

There is a way to align your emotions

Our **well-being** ultimately depends on growth. If we try to stand still, we are bound to go backward; we must **stay upon** the wheel of progress. **Moreover**, the **spiritual dimension** cannot be **neglected** because the spirit is the only thing that truly **resolves** our inner and outer **malaise**. It is the secret force behind all growth. Somehow, we have to expand beyond nature's **impositions** to reach a **pinnacle** of **integral** health.

Let us consider our emotions. Properly channelled, they **elevate** our being to new heights, but, if **distorted** and **downgraded**, they lead us to the **direst** depths of **depression**, **disorder**, or **revolt**. Look **at the heart, for instance**. No part of nature gives more happiness. No more perfect a channel than the heart exists for love. But it is incorrect to say that it is always right. Its **promptings** should be **heeded**, but remember, it is still a part of our ignorant nature. The heart gets repeatedly **ensnared** in the **turgidities** of the lower **vital**, so it is **prone** to **contrary** influences. Observe how easily love changes to **rancour** and even hate. We have to **plunge** deeper inside it to locate the authentic voice of Truth.

It is this source that we alone need. We are progressing to a zone of **infallibility**. Presently, we see our emotions split between two **hemispheres**, **beset** with **duality**. The mind is trying to **instil stoicism** but is incapable of **reconciling** these opposites. Offer them to your true centre, what **Integral** Yoga calls the **psychic** being. This **executive soul** silently **harmonises** everything through seamless mastery and control. It organises all, not just our emotions. Realising it is a **painstaking** journey, but the **faintest glimmer** is enough to produce **radical** change; life is but an **unfolding** evolution to this **state**. Through this influence, we join the hemispheres. We **nurture** the higher ranges and lift the lower parts, transforming them all into **gratitude**. When the emotions base themselves on thankfulness, we know we are on the right path. Gratitude brings **illimitable** happiness, providing the necessary fuel for true progress.

Learn to observe your inner movements through the eyes of the soul. By **watchfulness**, you give no **leverage** to the **rumbings** of the lower hemisphere. Our course is inside from outside. It is the surface we watch; the inside must expand. The ego is **nourished** by the outside; we must step back from its promptings. Learn to interpret the **triggers**, too. Try to 'catch' these vibrations at their source. The sooner, the better: **defuse** them as early as possible. **Consciousness** is bonded to Shakti and will **spontaneously** resolve any negativity. **Colossal** attention is required. This capacity only comes with **surrender** to our inner core.

Reflect on anger, for example. The **outbursts** appear **spontaneous** but are **grounded** in habit. A **spark** outside **ignites** a **deep-seated** memory and triggers **recoil**. It **shatters** our **equilibrium**. A single **strand** of awareness might be enough to transform the movement. **The way** to completely **short-circuit**

anger **is** to defuse it the very moment it **surfaces**. We must 'catch' it as soon as it shows its face. That is the aim, and these are the possibilities which the **consciousness** presents. **[Practice Exercise]**

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

Summary of the Editorial

1. Well-being depends on growth; standing still leads to regression.
2. Spiritual growth is essential for resolving inner and outer issues.
3. Properly channeled emotions elevate our being, while distorted emotions can lead to depression and disorder.
4. The heart is a source of happiness and love but is also prone to negative influences.
5. To find the authentic voice of truth, one must delve deeper into the heart.
6. The goal is to reach a zone of infallibility where emotions are no longer split between two hemispheres.
7. The psychic being, or executive soul, harmonizes all aspects of our being, including emotions.
8. Realizing the psychic being is a challenging journey, but even a faint glimmer of it can produce radical change.
9. Gratitude is a key emotion that leads to happiness and true progress.
10. Observing inner movements through the eyes of the soul helps prevent negative emotions from taking hold.
11. The journey of growth is from the outside to the inside; the ego is nourished by external factors, which must be transcended.
12. It is important to identify and defuse negative emotions at their source.
13. Consciousness, when bonded with Shakti (divine energy), can spontaneously resolve negativity.
14. Anger, for example, is often rooted in habit and can be transformed with awareness.
15. The aim is to short-circuit negative emotions as soon as they arise, utilizing the possibilities presented by consciousness.

