

Express View: Lesson from wheat fields

With wheat stocks in government godowns, at 9.7 million tonnes on March 1, the lowest in seven years for this date, all eyes are on the crop about to be **marketed**. For now, a bumper **harvest** seems to **be in the offing**, at least in Punjab, Haryana, UP and Bihar. **Unlike** in 2022 and 2023, when the crop suffered **yield** losses due to temperature **spikes** and unseasonal heavy rains respectively during the final grain formation and filling stage, no such “**Ides of March**” weather events have been reported from this major wheat **belt**. March **temperatures** ruling near normal this time and **three-fourths** of the grain-filling completed **augur well** for the crop across the Indo-Gangetic plains. The problem, if any, is with the wheat in central India — MP, Gujarat and Maharashtra — that has already been, or is close to being, harvested. And even there, it’s not March but November-December temperatures that may have played **spoiler**.

It only **highlights** how **susceptible wheat** — and agriculture itself — **has** become to climate change. In this case, it isn’t just **terminal heat stress, leading to premature ripening** and drying of the crop in its final growth phase. It is also about relatively warm temperatures at the time of **sowing** and initial **vegetative growth** period, **resulting in** fewer **tillers** being formed and premature flowering. Climate change, thus, **manifests** itself both in the early **onset** of summer and the delayed **setting in** of winter. If the 2021-22 **wheat** in northwest and north India **was** affected by **the former**, **the crop** this time in central India **has** **apparently taken a hit** from **the latter**. **To the extent** the lower **yields** from central India are **offset** by better-than-average production in the Indo-Gangetic plains, the country can still **end up** harvesting more wheat than in 2021-22 and 2022-23. **Whether** that is so **will** be known in a month’s time. Thankfully, global wheat prices are currently at their lowest in four years, making imports **feasible**. The government should enable it by **doing away with** the 40 per cent **customs duty**.

From a medium- to long-term **perspective**, India has to invest more in **breeding** for climate change. The Green Revolution strategy essentially **relied on** expansion of **irrigation** and developing crop varieties responsive to high fertiliser application. Green Revolution 2.0’s focus must be on input use **efficiency** — producing more from the same or even less quantity of water, nutrients and energy — and building climate **resilience** through breeding of **drought-resistant** and heat-tolerant varieties. This would **entail screening germplasm** and identifying **genes** in plants responsible for the desirable **traits**.

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

[Practice Exercise]

Vocabulary

1. **Market** (verb) – Sell, trade, deal in, offer for sale, distribute बाजार में बेचना
2. **Harvest** (noun) – Crop, yield, produce, gathering, reaping फसल
3. **Be in the offing** (phrase) – Imminent, upcoming, forthcoming, in the pipeline, on the horizon निकट भविष्य में होना
4. **Unlike** (preposition) – Different from, dissimilar to, not like, unlike, contrasting with के विपरीत
5. **Yield** (noun) – Production, produce, crop पैदावार
6. **Spike** (noun) – Surge, increase, upsurge, upturn, escalation वृद्धि
7. **Ides of March** (noun) – A day in the Roman calendar that corresponds to 15 March, historically associated with the assassination of Julius Caesar मार्च के आईडीज़
8. **Belt** (noun) – Region, area, zone, district, territory क्षेत्र
9. **Rule** (verb) – (of a price or a traded commodity with regard to its price) have a specified general level or strength. रहना
10. **Augur well** (phrase) – Bode well, promise well, be a good sign, indicate a good outcome, forecast a good result शुभ संकेत देना
11. **Spoiler** (noun) – A person or thing that ruins or spoils something बाधा
12. **Highlight** (verb) – Emphasize, underline, spotlight, focus on, bring to the forefront प्रमुखता से प्रदर्शित करना
13. **Susceptible** (adjective) – Vulnerable, prone, liable, at risk, sensitive संवेदनशील
14. **Terminal heat stress** (noun) – A condition where plants are exposed to high temperatures towards the end of their growth cycle, leading to reduced yield पौधों का अंतिम ताप तनाव
15. **Lead (to)** (verb) – Cause, result in, bring about, produce, give rise to का कारण बनना
16. **Premature** (adjective) – Early, untimely, before time, ahead of time, premature असमय
17. **Ripening** (noun) – The process of becoming ripe, maturing, developing, aging पकने की प्रक्रिया
18. **Sowing** (noun) – The act of planting seeds बुवाई
19. **Vegetative growth** (noun) – The growth of a plant that involves the development of its vegetative parts such as leaves and stems वनस्पति विकास

