

## The invisible battle for mental health in India

Mental health remains an **afterthought** in our healthcare **narrative**. The true **healing encompasses** both body and mind

As a psychologist, I've seen how health in India isn't just a battle of the body—it's a struggle of the mind. Behind every disease is a person **dealing with** fear, frustration and, **at times**, loneliness. Whether in rural areas, where diseases like tuberculosis **persist** or in urban centres where lifestyle illnesses are on the rise, the emotional **toll** is **often** invisible but deeply felt.

In rural India, patients face challenges that go beyond medical **diagnoses**. I remember a man from a small village battling tuberculosis, but what **weighed on** him most wasn't just his illness—it was the **isolation**. He felt forgotten and cut off from the world because healthcare facilities were far away, and his family didn't know how to support him. This emotional isolation is something many rural patients experience, and it can be as damaging as their physical symptoms, **compounding** their sense of **hopelessness**. In cities like Gurgaon, the struggles are different but equally **profound**. I think of Anjali, a young woman **overwhelmed** by anxiety.

To the outside world, she seemed to have it all—a great job, a busy social life, and a bright future. But inside, she was **spiralling**. She **hesitated** for months before seeking help, afraid that **admitting** to her struggles **would** make her appear weak. This fear of judgment keeps many people from asking for help, and it's **heartbreaking** to see how common this is in urban environments. Mental health remains an afterthought in our healthcare system.

We focus on physical symptoms—treating heart disease, diabetes, and other conditions—but the emotional weight people carry is often ignored. I've seen people suffer for years in silence, feeling their emotional pain isn't **valid** because it can't be measured like a physical illness. There's an urgent need for change. India's healthcare system **mirrors** this divide. In cities, private care offers options, but mental health services are still limited and expensive.

In rural areas, mental health is rarely even discussed. **Socioeconomic barriers**, especially for women, **make** it even harder to access mental health care. Women often put their health—both emotional and physical—**on the back burner**, prioritising their families' needs over their own. **One** of my patients, a mother of two, **delayed seeking** help for her anxiety for years. She was **exhausted**, overwhelmed, and losing her sense of self. But like so many women, she felt guilty for even considering that her health deserved attention.

This is a common story—too many women in India silently **endure** mental health struggles, dismissing their needs as unimportant, further isolating themselves in the process.

We need to change this narrative. Mental health is not a luxury or a sign of weakness. It is an **integral** part of overall **well-being**. We must make mental health care as important as physical health in our

conversations and our healthcare system. Only then can we **address** the full scope of health challenges in India—because real healing isn't just about the body; it's about the mind too.

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

[\[Practice Exercise\]](#)

## Vocabulary

1. **Afterthought** (noun) – A consideration or idea that comes later, something added later; reflection, reconsideration बाद में आया विचार
2. **Narrative** (noun) – A story or account, a way of presenting something; tale, explanation, portrayal वृत्तांत/ कथा
3. **Healing** (noun) – The process of making or becoming well again; recovery, therapy, recuperation चिकित्सा
4. **Encompass** (verb) – To include or cover completely; surround, include, involve शामिल करना
5. **Deal with** (phrasal verb) – To manage or handle a situation or problem; cope with, address, tackle सामना करना
6. **At times** (phrase) – Sometimes, occasionally, periodically; now and then, from time to time कभी-कभी
7. **Persist** (verb) – To continue steadily despite problems or difficulties; endure, continue, persevere जारी रहना
8. **Toll** (noun) – The extent of damage or suffering caused by something; impact, cost, effect प्रभाव
9. **Often** (adverb) – Frequently, regularly, many times; commonly, usually अक्सर
10. **Diagnose** (noun) – Identification of a disease or condition; detection, assessment, medical judgment निदान
11. **Weigh on** (phrasal verb) – To burden or cause concern; trouble, affect, stress बोझ बनना
12. **Isolation** (noun) – The state of being separated from others; solitude, seclusion, remoteness अलगाव
13. **Compound** (verb) – To make a situation worse by adding to it; worsen, aggravate, intensify बढ़ाना
14. **Hopelessness** (noun) – A feeling of despair and lack of hope; despair, pessimism, despondency निराशा
15. **Profound** (adjective) – Deep and meaningful, intense; significant, deep, intense गहन
16. **Overwhelm** (verb) – To overpower or stress someone with too much; overload, crush, overpower से अभिभूत होना
17. **Spiral** (verb) – To worsen or intensify in a continuous and uncontrollable way; escalate, intensify, worsen बिगड़ना
18. **Hesitate** (verb) – To pause before doing something, often due to uncertainty; delay, be unsure, pause हिचकिचाना