Vocabulary

1. **Align** (verb) – Arrange, align, adjust, coordinate, position संरेखित करना
2. **Well-being** (noun) – Health, welfare, happiness, prosperity, comfort कल्याण
3. **Stay upon** (phrasal verb) – to continue to pursue something.
4. **Moreover** (adverb) – Furthermore, additionally, besides, also, likewise इसके अलावा
5. **Spiritual** (adjective) – Religious, sacred, divine, holy, sanctified आध्यात्मिक
6. **Dimension** (noun) – Aspect, element, facet, feature, characteristic आयाम
7. **Neglect** (verb) – Ignore, overlook, disregard, omit, forget उपेक्षा करना
8. **Resolve** (verb) – Settle, solve, resolve, clear up, sort out सुलझाना
9. **Malaise** (noun) – Unease, discomfort, disquiet, restlessness, uneasiness अस्वस्थता
10. **Imposition** (noun) – Burden, obligation, duty, responsibility, charge थोपना
11. **Pinnacle** (noun) – Peak, summit, top, apex, zenith चोटी
12. **Integral** (adjective) – Essential, fundamental, basic, necessary, vital अभिन्न
13. **Elevate** (verb) – Raise, lift, uplift, enhance, promote ऊपर उठाना
14. **Distort** (verb) – Twist, warp, bend, deform, misshape विकृत करना
15. **Downgrade** (verb) – Demote, degrade, lower, reduce, devalue अवनति करना
16. **Direst** (adjective) – Most severe, worst, extreme, most serious, most critical भयानक
17. **Depression** (noun) – Sadness, gloom, despondency, melancholy, dejection उदासी
18. **Disorder** (noun) – Chaos, disarray, confusion, turmoil, mess रोग
19. **Revolt** (noun) – Rebellion, uprising, insurrection, mutiny, revolt विद्रोह
20. **Look at the heart** (phrase) – Consider with empathy, examine with care, scrutinize with affection, view with compassion, inspect with understanding दिल को ध्यान से देखना
21. **For instance** (phrase) – For example, as an example, to illustrate, as a case in point, to give an example उदाहरण के लिए
22. **Prompting** (noun) – Urge, incitement, motivation, encouragement, provocation प्रेरणा

23. **Heed** (verb) – Pay attention to, take notice of, listen to, consider, observe ध्यान देना
24. **Ensnared** (adjective) – Trapped, caught, entangled, ensnared, snared फंसाया हुआ
25. **Turgidity** (noun) – Swelling, bloating, puffiness, inflation, enlargement सूजन
26. **The lower Vital** (noun) – the lower or baser aspects of human emotions and instincts. These include primal desires, passions, and impulses that are more self-centered and less evolved than the higher, more refined emotions and thoughts.
27. **Prone** (to) (adjective) – Susceptible, vulnerable, inclined, liable, disposed प्रवृत्त होना
28. **Contrary** (adjective) – Opposite, opposing, conflicting, contradictory, antithetical विरोधी
29. **Rancour** (noun) – Bitterness, resentment, malice, hostility, animosity द्वेष
30. **Plunge** (verb) – Dive, jump, descend, fall, drop गोता लगाना
31. **Infallibility** (noun) – Flawlessness, perfection, impeccability, faultlessness, accuracy अचूकता
32. **Hemisphere** (noun) – each of the two parts of the cerebrum (left and right) in the brain of a vertebrate.
33. **Beset** (adjective) – Surrounded, encircled, encompassed, besieged, hemmed in से घिरा हुआ होना
34. **Duality** (noun) – Dichotomy, polarity, dualism, contrast, opposition द्विविधता
35. **Instil** (verb) – Inspire, fill, implant, encourage, infuse, पैदा करना
36. **Stoicism** (noun) – Endurance, fortitude, resilience, patience, self-control संयम
37. **Reconcile** (verb) – Harmonize, accommodate, conciliate, resolve, settle सुलह करना
38. **Integral** (adjective) – Essential, fundamental, basic, necessary, vital अभिन्न
39. **Psychic** (adjective) – Mental, psychological, spiritual, telepathic, intuitive मानसिक
40. **Executive** (adjective) – having or relating to the power to take action on decisions
41. **Soul** (noun) – Spirit, psyche, inner self, essence, core आत्मा
42. **Executive soul** (noun) – the center of our true self, guiding us towards higher consciousness and spiritual growth.
43. **Harmonise** (verb) – Coordinate, blend, integrate, synchronize, reconcile सामंजस्य बिठाना

