as election duty and the conduct of the recent caste survey in the state, as well as the management of the midday meal scheme which all too often keep teachers from doing justice to their primary duties.

Addressing these concerns will ensure that teachers are **equipped** to perform the demanding job of **nurturing** young minds. It could also **mark** a **turnaround** for a state that has, in the past, benefitted from creative interventions in the field of education:

For example, the 2006 Mukhyamantri Balika Cycle **Yojana**, one of the pet schemes of the Nitish Kumar government, under which girls from Class 9 to 12 were given free bicycles to go to school, **resulted in** the secondary school **enrollment** of girls increasing by 30 per cent within a year.

**A majority** of the students who enroll in government schools **belong** to socially and economically backward sections of society. It is important that they not only stay in school, but also receive quality education. **The role** of the teacher in creating the right environment **cannot** be **overlooked**. For Bihar — and, **indeed**, for other states — this is an end worth **pursuing**. Helping teachers do their jobs better would serve the larger cause of ensuring a better education for the nation's young — a vision **outlined** in the National Education Policy, 2020 as well. Not just children — adults in the classroom need the right environment too.

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

## Vocabulary

1. **Address** (verb) – Deal with, confront, attend to, handle, tackle समाधान करना
2. **Task** (with) (verb) – Assign, entrust, charge, commission, delegate किसी कार्य के लिए सौंपना
3. **Absenteeism** (noun) – Nonattendance, truancy, non-appearance, default अनुपस्थिति
4. **Corporal** (adjective) – Physical, bodily, fleshly, somatic शारीरिक
5. **Mete out** (phrasal verb) – Dispense, administer, deliver, deal out, distribute प्रदान करना
6. **Seek** (verb) – try, attempt, endeavour, strive प्रयास करना
7. **Point to** (phrasal verb) – Indicate, suggest, signify, signal सूचित करना
8. **Assignment** (noun) – Task, duty, job, responsibility कार्य
9. **Equip** (verb) – prepare (someone) mentally for a particular situation or task सुसज्जित करना
10. **Nurture** (verb) – Cultivate, foster, promote, encourage, nourish विकसित करना
11. **Mark** (verb) – Indicate, denote, show, demonstrate, exhibit चिह्नित करना
12. **Turnaround** (noun) – Reversal, change, shift, transformation पलटाव
13. **Result in** (phrasal verb) – Lead to, bring about, cause, produce परिणाम में आना
14. **Enrollment** (noun) – Registration, signing up, matriculation, entry नामांकन
15. **Overlook** (verb) – Miss, fail to notice, neglect अनदेखा करना
16. **Indeed** (adverb) – Truly, really, certainly वास्तव में
17. **Pursue** (verb) – Carry out or participate in an activity; be involved in पीछा करना
18. **Outline** (verb) – Summarize, sketch, delineate, draft रूपरेखा बनाना

### Summary of the Editorial

1. The editorial discusses a mental health survey for over four lakh teachers in Bihar's government schools, addressing their stress levels and ability to manage their workload.
2. The survey is conducted in response to rising complaints about teacher absenteeism, incomplete syllabus coverage, and reported corporal punishment.
3. The State Council of Educational Research and Training is responsible for executing this survey.
4. It is recognized that to alleviate teacher's stress, the underlying factors causing pressure need to be identified.
5. Teachers often point to non-teaching assignments, such as election duties and caste surveys, as distractions from their primary teaching responsibilities.
6. The management of the midday meal scheme is another task that keeps teachers from focusing on their primary duties.
7. Addressing these additional responsibilities could enable teachers to better focus on their primary role of educating students.
8. A focus on mental health and well-being of teachers is essential to enhance the quality of education, especially for students from economically and socially backward sections.
9. The Bihar government's initiative aligns with the vision outlined in the National Education Policy, 2020, emphasizing quality education and the well-being of both students and teachers.
10. Previous interventions, like the 2006 Mukhyamantri Balika Cycle Yojana, have demonstrated positive impacts on education in Bihar.
11. In that scheme, girls from Class 9 to 12 were given free bicycles, leading to a 30% increase in secondary school enrollment within a year.
12. The role of the teacher is crucial in creating an environment conducive to quality education, especially for students from disadvantaged backgrounds.
13. The mental health survey is a step toward ensuring that teachers are well-supported, reducing absenteeism and improving teaching quality.
14. Addressing teacher's mental health and stress factors can potentially lead to a significant improvement in the education system.
15. Both teachers and students require the right environment to ensure an effective learning experience, highlighting the need for a balanced focus on the welfare of all parties involved in education.