19. **Heartbreaking** (adjective) – Causing intense sadness or distress; tragic, painful, upsetting दिल तोड़ने वाला
20. **Valid** (adjective) – Well-founded, legitimate, or reasonable; justifiable, legitimate, acceptable वैध
21. **Mirror** (verb) – To reflect or represent something accurately; reflect, resemble, replicate प्रतिबिंबित करना
22. **Socioeconomic** (adjective) – Relating to both social and economic factors; financial and social सामाजिक और आर्थिक
23. **Barrier** (noun) – An obstacle that prevents progress or access; hindrance, obstacle, hurdle बाधा
24. **On the back burner** (phrase) – To be delayed or given less priority; postponed, deprioritized कम महत्व देना
25. **Seek** (verb) – To search for or try to find; look for, pursue, strive for खोजना
26. **Exhausted** (adjective) – Extremely tired or worn out; fatigued, drained, worn थका हुआ
27. **Endure** (verb) – To suffer through something difficult or painful; bear, tolerate, withstand सहना
28. **Integral** (adjective) – Essential or necessary for completeness; fundamental, important, crucial अभिन्न
29. **Well-being** (noun) – The state of being healthy, happy, and prosperous; welfare, health, happiness कल्याण
30. **Address** (verb) – To deal with or take action to solve a problem; tackle, manage, resolve निपटाना

## Summary of the Editorial

1. **Mental Health Neglect:** Mental health is often overlooked in India's healthcare narrative, with a focus primarily on physical ailments.
2. **Mind-Body Connection:** True healing involves addressing both physical and mental health, as emotional challenges can exacerbate physical conditions.
3. **Rural Healthcare Struggles:** In rural India, patients not only face physical illnesses like tuberculosis but also emotional isolation due to lack of access to healthcare and social support.
4. **Isolation's Impact:** Emotional isolation in rural areas can be as harmful as physical illnesses, deepening patients' sense of hopelessness.
5. **Urban Mental Health Issues:** In urban areas, people like Anjali struggle with anxiety, often hidden behind the appearance of success, while fear of judgment keeps them from seeking help.
6. **Fear of Judgment:** The stigma around mental health in cities prevents many from reaching out for help, further aggravating emotional struggles.
7. **Healthcare System's Focus:** India's healthcare system primarily focuses on treating physical conditions like heart disease and diabetes, neglecting the emotional toll on patients.
8. **Undervalued Emotional Pain:** Many suffer in silence, feeling that their emotional pain is invalid because it is not as easily measurable as physical illnesses.
9. **Urban-Rural Divide:** Mental health services are limited and expensive in urban areas, while in rural regions, they are rarely discussed or available.
10. **Socioeconomic Barriers for Women:** Women, particularly in rural areas, face additional socioeconomic barriers to accessing mental health care, often prioritizing their families over their own well-being.
11. **Women's Mental Health:** Many women, like one patient, delay seeking help for mental health struggles due to feelings of guilt and societal expectations.
12. **Common Narrative for Women:** Women in India often endure mental health struggles in silence, dismissing their own needs, further isolating themselves emotionally.
13. **Need for Change:** The societal perception of mental health as a luxury or a sign of weakness must change for real progress in healthcare.
14. **Mental Health as Integral:** Mental health should be considered an integral part of overall well-being, not an afterthought.
15. **Holistic Healthcare Approach:** To address the full scope of health challenges in India, mental health care must be given the same importance as physical health in healthcare systems and conversations.