20. **Result in** (phrasal verb) – Lead to, cause, bring about, produce, provoke परिणाम होना
21. **Tiller** (noun) – A shoot or sprout from the base of a plant, especially a cereal plant अंकुर
22. **Manifest** (verb) – Display, show, exhibit, demonstrate, reveal प्रकट करना
23. **Onset** (noun) – Beginning, start, commencement, outset, initiation शुरुआत
24. **Setting in** (noun) – The beginning or start of something शुरुआत
25. **The former** (noun) – Here it refers to ‘the early onset of summer’
26. **Apparently** (adverb) – Seemingly, evidently, it appears that, it seems that, as it appears प्रतीत होता है
27. **Take a hit** (phrase) – Suffer a setback or loss नुकसान उठाना
28. **The latter** (noun) – Here it refers to ‘the delayed setting in of winter’
29. **To the extent** (phrase) – To the degree, to the level, to the point, as far as, up to a point जहाँ तक
30. **Offset** (verb) – Counterbalance, balance, counteract, compensate for, make up for भरपाई करना
31. **End up** (phrasal verb) – Conclude, finish, culminate, result, come to an end समाप्त होना
32. **Feasible** (adjective) – Possible, achievable, practicable, viable, workable संभव
33. **Do away with** (phrasal verb) – Abolish, eliminate, remove, get rid of, put an end to समाप्त करना
34. **Customs duty** (noun) – A tax imposed on imports and exports of goods सीमा शुल्क
35. **Perspective** (noun) – Viewpoint, standpoint, angle, outlook, approach दृष्टिकोण
36. **Breeding** (noun) – The mating and production of offspring by animals, the development of new varieties of plants प्रजनन
37. **Rely (on)** (verb) – Depend on, count on, bank on, trust, lean on निर्भर होना
38. **Irrigation** (noun) – The supply of water to land or crops to help growth, typically by means of channels सिंचाई
39. **Efficiency** (noun) – Effectiveness, productivity, competence, capability, performance कार्यक्षमता
40. **Resilience** (noun) – Toughness, strength, sturdiness, robustness, hardiness मजबूती
41. **Drought-resistant** (adjective) – Capable of withstanding a lack of water सूखा प्रतिरोधी

42. **Entail** (verb) – Involve, require, necessitate, lead to, result in आवश्यकता होना

43. **Screen** (verb) – Examine, test, evaluate, assess, check जांच करना

44. **Germplasm** (noun) – The genetic material of a plant or animal, used in breeding and conservation

45. **Gene** (noun) – A unit of heredity which is transferred from a parent to offspring and is held to determine some characteristic of the offspring

46. **Trait** (noun) – Characteristic, attribute, feature, quality, property विशेषता

Summary of the Editorial

1. Wheat stocks in government godowns are at their lowest in seven years for this date, with 9.7 million tonnes on March 1.
2. A bumper wheat harvest is expected in Punjab, Haryana, UP, and Bihar, unlike the previous two years affected by weather events.
3. March temperatures are near normal, and three-fourths of the grain-filling is completed, indicating a good crop in the Indo-Gangetic plains.
4. Central India (MP, Gujarat, Maharashtra) may face issues with wheat yield due to higher temperatures in November-December.
5. Wheat and agriculture are increasingly susceptible to climate change, affecting both early and late growth stages.
6. Climate change causes early summer onset and delayed winter, impacting wheat yields in different regions.
7. India may still harvest more wheat than in the previous two years, despite lower yields in central India.
8. Global wheat prices are at a four-year low, making imports feasible if the government removes the 40% customs duty.
9. India needs to invest in breeding for climate change to ensure long-term food security.
10. The focus of Green Revolution 2.0 should be on input use efficiency and climate resilience.
11. Developing drought-resistant and heat-tolerant crop varieties is essential for adapting to climate change.
12. Screening germplasm and identifying genes responsible for desirable traits are crucial for breeding efforts.
13. The current situation highlights the importance of agricultural research and innovation in response to climate change.
14. Ensuring food security in the face of climate change requires a multifaceted approach, including policy support and technological advancements.
15. The lessons from the current wheat harvest underline the need for proactive measures to adapt agriculture to changing climate conditions.