**Practice Exercise: SSC Pattern Based**

1. **Which organization in Bihar has been tasked with conducting the mental health survey among teachers?**
  - A. Bihar's Department of Education
  - B. Bihar Teacher's Union
  - C. State Council of Educational Research and Training
  - D. Bihar Mental Health Association
2. **Which of the following can be inferred about the reasons for the mental health survey among teachers in Bihar's government schools?**
  - A. It is primarily focused on improving the quality of the midday meal scheme.
  - B. It is an attempt to solely address teachers' complaints about election duty.
  - C. It is a response to concerns like teacher absenteeism, inability to teach the syllabus on time, and reports of corporal punishment.
  - D. It aims to promote the importance of physical fitness among teachers.
3. **What can be inferred from the passage regarding the Mukhyamantri Balika Cycle Yojana?**
  - A. The scheme was initiated by the Nitish Kumar government to provide bicycles to all students.
  - B. The scheme led to a 30% reduction in secondary school enrollment for girls within a year.
  - C. The scheme was focused on providing free bicycles to girls from Class 9 to 12.
  - D. The scheme was introduced in the National Education Policy, 2020.
4. **Based on the passage, what role do teachers play in government schools?**
  - A. Teachers are primarily responsible for distributing free bicycles to students.
  - B. Teachers play a minor role in creating an environment conducive to learning.
  - C. Teachers are the key figures in ensuring students receive a basic education without focusing on quality.
  - D. Teachers have a significant role in creating the right environment for quality education.
5. **What is the tone of the passage regarding the mental health needs of teachers in Bihar?**
  - A. Dismissive
  - B. Indifferent
  - C. Critical
  - D. Supportive
6. **Select the most appropriate ANTONYM of the underlined word.**

My complaint is that the gardener dozes off during work.

  - A. Challenge
  - B. Carp
  - C. Praise
  - D. Demur

7. **Select the most appropriate option that can substitute the underlined segment in the given sentence.**

You can always dependent on me.

- A. depend over me
- B. depend for me
- C. depend at me
- D. depend on me

8. **Select the option that can be used as a one-word substitute for the given group of words.**

Willing to take risks and try new ideas.

- A. Resolute
- B. Desperate
- C. Adventurous
- D. Mythical

9. **Select the most appropriate synonym of the given word.**

Exuberance

- A. Vibrancy
- B. Laziness
- C. Sympathy
- D. Impartiality

10. **Select the option that expresses the given sentence in passive voice.**

Rakesh will win the lottery.

- A. The lottery is won by Rakesh.
- B. The lottery will have won by Rakesh .
- C. The lottery will be won by Rakesh.
- D. The lottery was won by Rakesh.

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. Those verses are collectively known as the Bhagavadgita.

B. His hesitation before the battle against his family became the occasion for his friend and charioteer, Lord Krishna, to deliver a discourse on dharma.

C. Arjuna was one of the five Pandava brothers, who are the heroes of the Indian epic, the 'Mahabharata'.

D. He was the son of the god Indra and was famous for his archery.

- A. DCBA
- B. CDBA
- C. ABDC
- D. BADC

**12. Select the INCORRECTLY spelt word.**

- A. Entrance
- B. Brief
- C. Thunder
- D. Statinary

**13. Select the option that expresses the given sentence in passive voice.**

Authorities denied his simple request.

- A. His simple request has been denied by authorities.
- B. His simple request is denied by authorities.
- C. His simple request had been denied by authorities .
- D. His simple request was denied by authorities.

**14. Select the most appropriate phrasal verb to fill in the blank.**

The details were \_\_\_\_\_ from one person to the other within no time.

- A. passed away
- B. passed in
- C. passed down
- D. passed out

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

The room was very \_\_\_\_\_

- A. quit
- B. quilt
- C. quiet
- D. Quite

**16. Select the correct idiom to replace the underlined segment in the given sentence.**

Harry always speaks his eyes but he is not always very diplomatic!

- A. speaks his tongue
- B. reads his heart
- C. speaks his mind
- D. listens his ear

**17. Select the most appropriate meaning of the given idiom.**

Pass the buck

- A. Providing essential services
- B. Trying to calm down
- C. Blaming another person
- D. Saying something unpleasant

**18. Select the most appropriate ANTONYM of the underlined word in the given sentence.**

The lizard's light brown skin acts as camouflag in the desert sand.

- A. clothed

- B. mask
- C. reveal
- D. Vanishing

19. **Select the most appropriate meaning of the underlined word in the given sentence.**

We have always been told retaliation is not the key to resolving problems.

