

Staycation: India's untapped goldmine for quick getaways and digital detoxes

Unless you're a **workaholic** or **bonded labourer**, by now you should be all set for your annual Christmas/year-end vacation. Post-Covid, **revenge tourism** continues **unabated**. But within the Indian **leisure** sector, one **niche** form remains underdeveloped: the staycation industry. While countries like Britain define staycation to mean domestic tourism, the term is more applicable here to taking a break from daily routine and holidaying in one's own hometown or nearabout. This is not an alternative to 'proper' vacationing but a **supplement** to it.

According to Future Market Insights (FMI), the global staycation market revenue is expected to reach around \$758 mn in 2033. This is no **loose change**. If one considers its **USP** - far less-to-no travel stress, short durations, far less planning, more **bang** for the **budgetary buck** - it's understandable why the 25-34 age group is found to be most likely to choose staycation as their first choice of holiday. An FMI survey also points that 91% of those surveyed choose it for '**escapism**', while 70% **bundle** it with a 'digital detox'. **Bottomline**: there is a growing demand to **cater to the staycationer**.



Problem: in India, **stepping out and finding** 'holiday infrastructure' - fine dining, pools in summer, leisure spots, holiday shops - just outside your home cities that are not 'tourist destinations' **are** hard to find outside hotels. It's harder to find quality service. To bring comfortable vacation destinations 'nearer', the **hospitality** industry must **replicate** its post-Covid **gusto** between traditional holidaying points. Today, Airbnb, OYO and other homestays are **expanding** their **pillowprint** in cities for the business traveller. **Filling** the staycation gap **can** be the next destination for this sector to **set its eyes on**. **[Practice Exercise]**

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

Vocabulary

- Staycation** (noun) – A vacation spent at home or nearby, involving leisure activities, short breaks, and relaxation घर पर या पास में बिताई गई छुट्टी
- Untapped** (adjective) – Unused, unexplored, unexploited, dormant, potential अप्रयुक्त
- Workaholic** (noun) – A person addicted to working, overworker, work addict काम का दीवाना
- Bonded labourer** (noun) – A worker bound by contract or forced labor, usually in debt-based servitude बंधुआ मजदूर
- Revenge tourism** (noun) – Traveling more frequently or extensively after being restricted by circumstances like a pandemic प्रतिबंधों के बाद बढ़ी हुई यात्रा
- Unabated** (adjective) – Continuous, relentless, persistent, unyielding, undiminished निरंतर
- Leisure** (noun) – Free time, relaxation, recreation, downtime, rest अवकाश
- Niche** (noun) – A specialized segment of the market or interest, focused category विशेष बाज़ार
- Supplement** (noun) – Addition, extra, enhancement, complement, extension पूरक
- Loose change** (noun) – A small amount of money, spare cash, petty cash थोड़े पैसे
- USP** (noun) – Unique Selling Point, distinguishing feature, competitive advantage विशेष आकर्षण
- Bang** (noun) – Impact, effect, benefit, result, outcome प्रभाव
- Budgetary buck** (noun) – Money allocated for a specific purpose, spending money बजट के पैसे
- Escapism** (noun) – Mental diversion from reality, getaway, retreat, distraction वास्तविकता से बचाव
- Bundle** (verb) – Package, group together, combine, merge, attach एक साथ जोड़ना
- Bottomline** (noun) – The final outcome, essential point, key result, conclusion मुख्य बिंदु
- Cater** (to) (verb) – Provide for, accommodate, serve, supply, satisfy सेवा प्रदान करना
- Staycationer** (noun) – A person taking a vacation at home or nearby छुट्टी घर पर बिताने वाला व्यक्ति

19. **Hospitality** (noun) – Warm reception, accommodation service, customer care, generosity, lodging आतिथ्य

20. **Replicate** (verb) – Duplicate, reproduce, imitate, copy, mirror दोहराना

21. **Gusto** (noun) – Enthusiasm, energy, zeal, passion, vigor उत्साह

22. **Expand** (verb) – Grow, increase, extend, widen, enlarge विस्तार करना

23. **Pillowprint** (noun) – Presence of lodging services, accommodation availability निवास सेवाओं की उपस्थिति