### Practice Exercise: SSC Pattern Based

1. **Why do many patients in rural India experience emotional isolation in addition to their physical illness?** [Editorial Page]
  - A. They are unaware of mental health issues.
  - B. Healthcare facilities are often far away, making them feel forgotten.
  - C. Rural communities lack physical diseases like tuberculosis.
  - D. They prefer traditional methods of treatment over modern healthcare.
2. **What is a key reason people in urban areas like Anjali hesitate to seek help for mental health struggles?**
  - A. Fear of being judged as weak by society.
  - B. Lack of awareness about mental health services.
  - C. Physical symptoms are prioritized over mental health issues.
  - D. Mental health facilities are not available in urban areas.
3. **Which of the following is the most appropriate word to complete the sentence below? Mental health is not a luxury or a sign of weakness. It is an \_\_\_\_\_ part of overall well-being.**
  - A. irrelevant
  - B. integral
  - C. insignificant
  - D. avoidable
4. **Choose the word that is most opposite in meaning to the word "isolating" as used in the passage.**
  - A. uniting
  - B. separating
  - C. disconnecting
  - D. segregating
5. **What is the tone of the passage?**
  - A. Optimistic
  - B. Urgent
  - C. Sarcastic
  - D. Neutral
6. **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. In today's fast-paced world, the concept of mental health has gained increased importance,
  - b. especially in light of growing stress and societal pressures
  - c. As individuals, we often find ourselves juggling multiple responsibilities,
  - d. affecting emotional and psychological well-being
  - A. d, b, a, c
  - B. c, a, b, d
  - C. a, b, c, d

D. a, c, b, d

7. For the four-sentence (S1 to S4) paragraph below, sentences S1 and S4 are given. From the options P, Q, R and S select the appropriate sentences for S2 and S3, respectively.

**S1:** On October 11, the Telangana government appointed the Justice Shameem Akhter Commission to study the details of sub-classification of Scheduled Castes (SCs) in Telangana and make recommendations to it.

**S4:** This was the same handicap that the B.N. Lokur Committee had also faced in 1965.

**P:** Earlier, in August this year, the Supreme Court had said that States could take a call on sub-categorisation, which involves classifying marginalised communities within SCs for more equitable distribution of benefits, addressing graded inequalities, and ensuring comprehensive representation.

**Q:** Apart from having merely 60 days to complete its task, the one-man Commission faces a big challenge in the absence of Census data and data on castes.

**R:** On October 15, Delhi's air quality slipped into the 'poor' category, reaching 234.

**S:** In September, stubble burning increased 19.8 per cent in Haryana and declined 28.7 per cent in Punjab.

- A. P and Q
- B. P and R
- C. P and S
- D. Q and S

**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.**

Teachers (1)\_\_\_\_\_ given continuous opportunities for self-improvement and to learn the latest innovations and advances in their professions. Each teacher (2)\_\_\_\_\_ expected to participate in at least 50 hours of CPD opportunities every year for their own professional development, driven (3)\_\_\_\_\_ their own interests. CPD opportunities will, in particular, (4)\_\_\_\_\_ cover the latest pedagogies regarding foundational literacy and numeracy, formative and adaptive assessment of learning outcomes, competency-based learning and related pedagogies, (5)\_\_\_\_\_ experiential learning, arts-integrated, sports-integrated and storytelling-based approaches, etc.