44. **Painstaking** (adjective) – Meticulous, thorough, careful, diligent, attentive
परिश्रमी
45. **Faintest** (adjective) – Slightest, weakest, dimmest, feeblest, palest हल्का
46. **Glimmer** (noun) – Sparkle, flicker, glint, shimmer, twinkle किरण
47. **Radical** (adjective) – Fundamental, thorough, complete, total, extreme
महत्त्वपूर्ण, आमूल परिवर्तनवादी
48. **Unfolding** (adjective) – Developing, evolving, emerging, revealing, unfolding
उभरते
49. **State** (noun) – Condition, situation, status, position, circumstance स्थिति
50. **Nurture** (verb) – Care for, support, foster, cultivate, nourish पालन-पोषण करना
51. **Gratitude** (noun) – Thankfulness, appreciation, acknowledgment, recognition, gratefulness कृतज्ञता
52. **Illimitable** (adjective) – Boundless, infinite, limitless, unbounded, endless असीम
53. **Watchfulness** (noun) – Vigilance, alertness, attentiveness, observation, surveillance
चौकसी
54. **Leverage** (noun) – Influence, power, control, advantage, sway प्रभाव
55. **Rumbling** (noun) – a sign of anger or disagreement
56. **Nourish** (verb) – Feed, sustain, nurture, support, maintain पोषण करना
57. **Trigger** (noun) – Catalyst, stimulus, spark, instigator, precipitant उत्प्रेरक
58. **Defuse** (verb) – Deactivate, disarm, neutralize, calm, pacify निष्क्रिय करना
59. **Consciousness** (noun) – Awareness, perception, cognizance, mindfulness, alertness चेतना
60. **Spontaneously** (adverb) – Naturally, automatically, instinctively, impulsively, intuitively सहजता से
61. **Colossal** (adjective) – Huge, enormous, gigantic, massive, monumental विशाल
62. **Surrender** (verb) – Yield, give in, submit, capitulate, relinquish समर्पण करना
63. **Reflect** (on) (verb) – Consider, ponder, contemplate, think about, meditate on
विचार करना
64. **Outburst** (noun) – Anger, explosion, outpouring, flare-up, burst भड़ास
65. **Spontaneous** (adjective) – Unplanned, impulsive, instinctive, natural, automatic
सहज
66. **Ground** (verb) – Base, found, establish, root, anchor स्थापित होना

67. **Spark** (noun) – Trigger, catalyst, impetus, stimulant, incitement चिंगारी
68. **Ignite** (verb) – Stir, inflame, kindle, awaken, provoke, incite सुलगाना, उत्तेजित करना
69. **Deep-seated** (adjective) – Deep-rooted, ingrained, entrenched, embedded, established गहरा बैठा हुआ
70. **Recoil** (verb) – Withdraw, retreat, flinch, shrink, back away पीछे हटना, पलटना
71. **Shatter** (verb) – Break, smash, fracture, splinter, destroy तोड़ना
72. **Equilibrium** (noun) – Balance, stability, poise, steadiness, equilibrium संतुलन
73. **Strand** (noun) – Element, component, aspect, feature कतरा
74. **Short-circuit** (verb) – Bypass, avoid, circumvent, skip, override दरकिनार करना
75. **Surface** (verb) – Appear, emerge, come to light, become visible, arise सामने आना
76. **Consciousness** (noun) – Awareness, perception, cognizance, mindfulness, alertness चेतना