- A. revenge
- B. outcome
- C. realisation
- D. Pamper

20. **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) There is a general belief that these medicines heal ailments safely.
- B) The 'safe healing' is actually that which doesn't have any side effects.
- C) Positive healing without any unwanted effect on the body drives the trend.
- D) Herbal medicines are a new trend these days.

- A. ADCB
- B. DACB
- C. DABC
- D. ACDB

**Comprehension:**

**In the following passage, some words have been deleted. Read the passage carefully and select the most appropriate option to fill in each blank.**

The structure of human psyche, as postulated by Sigmund Freud, (1)\_\_\_\_\_ of the ego, the super ego, and the id. The ego forms the part of our conscious mind which we work with and are most (2) \_\_\_\_\_ of. The super ego forms our conscience in the form of the unconscious and works on the (3)\_\_\_\_\_ of social and cultural influences. The id represents our subconscious which contains all (4)\_\_\_\_\_ thoughts, desires, and dreams. Dreams work as a free pathway into the subconscious, which is an inaccessible zone in general. It can also contain (5)\_\_\_\_\_ scenes or images that apparently have no relation to anything related to the person.

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

- A. desires
- B. lacks
- C. grapples
- D. Consists

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

- A. afraid
- B. dependent

- C. aware
- D. Resistant

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

- A. love
- B. counter
- C. understanding
- D. basis

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

- A. repressed
- B. heavy
- C. legal
- D. Sanctioned

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

- A. parallel
- B. constricted
- C. concurrent
- D. bizarre



## Answers

1. C    2. C    3. C    4. D    5. D    6. C    7. D    8. C    9. A    10. C    11. B    12. D  
 13. D    14. C    15. C    16. C    17. C    18. C    19. A    20. C    21. D    22. C    23. D    24. A  
 25. D

## Explanations

### 1. C) State Council of Educational Research and Training

The passage mentions, "The State Council of Educational Research and Training has been tasked with this job in response to the growing number of complaints..."

### 2. C) It is a response to concerns like teacher absenteeism, inability to teach the syllabus on time, and reports of corporal punishment.

The passage states that the mental health survey will be conducted "...in response to the growing number of complaints about rising teacher absenteeism and inability to teach the syllabus in time as well as reports of corporal punishment meted out to students."

### 3. C) The scheme was focused on providing free bicycles to girls from Class 9 to 12.

The passage mentions that the "Mukhyamantri Balika Cycle Yojana" was one of the initiatives of the Nitish Kumar government, and its objective was to provide free bicycles to girls from Class 9 to 12. This initiative resulted in an increase in the secondary school enrollment of girls by 30% within a year.

### 4. D) Teachers have a significant role in creating the right environment for quality education.

The passage highlights the importance of addressing the needs of teachers and states that "The role of the teacher in creating the right environment cannot be overlooked." This emphasizes the significant role teachers play in providing quality education and creating the right learning environment for students.

### 5. D) Supportive

The tone of the passage is supportive towards the initiative of the Bihar government to address the mental health needs of teachers. This is evident from phrases such as "The Bihar government's survey is an important step towards that" and "Addressing these concerns will ensure that teachers are equipped to perform the demanding job of nurturing young minds". The passage acknowledges the challenges faced by teachers and underscores the importance of assisting them for better educational outcomes.

### 6. C) **Complaint** (noun) – An expression of dissatisfaction, grievance, unhappiness. शिकायत

Antonym: **Praise** (noun) – Expression of approval, admiration, or compliment. प्रशंसा

- **Challenge** (noun) – A task or situation that tests someone's abilities. चुनौती
- **Carp** (verb) – To constantly criticize or find fault. निंदा करना
- **Demur** (verb/noun) – Raise objections or show reluctance. आपत्ति

7. D) 'dependent on me' के बदले 'depend on me' का प्रयोग होगा क्योंकि 'dependent' एक adjective है और यहां क्रिया की आवश्यकता है। सही वाक्यांश 'depend on me' है जो किसी पर निर्भर रहने का अर्थ देता है।

- 'depend on me' will be used instead of 'dependent on me' because 'dependent' is an adjective and a verb is required here. The correct phrase is 'depend on me' which means to rely on someone.