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

- A. will be
- B. can be
- C. would be
- D. shall be

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

- A. shall be
- B. can be
- C. would be

- D. will be
10. Select the most appropriate option to fill in blank number 3.
- A. at
  - B. by
  - C. for
  - D. from
11. Select the most appropriate option to fill in blank number 4.
- A. roughly
  - B. carelessly
  - C. partially
  - D. systematically
12. Select the most appropriate option to fill in blank number 5.
- A. from as
  - B. for as
  - C. same as
  - D. such as
13. Select the most appropriate option that can substitute the underlined segment in the given sentence.
- Do not later about the street
- A. litter about
  - B. loiter around
  - C. litre about
  - D. latter about
14. Select the most appropriate ANTONYM for the given word.
- Ghastly
- A. Agitated
  - B. Bitter
  - C. Relaxing
  - D. Pleasant
15. Rectify the sentence by selecting the correct spelling from the options.
- The advertisement of vacancies in education sector has received huge response
- A. Vacansies
  - B. Vecencies
  - C. Vecancies
  - D. Vacancies
16. Select the most appropriate ANTONYM of the given word.
- Compulsory
- A. Optional
  - B. Full-fledged
  - C. Reliable
  - D. Factional
17. Select the most appropriate ANTONYM of the underlined word.



The waters of Germany are abundant in fish, but there are few genera and species in them.

- A. discord
- B. flourish
- C. allay
- D. deficient

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

The artist received a \_\_\_\_\_ from the audience

- A. plenty of applause
- B. bunch of applause
- C. round of applause
- D. handful of applause

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

Revolution

- A. Harmony
- B. Gyration
- C. Stagnation
- D. Order

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

Well, I prefer eating at home from eating out

- A. while eating out
- B. and eating out
- C. than eating out
- D. to eating out

21. **Based on the situation in the sentence, select the most appropriate idiom.**

After many years of rivalry, the two schools decided to \_\_\_\_\_ and participate in a National Event together.

- A. go cold turkey
- B. bell the cat
- C. be in the doldrums
- D. bury the hatchet

22. **Select the most appropriate option that can substitute the underlined segment in the given sentence. If there is no need to substitute it, select 'No substitution required'.**

I opened the box beneath the table and took of a book, the Materia Medica.

- A. took out
- B. took in
- C. take off
- D. No substitution required

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

The athlete looked unsettled before the race.

- A. Triumphant
- B. Reticent

- C. Tangent
- D. Confident

24. **Select the most appropriate option that can substitute the underlined word in the given sentence.**

The experienced surgeon handled the delicate procedure with care and precision

- A. seasoned
- B. untrained
- C. unskilled
- D. amateur

25. **Select the most appropriate ANTONYM of the underlined word in the following sentence.**

I have left it to his discretion to accept or decline my offer

- A. Wisdom
- B. Calculation
- C. Judgement
- D. Inattention

## Answers

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

[Practice Exercise]

## Explanations

1. **B) Healthcare facilities are often far away, making them feel forgotten.**

The passage explicitly mentions that in rural areas, patients like the man battling tuberculosis feel isolated because healthcare facilities are far away. This sense of being "forgotten" contributes to their emotional isolation.

A: This is incorrect because the passage does not mention that rural patients are unaware of mental health issues, but rather focuses on their emotional toll due to physical distance from healthcare facilities.

C: This is incorrect because the passage clearly states that diseases like tuberculosis persist in rural areas, contrary to what this option implies.

D: Although traditional treatment is common in rural areas, the passage does not make this point as a cause of emotional isolation, which stems from healthcare inaccessibility.

2. **A) Fear of being judged as weak by society.**

The passage highlights that Anjali, who lived in an urban area, hesitated to seek help because she feared being judged and seen as weak, which is a common fear in urban environments.

B: This is incorrect because the passage emphasizes societal judgment, not lack of awareness about mental health services, as the reason for hesitation.

C: This is incorrect because while mental health is often overlooked, the reason given for hesitation is fear of judgment, not the prioritization of physical symptoms.

D: This is incorrect because the passage does not claim that mental health facilities are unavailable in urban areas like Gurgaon; rather, it points to societal factors preventing people from seeking help.