Practice Exercise: SSC Pattern Based

1. **What is the primary strategy suggested in the passage for dealing with the disturbances caused by the lower hemisphere of consciousness?** [Editorial Page]
 - A. By constantly observing our inner movements through the perspective of the soul, we can prevent giving any leverage to the disturbances caused by the lower hemisphere, thereby maintaining our inner peace and equilibrium.
 - B. The passage suggests that we should focus on external influences and allow them to guide our actions, as they are the main source of nourishment for our ego and help in maintaining balance.
 - C. It is advised to ignore the triggers of the lower hemisphere altogether, as they are insignificant and do not have any impact on our overall well-being.
 - D. The passage recommends surrendering to the external circumstances without any resistance, as this will automatically resolve any negativity associated with the lower hemisphere.
2. **According to the passage, how can one effectively deal with the emotion of anger?**
 - A. The passage suggests that the best way to deal with anger is to express it freely and let it out, as suppressing it can lead to long-term psychological issues.
 - B. It is recommended to indulge in activities that provoke anger, as this will help in becoming desensitized to the triggers over time.
 - C. One should completely ignore the feeling of anger and focus on positive thoughts, as this will eventually erase the emotion from one's consciousness.
 - D. The effective way to short-circuit anger is to defuse it the very moment it surfaces by catching it as soon as it shows its face, thereby preventing it from shattering our equilibrium.
3. **What is the tone of the passage?**
 - A. Optimistic
 - B. Pessimistic
 - C. Indifferent
 - D. Aggressive
4. **According to the passage, what is the role of the heart in the context of emotions and growth?**
 - A. The heart is always correct in its promptings and leads us to the highest levels of emotional well-being and growth.
 - B. The heart is a channel for love and happiness but can also lead to negative emotions such as rancor and hate due to its entanglement in the lower vital.
 - C. The heart solely functions as a physical organ and has no impact on our emotional or spiritual growth.
 - D. The heart is the ultimate source of truth and infallibility, guiding us flawlessly through life's challenges.
5. **What is the main theme of the passage?**
 - A. The dangers of uncontrolled emotions

- B. The importance of gratitude in personal growth
C. The role of the soul in harmonizing emotions
D. The challenges of overcoming ego
6. **Select the most appropriate idiom to fill in the blank**
I don't think you should go out in the rain, it's _____.
- A. rain on cats and dogs
B. storming cats and dogs
C. raining cats and dogs
D. raining dogs and puppies
7. **Select the most appropriate meaning of the given idiom.**
To keep one's temper
- A. To meet with disaster
B. To become impatient
C. To become angry
D. To remain calm
8. **Select the correct spelling of the underlined word in the following sentence.**
Today's lecture had a profond impact on my friend.
- A. profoun
B. prufound
C. prefound
D. Profound
9. **Select the most appropriate meaning of the given idiom.**
To get cold feet
- A. To be afraid
B. To fall sick
C. To be indifferent
D. To run for life
10. **Select the most appropriate ANTONYM of the underlined word.**
His amazing performance made him famous.
- A. Ordinary
B. Colliery
C. Adversary
D. Binary
11. **Select the most appropriate option that can substitute the underlined segment in the given sentence.**
The food was too salty eat this morning.
- A. eating
B. ate
C. to ate
D. to eat
12. **Select the most appropriate synonym of the given word.**
Elegant