Practice Exercise: SSC Pattern Based**[Editorial Page]**

1. **What is the tone of the passage?**
 - A. Optimistic
 - B. Pessimistic
 - C. Analytical
 - D. Indifferent
2. **What is the main theme of the passage?**
 - A. The history of the Green Revolution
 - B. The impact of climate change on agriculture
 - C. The role of government in regulating wheat prices
 - D. The importance of irrigation in wheat production
3. **Based on the passage, which of the following statements best describes the impact of climate change on wheat production in India?**
 - A. Climate change has had a negligible impact on wheat production, as evidenced by the consistently high wheat stocks in government godowns over the past seven years.
 - B. The primary impact of climate change on wheat production has been the fluctuation of March temperatures, which has directly affected the wheat yield in Punjab, Haryana, UP, and Bihar.
 - C. Climate change has made wheat production more susceptible to weather events, such as temperature spikes and unseasonal heavy rains, which have caused yield losses in recent years.
 - D. The impact of climate change on wheat production is limited to central India, where November-December temperatures have affected the wheat crop.
4. **What can be inferred about the wheat crop in Punjab, Haryana, UP, and Bihar for the current year based on the passage?**
 - A. The wheat crop is expected to suffer yield losses due to unseasonal heavy rains during the final grain formation and filling stage.
 - B. A bumper harvest is anticipated, as there have been no reported adverse weather events during the crucial grain-filling stage, and March temperatures have been near normal.
 - C. The wheat crop is likely to be affected by terminal heat stress, leading to premature ripening and drying of the crop in its final growth phase.
 - D. The wheat crop is expected to face challenges due to high temperatures in November-December, which may have played a spoiler role.
5. **According to the passage, what factor could contribute to India potentially harvesting more wheat in the current year compared to 2021-22 and 2022-23?**
 - A. The imposition of a 40% customs duty on wheat imports to encourage domestic production.
 - B. The development of new wheat varieties that are resistant to pests and diseases.
 - C. Lower yields in central India due to unfavorable weather conditions.
 - D. Better-than-average production in the Indo-Gangetic plains offsetting lower yields in central India.
6. **Select the option that can be used as a one-word substitute for the given group of words.**

Pause indecisively

- A. Hibernate
- B. Hesitate
- C. Hoist
- D. Hobble

7. **The following sentence has been split into four segments. Identify the segment that contains a grammatical error and select the option which rectifies that error.**

The SNAP-10 A / was launched on 3 April 1965 / on a Atlas-Agena D rocket / from Vandenberg Air Force Base.

- A. at Vandenberg Air Force Base.
- B. A SNAP-10 A
- C. was launch on 3 April 1965
- D. on an Atlas-Agena D rocket

8. **Select the correct spelling of the underlined word in the following sentence.**

He dispised the taste of black coffee.

- A. despisid
- B. disspsied
- C. despised
- D. Despeded

9. **Parts of the given sentence have been underlined. One of them contains an error. The underlined parts are given as options with some changes. Select the option that correctly rectifies the error.**

This car is lesser expensive than the one I had come to buy.

- A. for
- B. came
- C. ones
- D. Less

10. **Select the appropriate meaning of the given idiom.**

Grasping at straws

- A. Futile attempts to win
- B. Desperate attempt to succeed
- C. Holding the last strands of straw
- D. Wasting time enjoying and relaxing

11. **Select the most appropriate idiom to fill in the blank.**

She told me, _____, that she was going to live in New York.

- A. blue blood
- B. black and blue
- C. out of the blue
- D. once in a blue moon

12. **Select the most appropriate synonym of the bracketed word in the following sentence to fill in the blank.**

The medical procedure was successful, but the patient experienced some minor _____(troubles) during recovery.