24. **Set one's eyes on** (phrase) – Aim for, target, focus on, aspire to, pursue लक्ष्य बनाना

Summary of the Editorial

1. **Staycation Concept:** Staycation involves holidaying within one's hometown or nearby, offering a break from routine without extensive travel.
2. **Revenge Tourism:** Post-Covid, the tourism sector is booming as people engage in 'revenge tourism' to compensate for lost travel opportunities.
3. **Global Potential:** The global staycation market is projected to reach \$758 million by 2033, showcasing significant economic potential.
4. **Indian Perspective:** Unlike other countries where staycation includes domestic tourism, in India, it emphasizes nearby getaways and short breaks.
5. **Millennial Preference:** The 25-34 age group, valuing convenience, affordability, and flexibility, shows the highest inclination toward staycations.
6. **Escapism and Digital Detox:** Surveys reveal that 91% of staycationers seek escapism, and 70% combine it with digital detox, highlighting lifestyle-driven preferences.
7. **Cost-Effective Option:** Staycations are less stressful, require minimal planning, and offer better value for money compared to traditional vacations.
8. **Hospitality Gap:** India lacks sufficient holiday infrastructure, such as fine dining, pools, and leisure spots, outside traditional tourist destinations.
9. **Service Quality Issues:** Finding quality service and facilities near home cities remains a challenge for Indian staycationers.
10. **Hospitality Industry Role:** The hospitality sector needs to extend its focus to cater to the staycation market beyond traditional vacation destinations.
11. **Post-Covid Hospitality Trends:** The pandemic spurred growth in domestic travel and could inspire a similar boom for staycations if properly developed.
12. **Business Travel Adaptation:** Platforms like Airbnb and OYO have expanded their presence in cities for business travelers, but this model can be adapted for staycations.
13. **Infrastructure Investment:** Developing nearby, high-quality staycation spots can make short holidays more accessible and appealing.
14. **Market Opportunity:** The growing preference for staycations presents a lucrative market for the hospitality industry to tap into.
15. **Future Focus:** Filling the staycation gap could become the next strategic goal for Indian hospitality, combining convenience with quality experiences.

Practice Exercise: SSC Pattern Based

1. **Which of the following can be reasonably inferred from the passage about the staycation industry in India?** [Editorial Page]
 - A. It directly replaces traditional long vacations.
 - B. It is a growing niche that complements conventional tourism.
 - C. It mainly caters to older retirees seeking leisurely breaks.
 - D. It is already saturated and overshadowed by revenge tourism.
2. **According to the passage, by which year is the global staycation market revenue expected to reach around \$758 million?**
 - A. 2025
 - B. 2030
 - C. 2033
 - D. 2040
3. **According to the passage, one key reason why 91% of surveyed individuals choose staycations is to enjoy a _____.**
 - A. **Escapism**
 - B. Business expansions
 - C. Religious rituals
 - D. Family obligations
4. In the passage, the term “**underdeveloped**” is used to describe a niche form of travel. Which of the following words best serves as its antonym in this context?
 - A. Neglected
 - B. **Flourishing**
 - C. Dormant
 - D. Uncertain
5. **What is the tone of the passage?**
 - A. Critical
 - B. Optimistic
 - C. Sarcastic
 - D. Neutral
6. **Parts of a sentence are given below in jumbled order. Arrange the parts in the correct order to form a meaningful sentence.**
 - A. all the plants and animals of today
 - B. it is written that Brahma is the God of creation
 - C. and it is He who has made
 - D. in the book of Hindu mythology
 - A. DCBA
 - B. DBCA