- A. Mighty
B. Graceful
C. Ugly
D. Tall
13. **Parts of the following sentence have been underlined and given as options. Select the option that contains an error.**
I will going on an official tour next week.
A. on
B. will going
C. next week
D. an official tour
14. **Parts of the following sentence have been given as options. Select the option that contains an error.**
Shelley and Keats are great writers, but I prefer the last.
A. the last
B. are great writers
C. but I prefer
D. Shelley and Keats
15. **Select the most appropriate synonym of the given word.**
Design
A. Fabricate
B. Destroy
C. Inspect
D. Copy
16. **Select the option that can be used as a one-word substitute for the given phrase.**
A person who is known for his hatred towards the entire mankind
A. Insolvent
B. Philogynist
C. Mercenary
D. Misanthrope
17. **Parts of the following sentence have been given as options. Select the option that contains an error.**
Jaya said that she will become topper in her class.
A. in her class
B. she will become topper
C. that
D. Jaya said
18. **The following sentence has been split into four segments. Identify the segment that contains a grammatical error.**
Some / private banks / pay their employees / good.
A. private banks
B. Some

- C. pay their employees
- D. Good

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

Break the ice

- A. To say something that makes strangers uncomfortable
- B. To say something that makes people who are meeting for the first time more comfortable
- C. To say something that makes people excited for a group project
- D. To say something mean to people in a group

20. **Select the option that can be used as a one-word substitute for the given phrase.**

A poem of lamentation on the death of someone loved and admired

- A. Soliloquy
- B. Elegy
- C. Tragedy
- D. Epitaph

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.

Language is (1) _____ of the most fundamental aspects of human communication and interaction. It allows people from different cultures to connect and (2) _____ ideas. While many individuals grow up learning just one language, there are a variety of reasons why learning a second language can be beneficial. (3) _____, it can improve cognitive abilities, enhance job prospects and facilitate travel and cultural immersion. (4) _____ proficiency in a second language is an invaluable asset for personal growth as well as professional development. Audio-video mediums such as (5) _____ are among the best ways to learn a second language as they allow learners to engage with cultural content.

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

- A. three
- B. four
- C. two
- D. One

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

- A. sharing
- B. share
- C. shares
- D. Shared

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

- A. Therefore
- B. As it is
- C. However
- D. For example

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

- A. Acquiring

- B. Acquires
 - C. Acquire
 - D. Acquired
25. **Select the most appropriate option to fill in blank number 5.**
- A. podcasts
 - B. images
 - C. books
 - D. films

Answers

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

[\[Practice Exercise\]](#)

Explanations

1. **A) By constantly observing our inner movements through the perspective of the soul, we can prevent giving any leverage to the disturbances caused by the lower hemisphere, thereby maintaining our inner peace and equilibrium.**

The passage emphasizes the importance of watchfulness and observing our inner movements through the eyes of the soul to prevent any leverage to the disturbances caused by the lower hemisphere. This approach helps in maintaining inner peace and equilibrium by not allowing the ego to be nourished by external influences.

2. **D) The effective way to short-circuit anger is to defuse it the very moment it surfaces by catching it as soon as it shows its face, thereby preventing it from shattering our equilibrium.**

The passage highlights the importance of being aware of the emotion of anger the moment it surfaces and defusing it immediately. This approach prevents the anger from gaining momentum and shattering our equilibrium, thereby allowing us to maintain a state of inner peace.

3. **A) Optimistic**

The passage maintains an optimistic tone throughout, focusing on personal growth, the potential for transformation, and the positive aspects of aligning emotions with the soul. It emphasizes the possibility of progress, the benefits of gratitude, and the power of consciousness to resolve negativity, all of which contribute to an overall hopeful and positive outlook.

4. **B) The heart is a channel for love and happiness but can also lead to negative emotions such as rancor and hate due to its entanglement in the lower vital.**

The passage describes the heart as a channel that can elevate our being when properly aligned but also warns that it can lead to negative emotions when distorted. It highlights that the heart is not always right and is prone to contrary influences, indicating that it is a part of our "ignorant nature." Therefore, option B is the correct answer, as it captures the dual role of the heart in both promoting love and happiness and leading to negative emotions.

5. **C) The role of the soul in harmonizing emotions**

The main theme of the passage is the role of the soul, or the psychic being, in harmonizing emotions. The passage discusses how properly channeled emotions can elevate one's being, while distorted emotions can lead to negative outcomes. It emphasizes the importance of connecting with the inner soul to achieve balance and progress, and how this connection can transform emotions and lead to a state of gratitude and happiness.