- A. applications
- B. complications
- C. transformations
- D. Obligations

13. **The following sentence has been divided into four parts. Identify the part that contains an error.**

(A) It is said / (B) that fortune / (C) favour the / (D) brave.

- A. B
- B. C
- C. A
- D. D

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

Teenage is that phase of life when you are proposed to the world outside.

- A. you are exposed to
- B. you are excited with
- C. one are proposed to
- D. you are interrupted to

15. **Select the INCORRECTLY spelt word.**

- A. Sergeant
- B. Playwright
- C. Experiance
- D. Leisure

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

Ravi has little in _____ with his friend, Senthil.

- A. common
- B. contention
- C. formal
- D. Normal

17. **Select the most appropriate ANTONYM of the given word.**

Dense

- A. Sparse
- B. Opaque
- C. Closed
- D. Thick

18. **The following sentence has been divided into parts. One of them may contain an error. Select the part that contains the error from the given options. If you don't find any error, mark 'No error' as your answer.**

The fight of the cobra and the mongoose / is a classic drama often seen in India, / and the outcome was largely the same.

- A. The fight of the cobra and the mongoose
- B. No error
- C. is a classic drama often seen in India
- D. and the outcome was largely the same

19. **The following sentence has been split into four segments. Identify the segment that contains a grammatical error.**

The little child / wrote his name / quick / on the wall.

- A. quick
- B. wrote his name
- C. on the wall
- D. The little child

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

Bone to pick

- A. To be angry about something and want to discuss it
- B. To stop trying hard
- C. To not give up
- D. Putting in extra effort

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.

Health is the most valuable of all earthly possessions. Without it all the rest are worth (1)_____. To enjoy good health we should refrain from excess in eating. We should eat moderately and devour whatever (2)_____ get. When you sit among many for a dinner, do not reach your hand out (3)_____ of all. A little food is sufficient for us. Sound sleep comes of a light stomach. Such a man rises (4)_____ in the morning and is at ease with himself. So to (5)_____ good health we should eat moderately, for a man who does not overeat enjoys sound sleep and rises early completely refreshed.

21. **Select the most appropriate option to fill in blank no. 1.**

- A. it
- B. nothing
- C. everything
- D. All

22. **Select the most appropriate option to fill in blank no. 2.**

- A. us
- B. he
- C. we
- D. It

23. **Select the most appropriate option to fill in blank no. 3.**

- A. first
- B. second
- C. last
- D. End

24. Select the most appropriate option to fill in blank no. 4.

- A. late
- B. early
- C. active
- D. Idle

25. Select the most appropriate option to fill in blank no. 5.

- A. lose
- B. benefit
- C. reward
- D. enjoy

Answers

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

[\[Practice Exercise\]](#)

Explanations

1. **C) Analytical**

The tone of the passage is analytical as it examines the impact of climate change on wheat production, provides data on wheat stocks, and discusses the need for breeding for climate resilience.

2. **B) The impact of climate change on agriculture**

The main theme of the passage is the impact of climate change on agriculture, particularly on wheat production. It discusses how climate change affects wheat yield, the importance of adapting to climate change through breeding, and the need for a focus on input use efficiency and climate resilience in agriculture.

3. **C) Climate change has made wheat production more susceptible to weather events, such as temperature spikes and unseasonal heavy rains, which have caused yield losses in recent years.**

The passage highlights that wheat production has become more susceptible to climate change, with yield losses in 2022 and 2023 due to temperature spikes and unseasonal heavy rains, respectively. This indicates that climate change has had a significant impact on wheat production, making it more vulnerable to weather events.

4. **B) A bumper harvest is anticipated, as there have been no reported adverse weather events during the crucial grain-filling stage, and March temperatures have been near normal.**

The passage indicates that, unlike in previous years, there have been no "Ides of March" weather events reported from the major wheat belt of Punjab, Haryana, UP, and Bihar. Additionally, March temperatures have been near normal, and three-fourths of the grain-filling is completed, which augurs well for the crop. Therefore, a bumper harvest is anticipated for the current year.

5. **D) Better-than-average production in the Indo-Gangetic plains offsetting lower yields in central India.**

The passage states that despite the lower yields in central India, the country can still end up harvesting more wheat than in the previous two years if the yields from the Indo-Gangetic plains are better than average. This suggests that the key factor contributing to a potential increase in wheat production is the better-than-average production in the Indo-Gangetic plains.