- C. DACB
D. CABD
7. **Select the most appropriate synonym of the underlined word.**
It takes time to adapt to a new environment.
A. Apply
B. Adjust
C. Understand
D. Control
8. **Select the option that can be used as a one-word substitute for the given group of words.**
One who tends to look at the dark side of things
A. Optimist
B. Pessimist
C. Dynamist
D. Polemist
9. **Select the most appropriate idiom that can substitute the underlined segment in the given sentence.**
Roshan, it's time for you to give your speech to the whole school, wishing you luck to do well
A. high five
B. down in the dumps
C. hands down
D. break a leg
10. **Select the most appropriate ANTONYM of the given word.**
Inevitable
A. Confident
B. Avoidable
C. Inexorable
D. Clear
11. **The following sentence has been split into four segments. Identify the segment that contains a spelling error.**
Big Data has inandated / the education industry. / It has transformed it / by leaps and bounds
A. It has transformed it
B. big Data has inandated
C. the education industry
D. by leaps and bounds
12. **Select the most appropriate meaning of the underlined idiom/phrase.**
I had heard of henpecked husbands and now, I felt that I saw one
A. Dominating husbands
B. Oppressed husband
C. Controlling husband
D. Bossy husbands

13. **The following sentence has been divided into three segments. One of them may contain an error. Select the option that has the segment with the error. If you don't find any error, select 'No error' as your answer.**

Mr. Ali's shop / is further to / the hospital

- A. is further to
 - B. no error
 - C. the hospital.
 - D. mr. Ali's shop
14. **Select the option that can be used as a one-word substitute for the given group of words.**

The statistical study of human populations

- A. Photography
 - B. Astronomy
 - C. Demography
 - D. Palaeography
15. **Parts of a sentence are given below in jumbled order. Arrange the parts in the correct order to form a meaningful sentence.**

(A) a lot

(B) my daily routine

(C) i have missed

(D) since my retirement

(E) at the workplace

- A. BADEC
 - B. CBEAD
 - C. BEADC
 - D. BACED
16. **Select the most appropriate option that can substitute the underlined segment in the given sentence.**

She was foolish enough to think that she be completely safe now

- A. is completely safe
 - B. were completely safe
 - C. have been completely safe
 - D. has being completely safe
17. **Parts of the following sentence have been given as options. Select the option that contains an error.**

It rain a lot in this part of the country

- A. It rain
 - B. in this part
 - C. of the country
 - D. a lot
18. **Select the option that expresses the following sentence in active voice.**

The concert tickets were bought by my friend

- A. My friend buys the concert tickets.
- B. My friend is buying the concert tickets.
- C. My friend bought the concert tickets.
- D. My friend has bought the concert tickets.

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

She is a very creative artist and one can see that in her paintings.

- A. Pedantic
- B. Likeable
- C. Innovative
- D. Good

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

Inayat did not greet her.

- A. She was not going to be greeted by Inayat.
- B. She was not at all greeted by Inayat.
- C. She was not being greeted by Inayat.
- D. She was not greeted by Inayat.

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.

Recently, the (1)_____ of heart-attacks in young Indians (2)_____ increased tremendously. Doctors are surprised to note that young men and women with seemingly healthy lifestyle are suffering deadly heart attacks. (3)_____ diet and exercise play a (4)_____ role in a person's overall wellbeing, mental health is also a valuable factor. The (5)_____ urban lifestyle is causing anxiety and depression in young Indians which may be a major factor behind the increased numbers.

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

- A. percent
- B. height
- C. number
- D. amount

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

- A. have
- B. have been
- C. had
- D. has

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

- A. However
- B. Since
- C. In spite of

D. although

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

A. historic

B. monumental

C. increased

D. epic

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

A. wilderness

B. cosmic

C. fast-paced

D. rapidly

Answers

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

[Practice Exercise]

Explanations

1. B) It is a growing niche that complements conventional tourism.

The passage emphasizes that staycations in India are a "niche form" that supplements rather than replaces traditional holidays. It also highlights that there is a "growing demand" for such quick getaways among younger travelers. Hence, it can be inferred that the staycation industry is a rising trend complementing existing tourism, not supplanting it.

A: The passage states that staycations are "not an alternative to 'proper' vacationing but a supplement," so they do not replace long vacations.

C: The passage specifically mentions the 25-34 age group as the most likely to choose staycations, not older retirees.

D: The passage calls staycations an underdeveloped opportunity, suggesting potential for growth rather than it being overshadowed or saturated.

2. C) 2033

The passage clearly states that "the global staycation market revenue is expected to reach around \$758 mn in 2033."

A: The passage does not mention 2025 as the target year.

B: 2030 is not cited in the passage.

D: 2040 is beyond the year given in the passage.