3. **B) integral**

B) The passage emphasizes that mental health is crucial and not a luxury or weakness, making "integral" the appropriate as it means essential or fundamental.

A) The passage argues that mental health is highly relevant and important, not irrelevant.

C) The passage highlights the significance of mental health, making "insignificant" the opposite of what is intended.

D) Mental health is presented as something that should not be ignored, meaning it is not avoidable but rather necessary to address.

4. **A) uniting**

"Isolating" refers to making someone feel alone, and its opposite is "uniting," which means bringing people together or fostering connection.

5. **B) Urgent**

The tone of the passage is urgent because the author emphasizes the critical need for change in India's healthcare system, particularly regarding mental health.

A: Incorrect because while the author advocates for change, there is no clear sense of hope or optimism in the passage. The focus is on the challenges and the lack of attention given to mental health.

C: Incorrect as the tone is serious and concerned, without any ironic or sarcastic remarks.

D: Incorrect because the passage is emotionally charged and advocates for a necessary shift in healthcare priorities, not simply presenting facts without a call for action

6. **C) a, b, c, d**

a starts the paragraph by introducing the concept of mental health and how its importance has increased in today's fast-paced world.

b logically follows a because it gives the reason why mental health has become important: due to growing stress and societal pressures. This sentence expands on the topic introduced in a by giving specific factors contributing to the increased focus on mental health.

c comes next after b because it connects the growing stress mentioned in b to the daily life of individuals, explaining how people are juggling multiple responsibilities. This further explains the pressures people face, adding more depth to the topic.

d concludes the paragraph by explaining the impact of juggling responsibilities — it affects emotional and psychological well-being. This provides a logical and meaningful conclusion to the paragraph, connecting all the ideas together.

7. **A) P and Q.**

S1 introduces the topic of the Telangana government appointing a commission to study sub-classification of Scheduled Castes.

P provides relevant context, mentioning a Supreme Court decision that allows states to sub-categorize SCs for equitable distribution of benefits, which logically follows the introduction in S1.

Q then discusses the specific challenge faced by the Justice Shameem Akhter Commission, such as the lack of Census data, which directly ties into the ongoing task mentioned in S1 and leads into S4, where a similar issue was faced by the B.N. Lokur Committee.

S4 concludes with a comparison of the challenges, making P and Q the most appropriate for S2 and S3.

**R talks about Delhi's air quality, and S** discusses stubble burning in Haryana and Punjab. Both of these sentences deal with environmental issues, specifically air pollution, and have no connection to the topic introduced in S1 (sub-classification of Scheduled Castes in Telangana).

8. **A) 'Will be'** का उपयोग होगा क्योंकि यह भविष्य की घटनाओं के बारे में बात करने के लिए उपयुक्त है।

sentence में बताया गया है कि शिक्षकों को लगातार आत्म-सुधार के अवसर प्रदान किए जाएंगे, जो भविष्य में किया जाएगा। इसलिए, 'will be' यहाँ सही है। जबकि 'can be' का अर्थ है "हो सकता है," जो अनिश्चितता दर्शाता है; 'would be' एक काल्पनिक स्थिति को दर्शाता है; और 'shall be' अधिक औपचारिक और कानूनी संदर्भों में उपयोग होता है, जो इस संदर्भ में उपयुक्त नहीं है।

- Will be' will be used because it is appropriate for discussing future events. The sentence states that teachers will be given continuous opportunities for self-improvement, which is something that will happen in the future. Therefore, 'will be' is correct here. On the other hand, 'can be' suggests possibility, which implies uncertainty; 'would be' indicates a hypothetical situation; and 'shall be' is more formal and often used in legal contexts, which is not suitable here.