6. **B) Hesitate (verb) - pause or hold back in uncertainty or unwillingness. संकोच करना**

- **Hibernate (verb)** – to spend the winter in a dormant state, typically used for animals. सर्दियों में निद्रा में जाना
- **Hoist (verb)** – to raise or lift, especially by some mechanical appliance. उठाना
- **Hobble (verb)** – to walk in an awkward way, typically because of pain from an injury. लंगड़ाना

7. D) grammar की error 'on a Atlas-Agena D rocket' में है क्योंकि 'Atlas-Agena D rocket' के पहले वाला शब्द 'Atlas' vowel sound से शुरू होता है, इसलिए 'a' के स्थान पर 'an' का प्रयोग होना चाहिए; जैसे— on an Atlas-Agena D rocket.
- The grammatical error is in the segment 'on a Atlas-Agena D rocket' because the word following 'a' starts with a vowel sound, 'Atlas.' Therefore, 'an' should be used instead of 'a'; Like— on an Atlas-Agena D rocket.
8. C) The correct spelling of the underlined word '**dispised**' is 'despised,' तिरस्कृत,
9. D) '**Lesser**' के बदले 'Less' का प्रयोग होगा, क्योंकि 'Expensive' एक ऐसी adjective है जिसे 'less' के साथ use किया जाता है, 'lesser' नहीं। 'Lesser' का प्रयोग केवल countable nouns के साथ होता है। जैसे— This car is less expensive than the one I had come to buy.
- 'Less' will be used instead of 'lesser' because 'expensive' is an adjective that should be used with 'less,' not 'lesser.' 'Lesser' is typically used with countable nouns. Like— This car is less expensive than the one I had come to buy.
10. B) **Grasping at straws** (idiom) – Desperate attempt to succeed सफल होने का बेताब प्रयास
11. C) **Out of the blue** (idiom) – Something happening unexpectedly. अचानक
- Blue blood** (idiom) – A person of noble or royal birth. उच्च कुल का
 - Black and blue** (idiom) – Covered with bruises. चोटों से सजा हुआ
 - Once in a blue moon** (idiom) – Very rarely. बहुत ही कम समय में
12. B) **Troubles** (noun) – Difficulties, problems, issues, complications. मुश्किलें
Synonym: **Complications** (noun) – Difficulties, issues, problems, hindrances. जटिलताएं
- Applications** (noun) – Uses, implementations, utilizations. अनुप्रयोग
 - Transformations** (noun) – Changes, alterations, modifications. परिवर्तन
 - Obligations** (noun) – Duties, responsibilities, commitments. कर्तव्य
13. B) '**favour**' के बदले 'favours' का प्रयोग होगा क्योंकि 'fortune' singular subject है, अतः वहां singular verb 'favours' का प्रयोग होगा; जैसे— Fortune favours the brave.
- 'favours' will be used instead of 'favour' because 'fortune' is a singular subject, so a singular verb 'favours' will be used; Like— Fortune favours the brave.
14. A) 'you are proposed' के बदले '**you are exposed to**' का प्रयोग होगा क्योंकि 'proposed' यहाँ गलत प्रयोग है। 'Teenage' के दौरान व्यक्ति 'world outside' से 'exposed' होता है, यानी उसे बाहरी दुनिया का अनुभव होता है।
- 'you are exposed to' will be used instead of 'you are proposed' because 'proposed' is not the correct usage here. During 'Teenage', a person is 'exposed' to the 'world outside,' meaning they experience the external world.