3. A) Escapism

The passage explicitly states that an FMI survey found 91% of respondents choose staycations for "escapism," indicating a desire to take a break from daily routines and stresses.

B: The passage does not mention staycations being used for growing businesses.

C: There is no reference to religious practices or rituals as a motivation for staycations.

D: The passage highlights "escapism" and "digital detox" as primary motivations, not attending to family duties.

4. B) Flourishing

"Flourishing" means growing or developing successfully, which is the opposite of being underdeveloped.

Dormant: This suggests inactivity or a temporary pause, not active development.

5. B) Optimistic

The tone of the passage is optimistic as it highlights the potential of the staycation industry in India, supported by statistics and positive possibilities like filling a gap in the hospitality sector.

A: Incorrect, as the passage doesn't primarily criticize the current state but rather provides constructive suggestions for improvement.

C: Incorrect, although there is a slightly playful remark at the start, the overall passage isn't sarcastic.

D: Incorrect, as the passage takes a positive and supportive stance toward the growth of the staycation market, which is not entirely neutral.

6. B) **DBCA**

in the book of Hindu mythology it is written that Brahma is the God of creation and it is He who has made all the plants and animals of today

D begins the sentence with “in the book of Hindu mythology,” which provides the context and source of the information, establishing where the statement is taken from.

B follows, presenting the main idea: “it is written that Brahma is the God of creation.” The phrase “it is written” seamlessly continues from the source mentioned, introducing what is stated in the book.

C comes next, adding further information: “and it is He who has made.” The conjunction “and” connects this detail to the previous statement, elaborating on Brahma’s role.

A completes the sentence with “all the plants and animals of today,” specifying what Brahma has created and thus concluding the idea clearly.

7. B) **Adapt** (verb) – To become adjusted to new conditions, modify, adjust. अनुकूल होना

Synonym: **Adjust** (verb) – To change or modify something to suit a new condition or environment. समायोजित करना

- **Apply** (verb) – To make use of something, put something into operation or practice. आवेदन करना
- **Understand** (verb) – To grasp the meaning of something, comprehend. समझना
- **Control** (verb) – To regulate or manage the behavior or function of something. नियंत्रित करना

8. B) **Pessimist** (noun) – One who tends to look at the dark side of things. निराशावादी

- **Optimist** (noun) – A person who tends to be hopeful and confident about the future or the success of something. आशावादी
- **Dynamist** (noun) – A person who believes in or promotes progress and development, often in relation to energy or force. गतिवादी
- **Polemist** (noun) – A person who engages in controversial debate or dispute. विवादक

9. D) **Break a leg** (idiom) – Wishing someone good luck before a performance. किसी को

शुभकामनाएँ देना

10. B) **Inevitable** (adjective) – Certain to happen, unavoidable, inescapable. अपरिहार्य

Antonym: **Avoidable** – Something that is possible to prevent or avoid, टाला जा सकता है

- **Confident** (adjective) – Feeling or showing confidence in oneself, self-assured, sure. आत्मविश्वासी
- **Inexorable** (adjective) – Impossible to stop or prevent, relentless, unstoppable. अटल
- **Clear** (adjective) – Easy to perceive or understand, transparent, obvious. स्पष्ट

11. B) The correct spelling of "inandated" is "inundated", which means "overwhelmed or flooded with things" (अतिभारित या बाढ़ में डूबा हुआ).

12. B) **Henpecked husband** (idiom) – Oppressed husband अत्याचार सहने वाला पति

13. A) 'is further to' के बदले is '**farther from**' का प्रयोग होगा क्योंकि जब किसी दूरी का उल्लेख किया जाता है, तो 'farther' का प्रयोग किया जाता है, 'Farther' के साथ 'from' preposition का use सही है जबकि 'further' का प्रयोग तब होता है जब किसी क्रम या प्रगति की बात की जाती है। जैसे— The park is farther from my house.

Is 'farther from' will be used instead of is 'further to' because when referring to physical distance, 'farther' is used, whereas 'further' is used for progression or sequence. Like— The park is farther from my house.