6. **C) 'raining cats and dogs' का use होगा क्योंकि यह एक प्रचलित English idiom है जिसका अर्थ है बहुत अधिक बारिश हो रही है। उपर्युक्त sentence में बहुत अधिक बारिश की चर्चा की जा रही है, इसलिए 'raining cats and dogs' यहाँ सही है। जबकि बाकी विकल्प इस context में सही नहीं हैं क्योंकि वे standard idiom के अनुसार नहीं हैं।**

- **raining cats and dogs'** should be used because it is a common English idiom meaning it's raining heavily. The sentence discusses heavy rain, making 'raining cats and dogs' appropriate here. The other options are not correct in this context as they don't align with the standard idiom.
7. D) **To keep one's temper** (idiom) – To remain calm **शांत रहना**
8. D) The correct spelling of 'profond' is '**Profound**' which means "very great or intense; deep" **गहरा, अत्यंत गम्भीर.**
9. A) **To get cold feet** (Idiom) – to be afraid **डरना**
10. A) **Amazing** (adjective) – Causing great surprise or wonder, astonishing, incredible, phenomenal. **आश्चर्यजनक**
Antonym: Ordinary (adjective) – With no special or distinctive features, normal, common, usual. **सामान्य**
- **Colliery** (noun) – A coal mine and the buildings and equipment associated with it. **कोयला खदान**
 - **Adversary** (noun) – One's opponent in a contest, conflict, or dispute. **प्रतिद्वंद्वी/विरोधी**
 - **Binary** (adjective) – Relating to, using, or expressed in a system of numerical notation that has 2 as its base. **द्वि-अंगी**
11. D) 'eat' के बदले '**to eat**' का प्रयोग होगा क्योंकि जब वाक्य में 'too' का प्रयोग होता है तो उसके बाद 'to' + verb (infinitive form) का प्रयोग होता है; जैसे— The soup was too hot to drink.
- '**to eat**' will be used instead of 'eat' because when 'too' is used in a sentence, it is followed by 'to' + verb (in its infinitive form); Like— The soup was too hot to drink.
12. B) **Elegant** (adjective) – Stylish, sophisticated, graceful, refined, tasteful. **सुरुचिपूर्ण, शिष्ट**
Synonym: Graceful (adjective) – Having or showing grace or elegance, poised, elegant, stylish. **सुंदर, मनोहारी**
- **Mighty** (adjective) – Very strong, powerful, formidable, immense. **शक्तिशाली**
 - **Ugly** (adjective) – Unpleasant, unattractive, unsightly, hideous. **भद्दा**
 - **Tall** (adjective) – Having a greater than average height, high, lofty, towering. **लम्बा**
13. B) '**will going**' में error है। सही रूप 'will be going' या 'will go' होगा क्योंकि 'will' के बाद base form of verb का प्रयोग होता है।
- The error is in 'will going'. The correct form should be 'will be going' or 'will go' as 'will' is followed by the base form of the verb.
14. A) '**the last**' के बदले 'the latter' का प्रयोग होगा क्योंकि दो विकल्पों में से दूसरे को चुनने के लिए 'the latter' उपयुक्त शब्द है; जैसे— I like tea and coffee, but I prefer the latter.
- 'the latter' will be used instead of 'the last' because when choosing between two options, 'the latter' is the appropriate term; Like— I like tea and coffee, but I prefer the latter
15. A) **Design** (verb) – Plan, blueprint, layout, sketch. **डिज़ाइन**
Synonym: Fabricate (verb) – Construct, manufacture, create, make. **निर्माण**
- **Copy** (verb) – Duplicate, reproduce, replicate. **प्रतिलिपि**