9. **D) 'Will be'** का use होगा क्योंकि यह भविष्य में निश्चितता और बाध्यता को व्यक्त करता है। sentence में यह बात की जा रही है कि प्रत्येक शिक्षक को हर साल कम से कम 50 घंटे के CPD अवसरों में भाग

लेना होगा, जो एक स्पष्ट और बाध्यकारी अपेक्षा है। जबकि 'shall be' भी भविष्य के लिए बाध्यता को व्यक्त करता है, लेकिन यह अधिक औपचारिक और पुराने तरीके का उपयोग है। 'Can be' संभावना और अनुमति का सूचक है, जो यहाँ सही नहीं है क्योंकि यहाँ बाध्यता की बात की जा रही है। 'Would be' सशर्त स्थिति को व्यक्त करता है, जो इस context में सही नहीं है।

- 'Will be' will be used because it expresses certainty and obligation in the future. The sentence states that each teacher is expected to participate in at least 50 hours of CPD opportunities every year, which is a clear and binding expectation. While 'shall be' also expresses obligation for the future, it is more formal and old-fashioned. 'Can be' indicates possibility and permission, which is not suitable here as the context is about obligation. 'Would be' expresses a conditional situation, which is not appropriate in this context.

10. B) 'by' का उपयोग होगा क्योंकि "by" का अर्थ होता है किसी कार्य के लिए प्रेरित होना। Sentence में यह दर्शाया गया है कि शिक्षकों को अपने स्वयं के रुचियों द्वारा संचालित किया जाता है, इसलिए 'by' यहाँ सही है। जबकि 'at' का अर्थ स्थान या समय होता है, 'for' का अर्थ किसी उद्देश्य के लिए होता है, और 'from' का अर्थ स्रोत से होता है, जो इस context में सही नहीं हैं।

- 'By' will be used because it means being driven or motivated by something. The sentence indicates that teachers' professional development is driven by their own interests, making 'by' fitting here. Whereas, 'at' refers to a place or time, 'for' implies a purpose, and 'from' denotes a source, which don't fit in this context.

11. D) 'Systematically' का use होगा क्योंकि "systematically" का अर्थ होता है व्यवस्थित तरीके से। sentence में mention किया गया है कि CPD opportunities विशेष रूप से नवीनतम शिक्षाशास्त्रों को शामिल करेंगी, इसलिए 'systematically' यहाँ सही है। जबकि 'roughly' का अर्थ है लगभग, 'carelessly' का अर्थ है लापरवाही से, और 'partially' का अर्थ है आंशिक रूप से, जो इस context में सही नहीं है।

- 'Systematically' will be used because it means in an organized manner. The sentence mentions that CPD opportunities will, in particular, cover the latest pedagogies, making 'systematically' fitting here. Whereas, 'roughly' means approximately, 'carelessly' means without care, and 'partially' means incompletely, which don't fit in this context.

12. D) 'Such as' का use होगा क्योंकि "such as" का अर्थ होता है उदाहरण के लिए। sentence में mention किया गया है कि CPD opportunities में नवीनतम शिक्षण विधियों को शामिल किया जाएगा, इसलिए 'such as' यहाँ सही है। जबकि 'from as' का कोई अर्थ नहीं होता, 'for as' का मतलब भी स्पष्ट नहीं है, और 'same as' का अर्थ होता है समान, जो इस context में सही नहीं है।

- 'Such as' will be used because it means for example. The sentence mentions that CPD opportunities will cover the latest pedagogies, making 'such as' fitting here. Whereas, 'from as' does not make sense, 'for as' is not clear in meaning, and 'same as' means similar, which doesn't fit in this context.