14. C) **Demography** (noun) – The statistical study of human populations जनसंख्या संबंधी अध्ययन

- **Photography** (noun) – The art or practice of taking and processing photographs. फोटोग्राफी
- **Astronomy** (noun) – The branch of science which deals with celestial objects, space, and the physical universe as a whole. खगोल विज्ञान
- **Palaeography** (noun) – The study of ancient writing systems and the deciphering and dating of historical manuscripts. प्राचीन लिपि विज्ञान

15. B) **CBEAD**

i have missed my daily routine at the workplace a lot since my retirement

C starts the sentence with "I have missed," which introduces the subject "I" and the verb "have missed," setting up the main idea of the sentence about something that is missed.

B follows "C" with "my daily routine," specifying what the speaker has missed. This creates a direct subject-verb-object relationship: "I have missed my daily routine."

E comes next, adding context about the daily routine: "at the workplace." This phrase tells us where the daily routine took place.

A logically follows with "a lot," quantifying how much the speaker has missed the routine.

D concludes the sentence with “since my retirement,” indicating the time frame during which the speaker has been missing the routine.

16. A) 'is completely safe' का use सही है क्योंकि 'now' से यह स्पष्ट होता है कि वाक्य वर्तमान काल (Present Tense) में है। यहाँ पर 'is' Present Tense का प्रयोग वाक्य को सही अर्थ प्रदान करता है। जैसे— She thinks she is completely safe now. वाक्य में कोई hypothetically subjunctive situation नहीं है। यहां 'think' सामान्य रूप से विचार व्यक्त कर रहा है, और वह वर्तमान स्थिति में सोच रही है कि अब वह सुरक्षित है।

'is completely safe' will be used because the word 'now' indicates that the sentence is in Present Tense. Here, 'is' in Present Tense correctly conveys the meaning. Like— She thinks she is completely safe now. There is no hypothetical or subjunctive situation in the sentence. Here, 'think' is expressing a normal thought process, where she is considering her safety in the present.

17. A) 'It rain' के बदले 'It rains' का प्रयोग होगा क्योंकि Present Simple Tense में जब subject singular होता है तो verb के साथ 's' या 'es' जोड़ा जाता है; जैसे— 'It rains a lot in this part of the country.'

'It rains' will be used instead of 'It rain' because in Present Simple Tense, when the subject is singular, 's' or 'es' is added to the verb; like— 'It rains a lot in this part of the country.'

18. C) My friend bought the concert tickets.

Passive Voice को Active Voice में बदलने के लिए (Subject + Verb + Object) का use किया जाता है। वाक्य 'The concert tickets were bought by my friend' को Active Voice में बदलते समय Subject 'my friend' को वाक्य की शुरुआत में रखा जाता है। Verb 'were bought' को Simple Past Tense में बदलकर 'bought' किया जाता है। Object 'the concert tickets' को वाक्य के अंत में रखा जाता है।

To convert Passive Voice into Active Voice, the structure (Subject + Verb + Object) is used. In the sentence 'The concert tickets were bought by my friend', the subject 'my friend' is placed at the beginning, and the verb 'were bought' is changed to 'bought' in the Simple Past Tense. The object 'the concert tickets' is placed at the end.

19. C) **Creative** (adjective) – Having the ability to make new things or think of new ideas, imaginative, inventive, artistic. रचनात्मक

Synonym: **Innovative** (adjective) – Introducing new ideas, original, advanced, creative.

नवोन्मेषी

- **Pedantic** (adjective) – Overly concerned with formal rules and details, fussy, perfectionist. अत्यधिक औपचारिक
- **Likeable** (adjective) – Pleasant, easy to like, attractive. पसंद करने योग्य
- **Good** (adjective) – Morally right, virtuous, decent. अच्छा

20. D) She was not greeted by Inayat

Active Voice को Passive Voice में बदलने के लिए (Object + Auxiliary Verb + Past Participle + by + Subject) का use किया जाता है। sentence 'Inayat did not greet her' को Passive Voice में बदलते समय Object 'her' को Subject के रूप में रखा जाता है। Verb 'did not greet' को Passive Voice में बदलकर 'was not greeted' किया जाता है। Subject 'Inayat' को अंत में 'by Inayat' के रूप में रखा जाता है।

To convert Active Voice into Passive Voice, the structure (Object + Auxiliary Verb + Past Participle + by + Subject) is used. In the sentence 'Inayat did not greet her', the object 'her' is converted to 'she' and placed at the beginning. The verb 'did not greet' is changed to 'was not greeted'. The subject 'Inayat' is placed at the end as 'by Inayat'.