- **Destroy** (verb) – Ruin, demolish, devastate, obliterate. नष्ट
 - **Inspect** (verb) – Examine, look over, scrutinize, survey. जाँच
16. D) **Misanthrope** (noun) – A person who dislikes or distrusts other people and avoids social company; a person who hates or scorns mankind. **मानवता से घृणा करनेवाला**
- **Insolvent** (noun) – Unable to pay debts owed. **दिवालिया**
 - **Philogynist** (noun) – A person who appreciates and admires women. **स्त्री प्रेमी**
 - **Mercenary** (noun) – A professional soldier hired to serve in a foreign army. **किराये का सिपाही**
17. B) 'she will become' के बदले '**she would become**' का प्रयोग होगा क्योंकि Direct Speech में Verb Future Tense में है और जब उसे Indirect Speech में बदला जाता है, तो Future Tense को 'would' में बदल दिया जाता है; जैसे— He said, "I will go" बदल जाएगा He said that he would go.
- '**she would become**' will be used instead of 'she will become' because in Direct Speech the verb is in Future Tense, and when it is changed to Indirect Speech, the Future Tense is changed to 'would'; Like— He said, "I will go" becomes He said that he would go.
18. D) **good** के बदले 'well' का प्रयोग होगा क्योंकि यहाँ 'pay' एक verb है और इसके लिए adverb की आवश्यकता है।
- 'well' will be used instead of 'good' because 'pay' is a verb and requires an adverb.
19. B) **Break the ice** (idiom) – To say something that makes people who are meeting for the first time more comfortable. **कुछ ऐसा कहना जिससे पहली बार मिल रहे लोगों को अधिक सहजता हो।**
20. B) **Elegy** (noun) – A poem of lamentation on the death of someone loved and admired. **शोक कविता**
- **Soliloquy** (noun) – An act of speaking one's thoughts aloud when by oneself or regardless of any hearers, especially in a play. **स्वगत**
 - **Tragedy** (noun) – A play dealing with tragic events and having an unhappy ending, especially concerning the downfall of the main character. **त्रासदी**
 - **Epitaph** (noun) – A phrase or statement written in memory of a person who has died, especially as an inscription on a tombstone. **समाधि-लेख**
21. D) **One** का use होगा क्योंकि sentence कह रहा है कि भाषा मानव संवाद और इंटरएक्शन का सबसे मूल तत्व है। यहाँ "one of the most" phrase का use होता है जिससे स्पष्ट होता है कि भाषा मूल तत्वों में से एक है, इसलिए 'One' यहाँ सही है। जबकि 'three', 'four', और 'two' इस context में सही नहीं हैं क्योंकि वे किसी समूह की संख्या को दर्शाते हैं जो यहाँ पर सही नहीं है।
- '**One**' should be used because the sentence is indicating that language is among the most basic elements of human communication and interaction. The phrase "one of the most" signifies that language is one of the primary aspects, making 'One' fitting here. Whereas, 'three', 'four', and 'two' indicate numbers in a set, which doesn't fit in this context
22. B) **Share** का use होगा क्योंकि sentence में "It allows people from different cultures to" के बाद क्रिया (verb) की base form की आवश्यकता है। 'It allows' के साथ हमेशा verb की base form आती है, इसलिए

'share' यहाँ सही है। जबकि 'Sharing' इंग फॉर्म है, 'Shares' तीसरे व्यक्ति एकवचन के साथ आता है, और 'Shared' भूतकाल का रूप है, जो इस context में सही नहीं है।

- **Share** should be used because the sentence requires the base form of the verb after "It allows people from different cultures to." With 'it allows,' the base form of the verb is used, making 'share' the appropriate choice here. Whereas 'Sharing' is the -ing form, 'Shares' is used with third-person singular, and 'Shared' is the past tense, which don't fit in this context.