15. C) The incorrectly spelled word is "**Experiance**." The correct spelling is "Experience," अनुभव, प्रयोग.
16. A) '**Common**' का use होगा क्योंकि 'common' का अर्थ होता है समान या आम. Sentence में mention किया गया है कि Ravi और उसके दोस्त Senthil में बहुत कम समानताएं हैं, इसलिए 'common' यहाँ सही है। जबकि 'Contention' का अर्थ है विवाद या मतभेद, 'Formal' का अर्थ है औपचारिक, और 'Normal' का अर्थ है सामान्य, जो इस context में सही नहीं है।
- **Common** should be used because it means similar or shared. The sentence mentions that Ravi has little in common with his friend, Senthil, making 'common' fitting here. Whereas, 'Contention' means dispute or disagreement, 'Formal' means official or ceremonial, and 'Normal' means usual, which don't fit in this context.
17. A) **Dense** (adjective) – Packed closely together, thick, compact. घना
Antonym: **Sparse** (adjective) – Thinly dispersed, scattered, not densely packed. अल्प
- **Opaque** (adjective) – Not able to be seen through; not transparent, obscure. अपारदर्शी
 - **Closed** (adjective) – Not open or accessible, shut. बंद
 - **Thick** (adjective) – With opposite sides or surfaces relatively far apart; not thin. मोटा
18. D) '**was**' के बदले 'is' का प्रयोग होगा क्योंकि पहला clause 'is a classic drama often seen in India' Present Tense में है, तो दूसरा clause 'and the outcome was largely the same' भी Present Tense में होना चाहिए। जैसे— The fight of the cobra and the mongoose is a classic drama often seen in India, and the outcome is largely the same
- 'is' will be used instead of 'was' because the first clause 'is a classic drama often seen in India' is in Present Tense, so the second clause 'and the outcome was largely the same' should also be in Present Tense. Like— The fight of the cobra and the mongoose is a classic drama often seen in India, and the outcome is largely the same.
19. A) '**quick**' के स्थान पर 'quickly' का प्रयोग होगा क्योंकि 'wrote' एक action verb है और उसकी manner को describe करने के लिए adverb की जरूरत होती है; जैसे— The little child wrote his name quickly on the wall.
- 'quickly' will be used instead of 'quick' because 'wrote' is an action verb and to describe the manner of that action, an adverb is needed; Like— The little child wrote his name quickly on the wall.
20. A) **Bone to pick** (idiom) – To be angry about something and want to discuss it किसी बात पर क्रोधित होना और उस पर चर्चा करना चाहते हैं
21. B) '**nothing**' का use होगा क्योंकि sentence में कहा गया है कि "Health is the most valuable of all earthly possessions. Without it all the rest are worth _____." यहाँ 'nothing' इस context में बताता है कि अगर स्वास्थ्य नहीं है, तो बाकी सब चीजें मूल्यहीन हो जाती हैं। जबकि 'it', 'everything', और 'All' इस context में सही नहीं हैं क्योंकि वे इसे मूल्यहीन नहीं बनाते हैं।

- **'nothing'** should be used because the sentence says, "Health is the most valuable of all earthly possessions. Without it all the rest are worth _____." Here, 'nothing' fits the context by indicating that without health, all other possessions are worthless. Whereas 'it', 'everything', and 'All' are incorrect in this context because they do not make the rest of the possessions worthless.

22. 'C) **we'** का use होगा क्योंकि sentence का subject "we" है जो कि "enjoy good health" के context में बताया गया है. "We should eat moderately and devour whatever (2)____ get" में "we" get होना चाहिए, क्योंकि यहां बात खुद की eating habits की जा रही है। जबकि 'us' का use incorrect होगा क्योंकि 'us' object form है और यहां subject form की जरूरत है। 'he' और 'it' भी incorrect हैं क्योंकि sentence का subject 'we' है, और यहां पर 'he' या 'it' का logical sense नहीं बनता।

- **'we'** should be used because the subject of the sentence is "we," as mentioned in the context of "enjoying good health." The sentence "We should eat moderately and devour whatever (2)____ get" should be completed as "we get" because it is talking about our own eating habits. Whereas, using 'us' would be incorrect as 'us' is the object form, and here we need the subject form. 'he' and 'it' are also incorrect because the subject of the sentence is 'we,' and using 'he' or 'it' wouldn't make logical sense here.