21. C) **Number**' का use होगा क्योंकि "number" का अर्थ है गिनती या संख्या। यहाँ heart-attacks की संख्या की बात हो रही है, इसलिए 'number' सही विकल्प है। "Number" का उपयोग तब किया जाता है जब हम किसी countable चीज़ की बात कर रहे होते हैं, जैसे यहाँ heart-attacks की संख्या। जबकि 'Percent' प्रतिशत को दर्शाता है, जो एक भाग को दर्शाने के लिए प्रयोग होता है। 'Height' ऊँचाई को दर्शाता है, जो यहाँ उपयुक्त नहीं है क्योंकि यह किसी वस्तु की लंबाई या ऊँचाई को बताता है। 'Amount' मात्रा को दर्शाता है, लेकिन यह uncountable nouns के लिए प्रयोग किया जाता है, जो इस context में फिट नहीं बैठता।

'**Number**' will be used because it refers to the count or quantity of something. Here, the sentence is talking about the number of heart-attacks, which makes 'number' the correct option. The word 'number' is used when referring to countable nouns, like heart-attacks in this case. Whereas, 'Percent' refers to a percentage, used to indicate a portion or part, which is not applicable here. 'Height' refers to the measurement of how tall or high something is, which is irrelevant in this context. 'Amount' refers to an uncountable quantity, but since heart-attacks are countable, 'amount' is not suitable in this context.

22. D) **Has**" का प्रयोग होगा क्योंकि subject "incidences" singular के रूप में लिया गया है। यह sentence singular subject के साथ आता है क्योंकि यह घटनाओं की संख्या या प्रकार को दर्शा रहा है, और इसलिए "has" सही विकल्प है। "Have" और "have been" plural subject के लिए प्रयोग होते हैं, जबकि यहाँ subject को singular समझा गया है। "Had" का प्रयोग past perfect tense में होता है, लेकिन यहाँ हम वर्तमान स्थिति के बारे में बात कर रहे हैं, इसलिए यह सही नहीं है।

"**Has**" is used because the subject "incidences" is considered singular in this context. The sentence implies a singular notion of an occurrence or type of event, which is why "has" is

the correct option. "Have" and "have been" are used for plural subjects, but in this case, the subject is treated as singular. "Had" is used for past perfect tense, which isn't suitable here since we are discussing a present situation.

23. D) '**Although**' का उपयोग होगा क्योंकि "although" का अर्थ होता है 'यद्यपि' या 'हालांकि', और यह वाक्य के दोनों हिस्सों के बीच एक विपरीत विचार प्रस्तुत करता है। यहां पर, पहला हिस्सा बताता है कि आहार और व्यायाम महत्वपूर्ण हैं, और दूसरा हिस्सा बताता है कि मानसिक स्वास्थ्य भी महत्वपूर्ण है, इसलिए 'although' सही है। जबकि 'However' का उपयोग आमतौर पर वाक्य के दूसरे हिस्से की शुरुआत में होता है और यह यहां सही नहीं बैठता। 'Since' का अर्थ होता है 'क्योंकि', जो कारण प्रस्तुत करता है, लेकिन यहां विपरीत विचार की जरूरत है। 'In spite of' का मतलब होता है 'के बावजूद', जो इस context में सही नहीं बैठता क्योंकि यह विपरीत परिणाम के लिए उपयुक्त नहीं है।

'**Although**' will be used because it introduces a contrasting idea between the importance of diet and exercise and the role of mental health. The sentence implies that even though diet and exercise are important, mental health is equally significant, making 'although' the correct choice. Whereas, 'However' is usually placed at the beginning of the second clause and does not fit this position in the sentence. 'Since' means 'because' and provides a reason, which does not match the contrast needed here. 'In spite of' means 'despite,' but this doesn't fit the context, as it doesn't suggest an appropriate contrast between the two ideas.