23. D) **For example** का use होगा क्योंकि इसका अर्थ होता है 'उदाहरण के लिए'. Sentence में उसके बाद विभिन्न कारण दिए गए हैं जिससे हमें यह पता चलता है कि दूसरी भाषा सीखने में क्या फायदे होते हैं। इसलिए 'For example' यहाँ सही है। जबकि 'Therefore' का अर्थ होता है 'इसलिए', 'As it is' का अर्थ है 'जैसा कि यह है', और 'However' का अर्थ है 'हालांकि', जो इस context में सही नहीं है।

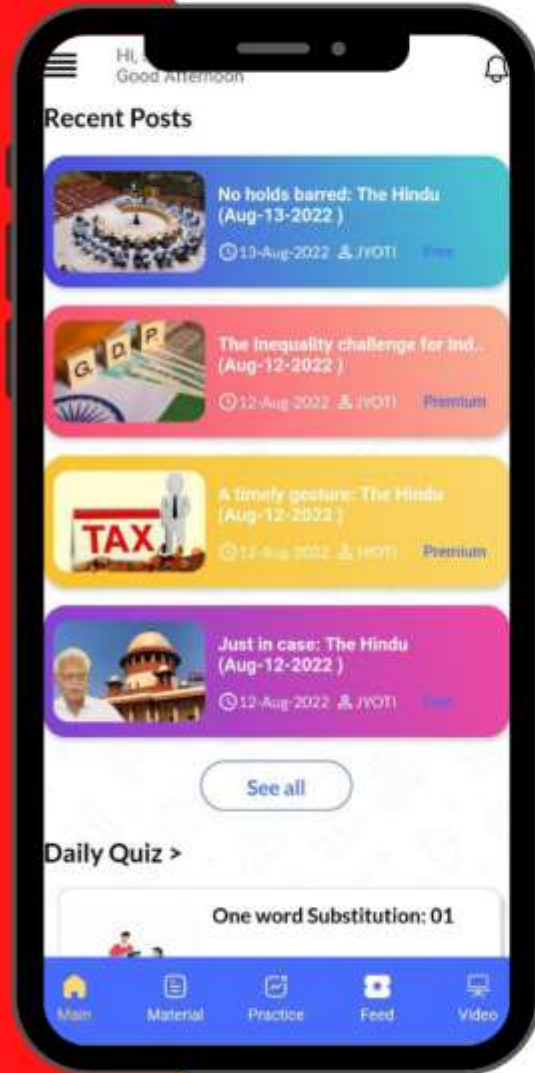
- **For example** should be used because it indicates that the subsequent information will provide specific instances or reasons. The sentence that follows lists various benefits of learning a second language, making 'For example' the most appropriate choice here. On the other hand, 'Therefore' implies a conclusion, 'As it is' suggests an existing state or condition, and 'However' indicates a contrast, none of which fit in this context.

24. 'A) **Acquiring**' का use होगा क्योंकि sentence में 'proficiency' को acquire करने के बारे में बात की गई है और यहाँ passive voice की जरूरत नहीं है। 'Acquiring' यहाँ present participle form में use हो रहा है, जो sentence के context में फिट होता है। 'Acquires' और 'Acquire' present tense के forms हैं और 'Acquired' past tense का form है, जो इस context में सही नहीं हैं।

- **Acquiring** should be used because the sentence is talking about acquiring proficiency and there's no need for a passive voice here. 'Acquiring' is used in its present participle form which fits the context of the sentence. Whereas, 'Acquires' and 'Acquire' are in present tense and 'Acquired' is in past tense, which don't fit in this context.

25. D) **Films** को use किया जाएगा क्योंकि 'films' में audio-visual content होता है जो learners को cultural content के साथ engage करने में मदद करता है। Sentence में "Audio-video mediums" के जिक्र किया गया है जिससे स्पष्ट है कि आवाज और वीडियो दोनों की जरूरत है, इसलिए 'films' यहाँ सही है। जबकि 'Podcasts' में केवल audio होता है, 'Images' में केवल visual content होता है, और 'Books' में textual content होता है, जो इस context में सही नहीं है।

- **Films** should be used because they encompass both audio and visual content, allowing learners to engage with cultural content. The sentence mentions "Audio-video mediums", making it clear that both sound and visuals are required, hence 'films' is fitting here. Whereas, 'Podcasts' offer only audio, 'Images' provide only visual content, and 'Books' contain textual content, which don't fit in this context.



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