23. A) **'First'** का use होगा क्योंकि sentence में कहा गया है कि अगर आप कई लोगों के साथ डिनर कर रहे हैं, तो अपना हाथ सबसे पहले ना बढ़ाएं। यहां 'first' इसलिए सही है क्योंकि इसका मतलब है 'सबसे पहले', और यहाँ पर आपको किसी से पहले नहीं खाना है। 'Second', 'last', और 'End' इस context में सही नहीं हैं क्योंकि वे इस specific बात को नहीं बताते कि कब आपको अपना हाथ बढ़ाना नहीं है।

- **First'** should be used because the sentence advises that when you sit among many for dinner, do not reach out your hand 'first'. 'First' fits here as it means 'before anyone else', advising you not to start eating before others. 'Second', 'last', and 'End' do not fit in this context because they do not specify the point at which you shouldn't reach out your hand.

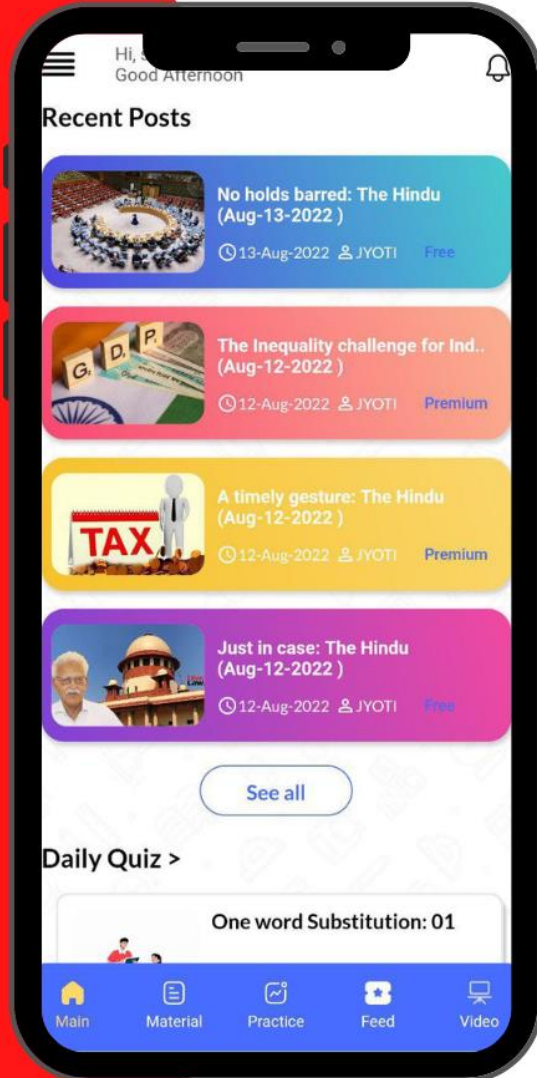
24. B) **'Early'** का use होगा क्योंकि पूरे passage में बार-बार जोर दिया गया है कि अच्छे स्वास्थ्य के लिए अच्छी नींद और सुबह जल्दी उठना महत्वपूर्ण है। "Such a man rises (4)_____ in the morning" के context में 'early' सही fit करता है। 'Late', 'Active', और 'Idle' इस context में ठीक नहीं हैं।

- **Early'** should be used because the passage repeatedly emphasizes the importance of good sleep and waking up early for good health. In the context of "Such a man rises (4)_____ in the morning," 'early' fits well. 'Late', 'Active', and 'Idle' do not fit in this context.

25. D) **Enjoy'** का use होगा क्योंकि पूरे passage में बताया गया है कि अगर कोई व्यक्ति संतुलित भोजन करता है, तो उसे अच्छी नींद आती है और वो पूरी तरह से ताजगी महसूस करके उठता है। इस context में, 'enjoy' उपयुक्त है क्योंकि यह अच्छे स्वास्थ्य का आनंद लेने की बात कर रहा है। 'Lose'

का अर्थ होता है खो देना, 'Benefit' का अर्थ होता है लाभ उठाना, और 'Reward' का अर्थ होता है पुरस्कार मिलना, जो इस context में सही नहीं है।

- **'Enjoy'** should be used because the entire passage talks about how balanced eating leads to good sleep and feeling completely refreshed upon waking up. In this context, 'enjoy' is appropriate as it speaks to experiencing good health. Whereas, 'Lose' means to forfeit, 'Benefit' means to gain advantage, and 'Reward' means to receive a prize or recognition, none of which fit in this context.



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