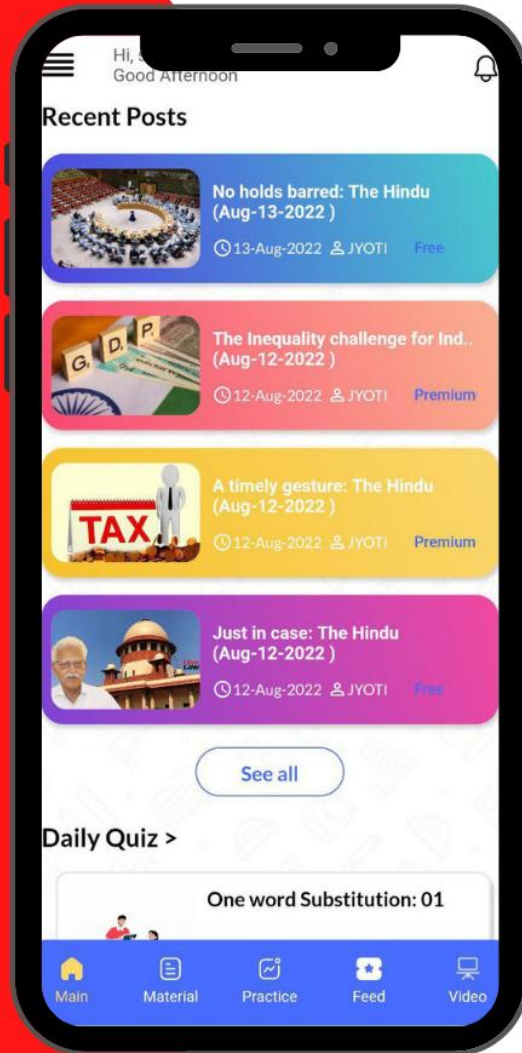
24. B) '**Monumental**' का उपयोग किया जाएगा क्योंकि इसका अर्थ है "बहुत महत्वपूर्ण या बड़ा।" वाक्य में कहा गया है कि आहार और व्यायाम व्यक्ति की भलाई में महत्वपूर्ण भूमिका निभाते हैं, इसलिए 'monumental' यहाँ सही है। जबकि 'Historic' का अर्थ होता है "ऐतिहासिक," जो इस संदर्भ में फिट नहीं होता, 'Increased' का अर्थ है "बढ़ा हुआ," लेकिन यहां भूमिका की महत्ता बताई जा रही है, न कि मात्रा। 'Epic' का अर्थ होता है "महाकाव्यात्मक," जो यहाँ context में उपयुक्त नहीं है।

'**Monumental**' will be used because it means "very important or large in scope." The sentence suggests that diet and exercise play an important role in a person's overall well-being, so 'monumental' is fitting here. Whereas, 'Historic' means related to history, which does not fit the context here. 'Increased' means something that has grown in quantity, but the focus here is on importance, not quantity. 'Epic' refers to something grand in a literary sense, which is not relevant to this context.

25. C) '**Fast-paced**' का use होगा क्योंकि इसका अर्थ होता है तेज़ी से बढ़ने वाला या तीव्र गति वाला। वाक्य में यह बताया गया है कि तेज़ी से बदलती शहरी जीवनशैली चिंता और अवसाद का कारण बन रही है, जिससे युवाओं में दिल के दौरों की संख्या बढ़ रही है। इसलिए 'fast-paced' यहाँ सही है। जबकि 'Wilderness' का अर्थ होता है जंगली या अप्रशिक्षित इलाका, जो इस context में सही नहीं है। 'Cosmic'

का अर्थ है ब्रह्मांडीय, और 'Rapidly' का अर्थ है तेजी से, जो एक क्रिया है, इसलिए वह इस जगह पर उपयुक्त नहीं है।

'Fast-paced' will be used because it means something that moves quickly or is hectic. The sentence discusses how the fast-paced urban lifestyle is causing mental health issues like anxiety and depression, making it the correct fit. Whereas 'Wilderness' refers to a wild or uncultivated area, 'Cosmic' relates to the universe, and 'Rapidly' is an adverb meaning "quickly," which does not grammatically fit as a descriptor for "lifestyle."



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