8. C) **Adventurous** (noun) – Willing to take risks and try new ideas. साहसी

- **Resolute** (adjective) – admirably purposeful, determined, and unwavering. दृढ़ निश्चयी
- **Desperate** (adjective) – feeling or showing a hopeless sense that a situation is so bad as to be impossible to deal with. निराशा/ हताश
- **Mythical** (adjective) – relating to, based on, or appearing in myths or mythological tales. पौराणिक

9. A) **Exuberance** (noun) – The quality of being full of energy, excitement, and cheerfulness; ebullience, zest, vitality. उत्साह

**Synonym: Vibrancy** (noun) – The state of being full of energy and life, vivacity, energy, liveliness.

जीवंतता

- **Laziness** (noun) – The quality of being unwilling to work or use energy; idleness, inactivity, slothfulness. आलस्य
- **Sympathy** (noun) – Feelings of pity and sorrow for someone else's misfortune; compassion, concern, commiseration. सहानुभूति
- **Impartiality** (noun) – The quality of not being biased; treating all rivals or disputants equally; fairness, justice, objectivity. निष्पक्षता

10. C) The lottery will be won by Rakesh.

11. B) **CDBA**

Arjuna was one of the five Pandava brothers, who are the heroes of the Indian epic, the 'Mahabharata'. He was the son of the god Indra and was famous for his archery. . His hesitation before the battle against his family became the occasion for his friend and charioteer, Lord Krishna, to deliver a discourse on dharma. Those verses are collectively known as the Bhagavadgita.

12. D) The correct spelling is '**Stationery**' which means "materials (such as paper, pens, and ink) for writing or typing" लिखावट सामग्री।

13. D) His simple request was denied by authorities.

14. C) 'passed down' का उपयोग होगा क्योंकि यहाँ पर जानकारी किसी एक व्यक्ति से दूसरे व्यक्ति तक जाने की बात हो रही है, जो की 'passed down' फ्रेजल वर्ब से संदर्भित होता है; जैसे— Traditions are passed down from one generation to the next.

- 'passed down' will be used because it refers to the transfer of information from one person to another, as represented by the phrasal verb 'passed down'; Like— Traditions are passed down from one generation to the next.

15. C) 'quiet' का प्रयोग होगा क्योंकि इस sentence में किसी कक्ष के शोर की कमी की बात की जा रही है। "The room was very \_\_\_\_\_" में शोर की अभाव को दर्शाने के लिए 'quiet' सबसे उपयुक्त विकल्प है।

'Quiet' should be used because this sentence is referring to the lack of noise in a room. In "The room was very \_\_\_\_\_", to describe the absence of noise, 'quiet' would be the most appropriate choice.

16. C) Harry always (speaks his mind) but he is not always very diplomatic!

**Speak one's mind** (phrase) – to say what you think about something very directly

17. C) **Pass the buck** (idiom) – Blaming another person दूसरे पर दोष डालना

18. C) **Camouflage** (noun) – The use of any combination of materials, coloration, or illumination for concealment, either by making animals or objects hard to see, or by disguising them as something else.

**छलावरण लगाना**

**Antonym: Reveal** (verb) – To make (previously unknown or secret information) known to others; to uncover, to show, to display. प्रकट करना

- **Clothed** (verb) – Dressed, covered with clothing. वस्त्रधारी
- **Mask** (noun) – A covering for all or part of the face that protects, hides, or decorates the person wearing it. मुखौटा
- **Vanishing** (verb) – Disappearing suddenly and completely. गायब

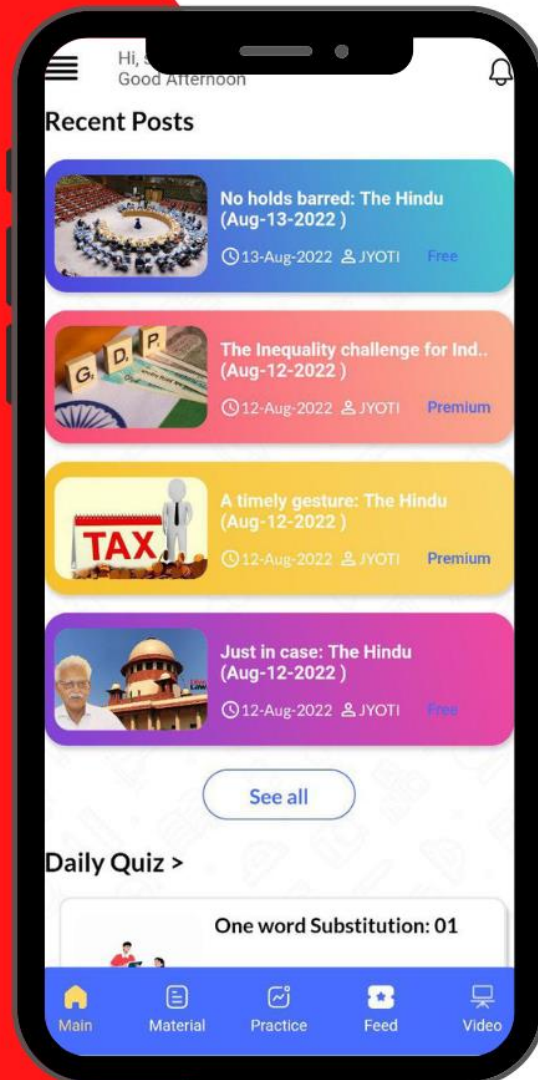
19. A) The correct meaning of the underlined word 'retaliation' in the given sentence is 'revenge'. Thus, the most appropriate option is: A