13. B) 'later about' के बदले 'loiter around' का प्रयोग होगा क्योंकि "loiter around" का अर्थ है "बिना किसी उद्देश्य के इधर-उधर घूमना," जो इस वाक्य के संदर्भ में सही है। 'litter' का अर्थ है कचरा फैलाना, जो इस संदर्भ में उपयुक्त नहीं है।
- 'loiter around' will be used instead of 'later about' because "loiter around" means "to hang around without any purpose," which fits the context of this sentence. 'Litter' means to scatter trash, which is not suitable here.
14. D) **Ghastly** (adjective) – Horrifying, dreadful, shocking, frightful. भयावह  
Antonym: **Pleasant** (adjective) – Giving a sense of happy satisfaction or enjoyment, delightful, pleasing. सुखद
- **Agitated** (adjective) – Feeling or appearing troubled or nervous, disturbed, upset. व्याकुल
  - **Bitter** (adjective) – Having a sharp, pungent taste or smell; not sweet, harsh. कड़वा
  - **Relaxing** (adjective) – Making one feel relaxed; reducing tension or anxiety, soothing, restful. आरामदायक
15. D) The correct spelling of 'vacancies' is '**vacancies**' which means "positions or jobs that are available for someone to do" रिक्तियाँ, खाली जगहें.
16. A) **Compulsory** (adjective) – Required by law or a rule; obligatory. अनिवार्य  
Antonym: **Optional** (adjective) – Available to be chosen but not obligatory; voluntary, elective. वैकल्पिक
- **Full-fledged** (adjective) – Completely developed or established; fully developed. पूर्ण विकसित
  - **Reliable** (adjective) – Consistently good in quality or performance; dependable. विश्वसनीय
  - **Factional** (adjective) – Relating to or characteristic of a faction; divisive. गुटीय
17. D) **Abundant** (adjective) – Plentiful, copious, ample, rich. प्रचुर  
Antonym: **Deficient** (adjective) – Lacking, insufficient, inadequate, scanty. अभावग्रस्त/ अपूर्ण
- **Discord** (noun) – Disagreement, conflict, disharmony, disunity. असहमति
  - **Flourish** (verb) – Thrive, prosper, grow, bloom. फलना-फूलना
  - **Allay** (verb) – Reduce, alleviate, diminish, calm. कम करना
18. C) 'round of applause' का प्रयोग होगा क्योंकि "round of applause" एक सामान्य और सही phrase है, जिसका अर्थ है "तालियों की गड़गड़ाहट।" यह वाक्य के संदर्भ में सबसे उपयुक्त विकल्प है। "plenty of applause" और "bunch of applause" सामान्य उपयोग में नहीं आते हैं, और "handful of applause" भी सही नहीं है।
- 'round of applause' will be used because "round of applause" is a common and correct expression, meaning "a burst of clapping." This is the most suitable option in the context of the

sentence. "Plenty of applause" and "bunch of applause" are not commonly used, and "handful of applause" is also incorrect.

19. B) **Revolution** (noun) – a circular movement

**Synonym: Gyration** (noun) – A rapid movement in a circle or spiral; a whirling motion परिचलन

- **Harmony** (noun) – Agreement or concord, a consistent, orderly, or pleasing arrangement of parts; congruity. सद्भाव
- **Stagnation** (noun) – The state of not flowing or moving; lack of activity, growth, or development. स्थिरता
- **Order** (noun) – The arrangement or disposition of people or things in relation to each other according to a particular sequence, pattern, or method. व्यवस्था

20. D) 'from eating out' के बदले '**to eating out**' का प्रयोग होगा क्योंकि 'prefer' के बाद 'to' Preposition का प्रयोग होता है; जैसे— I prefer tea to coffee.

- 'to eating out' will be used instead of 'from eating out' because 'prefer' is followed by the preposition 'to'; Like— I prefer tea to coffee.

21. D) **bury the hatchet** (idiom) – To end a conflict and make peace. झगड़े को खत्म करना और शांति बनाना.

- **go cold turkey** (idiom) – To suddenly and completely stop doing something, especially a bad habit. अचानक छोड़ना
- **bell the cat** (idiom) – To undertake a dangerous or risky task. जोखिम भरा कार्य करना
- **be in the doldrums** (idiom) – To be in a state of inactivity, stagnation, or depression. निष्क्रियता में होना

22. A) 'took of' के बदले '**took out**' का प्रयोग होगा क्योंकि यहां 'of' का प्रयोग गलत है और 'out' सही Preposition है जिसका अर्थ 'box के अंदर से किताब निकालना' है; जैसे— I opened the box and took out a book, the Materia Medica.

- '**took out**' will be used instead of 'took of' because 'of' is incorrect here and 'out' is the correct preposition which means 'taking the book out of the box'; Like— I opened the box and took out a book, the Materia Medica.

23. D) **Unsettled** (adjective) – Anxious, nervous, disturbed, restless. बेचैन

**Antonym: Confident** (adjective) – Feeling or showing confidence in oneself or one's abilities or qualities, self-assured, assured, positive. आत्मविश्वासी

- **Triumphant** (adjective) – Victorious, successful, jubilant. विजयी
- **Reticent** (adjective) – Reserved, withdrawn, introverted. मौन
- **Tangent** (adjective) – A completely different line of thought or action, diverging. स्पर्श रेखा

24. A) 'experienced' के बदले 'seasoned' का प्रयोग होगा क्योंकि 'seasoned' का अर्थ है 'अनुभवी', जोकि 'experienced' के समानार्थी है और यह संदर्भ में अधिक उपयुक्त है; जैसे— The seasoned surgeon handled the delicate procedure with care and precision.

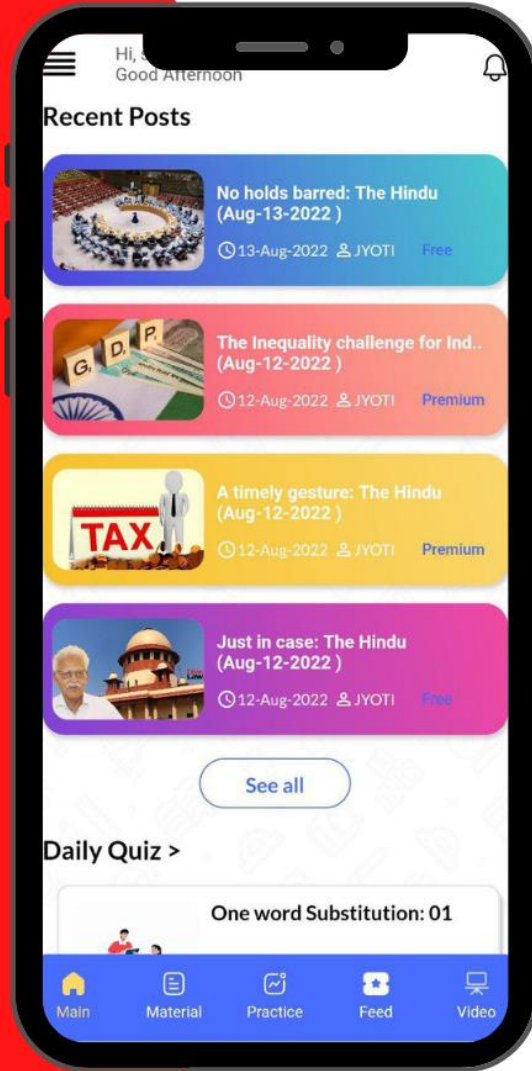
- 'seasoned' will be used instead of 'experienced' because 'seasoned' means 'experienced', which is synonymous and more appropriate in the context; Like— The seasoned surgeon handled the delicate procedure with care and precision.

25. D) **Discretion** (noun) – The quality of behaving or speaking in such a way as to avoid causing offense or revealing private information; the freedom to decide what should be done in a particular situation.  
विवेक

**Antonym: Inattention** (noun) – Lack of attention; negligence, carelessness, disregard. लापरवाही

- **Wisdom** (noun) – The quality of having experience, knowledge, and good judgement; the quality of being wise. बुद्धिमानी
- **Calculation** (noun) – The process of using mathematics; careful thought or planning. गणना
- **Judgement** (noun) – The ability to make considered decisions or come to sensible conclusions. निर्णय





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