20. C) **DABC**

Herbal medicines are a new trend these days. There is a general belief that these medicines heal ailments safely. The 'safe healing' is actually that which doesn't have any side effects. Positive healing without any unwanted effect on the body drives the trend.

21. D) 'Consists' का प्रयोग होगा क्योंकि "consists" का अर्थ होता है किसी चीज़ में होना या उसका हिस्सा होना। जबकि 'Desires' का अर्थ है इच्छाएँ, 'Lacks' का अर्थ है कमी होना, और 'Grapples' का अर्थ है सामना करना या संघर्ष करना, जो इस संदर्भ में सही नहीं है।

- **Consists'** should be used because it means to be composed or made up of. Whereas, 'Desires' means wishes, 'Lacks' implies a deficiency or absence, and 'Grapples' implies confronting or struggling, which don't fit in this context.
22. C) '**Aware'** का प्रयोग होगा क्योंकि "aware" का अर्थ होता है किसी बात का पता होना या समझना। जबकि 'Afraid' का अर्थ है डरना, 'Dependent' का अर्थ है निर्भर होना, और 'Resistant' का अर्थ है प्रतिरोध करना, जो इस संदर्भ में सही नहीं है।
- 'Aware' should be used because it means to know or understand something. Whereas, 'Afraid' means to be scared, 'Dependent' means to rely on, and 'Resistant' means to oppose or withstand, which don't fit in this context.
23. D) '**Basis'** का प्रयोग होगा क्योंकि "basis" का अर्थ होता है आधार या मूल। जबकि 'Love' का अर्थ है प्रेम, 'Counter' का अर्थ है विपरीत या प्रतिस्थापन, और 'Understanding' का अर्थ है समझ, जो इस संदर्भ में सही नहीं है।
- '**Basis'** should be used because it means the foundation or principle. Whereas, 'Love' means affection, 'Counter' means opposite or substitution, and 'Understanding' means comprehension, which don't fit in this context.
24. A) '**Repressed'** का प्रयोग होगा क्योंकि "repressed" का अर्थ होता है जो विचार, भावनाएँ, या इच्छाएँ हैं जिन्हें हम अपनी चेतना के अधीन में नहीं रखते और जिन्हें हम स्वीकार नहीं करते। जबकि 'Heavy' का अर्थ होता है भारी, 'Legal' का अर्थ है कानूनी, और 'Sanctioned' का अर्थ है अनुमोदित या स्वीकृत, जो इस संदर्भ में सही नहीं है।
- **Repressed'** should be used because it refers to those thoughts, feelings, or desires that are kept out of our conscious awareness and which we don't accept. Whereas, 'Heavy' means weighty, 'Legal' pertains to law, and 'Sanctioned' implies approved or authorized, which don't fit in this context
25. D) '**Bizarre'** का प्रयोग होगा क्योंकि "bizarre" का अर्थ होता है अजीब या असामान्य। यहाँ पर जब हम बात कर रहे हैं सपनों के वे दृश्य या छवियों की जो व्यक्ति से संबंधित किसी भी चीज से संबंधित नहीं लगती, "bizarre" शब्द सबसे उपयुक्त है। जबकि 'Parallel' का अर्थ होता है समानता, 'Constricted' का अर्थ है संकुचित या सीमित, और 'Concurrent' का अर्थ है समकालिक या साथ में चलने वाला, जो इस संदर्भ में सही नहीं है।
- '**Bizarre'** should be used because it means strange or unusual. In the context of talking about scenes or images in dreams that do not seem related to anything about the person, "bizarre" is the most fitting. Whereas, 'Parallel' means similarity, 'Constricted' means narrowed or limited, and 'Concurrent' means happening at the same time, which don't fit in this context.



# Learn Vocabulary Through Reading Articles

**English Madhyam**